

STRETCHING EXERCISES WITH THE BALL

- READ INSTRUCTIONS BEFORE DOING THE STRETCH
- BREATHING SHOULD BE NATURAL AND RHYTHMICAL DURING THE STRETCH
- WARM-UP THOROUGHLY BEFORE YOU STRETCH
- DO AT LEAST 3 REPETITIONS TO EACH STRETCH
- HOLD STRETCHES FOR A MINIMUM OF 15 SECONDS
- TO INCREASE YOUR FLEXIBILITY HOLD THE STRETCHES FOR LONGER (30-60 SECONDS)

RELAXATION STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



UPPER BACK STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



FULL SPINE STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



PECTORAL STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



SIDE FLEXION STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



LATISSIMUS STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



GLUTEAL & PIRIFORMIS STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



ADDUCTOR STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



HIP FLEXOR STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



HAMSTRING STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



QUADRICEPS STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



CALF STRETCH

- 1. Place the ball on the floor under the feet and sit on the Ball in front of the ball.
- 2. Relax the feet and feet and stretch the feet under the feet.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body breathing in and out.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

Ball Stretching Guide

Annelies Wilder-Smith



Ball Stretching Guide:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Ball Stretching Guide**

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