

# 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 in front of you and sit on the ball.
- 2. Relax your feet, back, neck and shoulders.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## UPPER BACK STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## FULL SPINE STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## PECTORAL STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## SIDE FLEXION STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## LATISSIMUS STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## GLUTEAL & PIRIFORMIS STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## ADDUCTOR STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## HIP FLEXOR STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## HAMSTRING STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## QUADRICEPS STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



## CALF STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean back slightly, resting your upper back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

# Ball Stretching Guide

**RC Schank**



## **Ball Stretching Guide:**

## Decoding **Ball Stretching Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Ball Stretching Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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