

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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
- 7. To increase your flexibility, hold the stretch for longer (30-60 seconds).
- 8. To increase your flexibility, hold the stretch for longer (30-60 seconds).
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- 11. To increase your flexibility, hold the stretch for longer (30-60 seconds).
- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
- 7. To increase your flexibility, hold the stretch for longer (30-60 seconds).
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- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
- 7. To increase your flexibility, hold the stretch for longer (30-60 seconds).
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- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
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- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
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- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
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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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
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- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
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- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
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- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
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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 your upper back against the ball.
- 4. Lift your arms and pull them straight out to the sides.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
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- 12. To increase your flexibility, hold the stretch for longer (30-60 seconds).



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

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DP Hallahan



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