

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 in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



UPPER BACK STRETCH

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



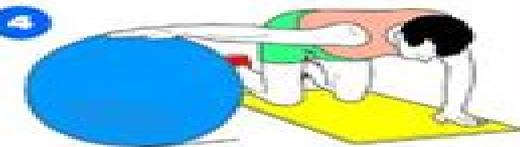
FULL SPINE STRETCH

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



PECTORAL STRETCH

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



SIDE FLEXION STRETCH

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



LATISSIMUS STRETCH

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



GLUTEAL & PIRIFORMIS STRETCH

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



ADDUCTOR STRETCH

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



HIP FLEXOR STRETCH

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



HAMSTRING STRETCH

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



QUADRICEPS STRETCH

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



CALF STRETCH

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



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

Ball Stretching Guide

IM Harris



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web the technological change and the expanding knowledge about the safety of medical equipment require revisions in current safety standards within the next few months the second amendment to the third edition of the medical standard will be published current version iec60601 1 3rd edition amendment 1 aug 2012

iec 60601 wikipedia - Jul 14 2023

web collateral standards numbered 60601 1 x define the requirements for certain aspects of safety and performance e g electromagnetic disturbances iec 60601 1 2 or protection for diagnostic use of x rays iec 60601 1 3

[norme internationale iec](#) - Jan 08 2023

web standard appareils électromédicaux iec 60601 1 edition 3 1 2012 08 consolidated version norme internationale medical electrical equipment part 1 general requirements for basic safety and essential performance partie 1 exigences générales pour la sécurité de base et les performances essentielles

[2 amendment to iec 60601 1 what has changed johner](#) - Nov 06 2022

web abb 1 amendment 2 to iec 60601 1 differentiates between command prohibition and warning symbols and requires the iso 7010 symbols it differentiates between general and special safety messages general with an exclamation mark special with a symbol or text

the international medical device emc standard iec 60601 1 2 - Jan 28 2022

web in the foreword of the third edition it is stated this edition of the iec 60601 1 2 was revised to structurally align it with the 2005 edition of iec 60601 1 and to implement the decision of iec subcommittee 62a that the clause numbering structure of collateral standards written to iec 60601 1 2005 would adhere to the form specified in iso