

# 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. 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 and lean back on the ball.
- 3. Lift your arms and pull them straight out in front of you.
- 4. Push your arms against the ball and lean back on the ball.
- 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. Breathe in and out throughout the stretch.
- 9. Relax your feet, back, neck and shoulders.
- 10. Repeat the exercise 3 times to stabilize your body throughout an exercise.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

# Ball Stretching Guide

**John P. McCarthy**



## **Ball Stretching Guide:**

## Reviewing **Ball Stretching Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Ball Stretching Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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