

# 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 stretch 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 stretch 3 times.
- 7. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 8. Breathe in and out throughout the stretch.
- 9. Repeat the stretch 3 times.
- 10. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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 stretch 3 times.
- 7. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 8. Breathe in and out throughout the stretch.
- 9. Repeat the stretch 3 times.
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- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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 stretch 3 times.
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- 8. Breathe in and out throughout the stretch.
- 9. Repeat the stretch 3 times.
- 10. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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 stretch 3 times.
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- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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.
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- 9. Repeat the stretch 3 times.
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- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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 stretch 3 times.
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- 8. Breathe in and out throughout the stretch.
- 9. Repeat the stretch 3 times.
- 10. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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 stretch 3 times.
- 7. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 8. Breathe in and out throughout the stretch.
- 9. Repeat the stretch 3 times.
- 10. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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.
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- 9. Repeat the stretch 3 times.
- 10. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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.
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- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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.
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- 11. Breathe in and out throughout the stretch.
- 12. Repeat the stretch 3 times.



## 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.
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- 12. Repeat the stretch 3 times.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

# Ball Stretching Guide

**Yan Bai**



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