

A warm up walk, run, bile or similar activity is recommended to increase circulation.

40 Beginner

MARM

--00

UPPER BODY

CORE/TRUNK

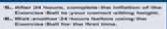
OWER BODY

Impermediate · Advanced



BALL EXERCISE CHART

- B. A second the Seat plug and infector adopts
- D., Stonety toffers the Exercise State to 10 um. (AT) from their the manimum discretion eg. 50 cm (277) for a 50 cm (277) fast.
- M. He impact the play and the set was your Emergine Sell for 16 hours.



Minima If you have purchased the correct in size for your height and resign, you should have read to inflate your Enemies fail to greater their MTs of the represent discount



Street, workplift always Travel principles began





MORE DIFFICULT







Use caution in 2 point position.



Slowly extend arm and leg.



2 variations of difficulty.



Keep neck, back and hips aligned.



Pull shoulder blades back and down.



Lift chest toward ceiling.



Brace feet against partner or walt for assistance.

Prone Ball Roll

Roll until straight hip alignment.



Thumbs up; extend back.



Extend hips until straight alignment.



Thumbs up; tangue on roof of mouth.



Progression

Keep knees behind toes.



Pull heels in until 90° at knees

Manual Pro Fitness Gym Ball Exercises

AN Whitehead

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