



gymball intermediate

01. lat stretch

start



finish



02. gymball crunch

start



finish



03. back extension

start



finish



04. cobra

start



finish



05. gymball push up

start



finish

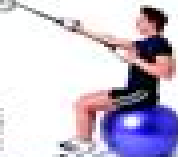


06. alternate arm seated row

start



finish



07. shoulder press

start



finish



08. bicep curl

start



finish



Igym Fn 20001 20065 Gymball Exercises Guide User Guide

Marco Cascella



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