

# EXERCISE GUIDE

# GYM

# BALL

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## 1. Squat



Starting position



Ending position

## 2. Hamstring



Starting position



Ending position

## 3. Back hyperextension



Starting position



Ending position

## 4. Crunch



Starting position



Ending position

## 5. Side crunch



Starting position



Ending position

## 6. Crunch



Starting position



Ending position

## 7. Sit-up



Starting position



Ending position

## 8. Reverse Jack-knife



Starting position



Ending position

## 9. Plank rollout



Starting position



Ending position

## 10. Plank



# Gym Ball Exercise Guide

**Sabine Zange**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Gym Ball Exercise Guide:**

## Reviewing **Gym Ball Exercise 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 "**Gym Ball Exercise Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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