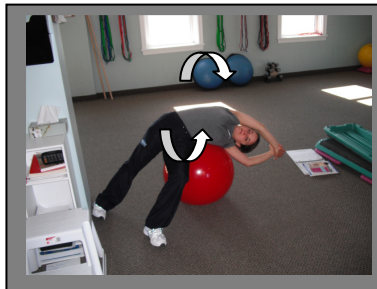


Glut/Ball Stretch



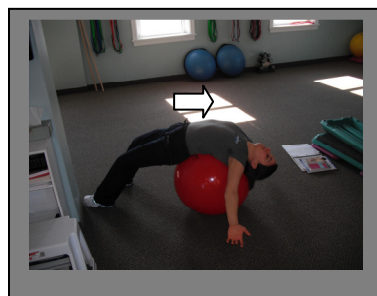
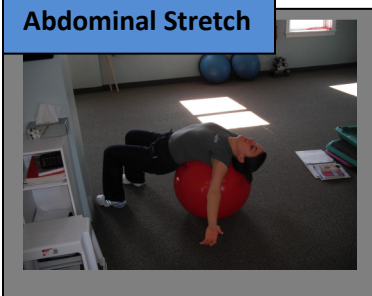
- Sitting on the ball with good posture.
- Cross legs (ankle on knee)
- Lean forward at hip
- Hold for 20 secs. Repeats

Oblique Stretch



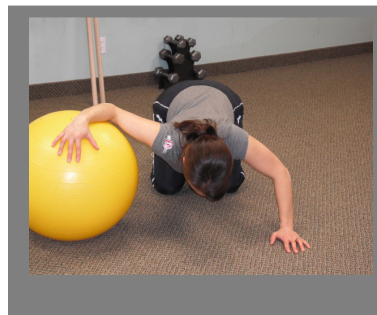
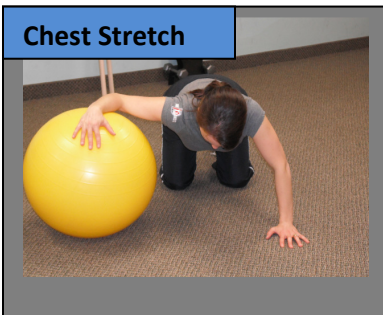
- Hips on ball, top foot against wall.
- Grab wrist of top arm with bottom hand.
- Gentle round over ball and pull arm downward.
- Roll back and forth holding areas that are tight for 10-20 seconds.
- Repeat 2-3 times/side.

Abdominal Stretch



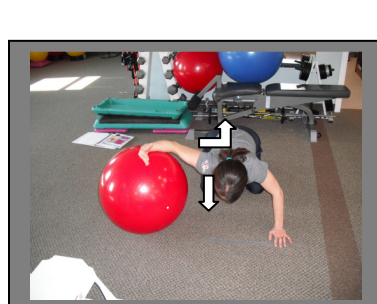
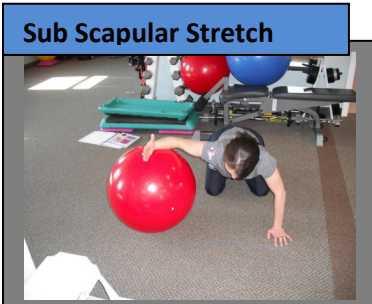
- Sit on ball, and then walk legs out until your back is on ball.
- Extend arms over head.
- Increase stretch by straightening legs.
- Roll forward and back over ball for about 1 minute.

Chest Stretch



- Forearm on the ball, keep shoulder parallel to ground.
- Allow arm to be stretched back when you drop your chest forward.
- Inhale and press forearm into ball for 5 seconds, then exhale and relax into stretch.
- Repeat 3-5 times/side.

Sub Scapular Stretch



- Forearm on ball, thumb pointing up.
- Shoulder muscles squeeze back as chest drops toward floor.
- Hold to 10-15 seconds.
- Repeat 3-5 times/side.