

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

40 Deginner

--00

UPPER BODY

CORE/TRUNK

OWER BODY

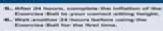
Impermediate Audivarious di



BALL EXERCISE CHART

- P., Locate the 'bull plug and inflation adapte.

 2. Simply inflate the Exercise Soft in 16 cm. (AT) from their the manifestor districtor age 50 cm (277) for a 60 cm (277) that:
- The impact the plug and its not use your Economics Stati for \$6 boxes.



Markey If you have purchased the cornect to size the your height and weight, you alread anote could be inflate your Eventure field be greater their MTS of the recommend districts



Striff weight death from planger big.

MORE DIFFICULT

LESS DIFFICULT II



2 Variations of difficulty.



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.

Hamstring Curl Progression

Pull heels in until 90° at knees.



Manual Pro Fitness Gym Ball Exercises

Michal Rosen-Zvi

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