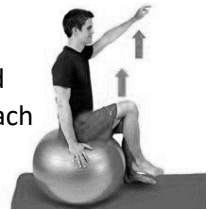


## Stretches on the ball

**Toe Touches:** Sitting in loaded position on the ball tap your right toe as far out in front of you as you can to the floor then in the same motion tap your toe to the side of you and then move your foot back to rest in front of you. Repeat ten times alternating in between each leg keeping all your weight centered on the ball.



**Leg lifts:** Sitting on the ball in loaded position, raise your right foot a few inches off the ground and bounce three times and then repeat on left leg. Keeping your weight centered on the ball repeat each leg three times without shifting your weight on the ball.



**Bridge** This stretch is done on an exercise ball. Sitting on the ball roll out until the ball is under your shoulders with your feet planted flat on the ground. Pick yourself up until your body is at a 90-degree angle and hold for 30 seconds.



**Laying on the ball:** Sitting on an exercise ball roll out until the ball is under your mid back. Lay on the ball letting your back curve around the ball and hold for 30 seconds.



**Hand sit:** Start by sitting on an exercise ball with your knees at a 90-degree angle feet shoulder width apart plated flat on the ground. Sit on right hand palm up using left hand to grab the right side of you head pulling it to the left hold for thirty seconds and repeat on opposite side. Repeat stretch on both side with palm down.



**Collar Bone Clamp:** Start by sitting on an exercise ball with your knees at a 90-degree angle, feet shoulder width apart planted flat on the ground. Place right hand on left side of collar bone putting pressure on collar bone and lean your head to the right, hold stretch for thirty seconds, repeat on other side.



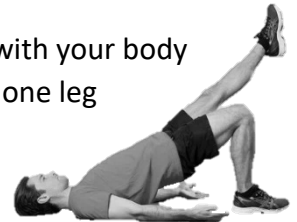
## Bridge Stretches

**Bridge Stretch-** Start by laying on your back on the ground. Push your hips up keeping your shoulders flat against the floor, to create a straight line from your knees down to your shoulders. squeezing your core and pulling your belly button back toward your spine.

You can keep your arms flat on the floor at your sides, for stabilization purposes, ensuring that you are not putting any pressure on your arms to hold you up. Hold this stretch for 30 seconds to a minute and bring your hips back down to rest on the floor.



**Bridge stretch leg extension-** Start in the same position as the bridge stretch, with your body creating a straight-line form knees to shoulders, squeezing your core. Then lift one leg and point toe up, holding it there for 30 seconds to a minute. Then bring that leg down and repeat on other legs.



**Ball Bridge Stretch-** Starting on your back on the ground with a ball at the side of your legs, move your legs so that your calves are resting on the ball. Then you will bring your pelvis up so your back is off the ground, and you are creating a straight line from your toes to your shoulders. Squeeze your core to help keep you stable while your calves rest on the ball. Hold this stretch for 30 seconds to a minute, then return to starting position with back flat on the ground. Repeat this stretch pushing the ball out further to your ankles and repeat stretch holding it for 30 seconds to a minute. Repeat stretch one more time pushing it further out so that the soles of your feet are flat against the ball, once again hold this stretch for 30 seconds to a minute.



Once you get used to these stretches you will incorporate a leg extension while on the ball.

