

BALL EXERCISE CHART

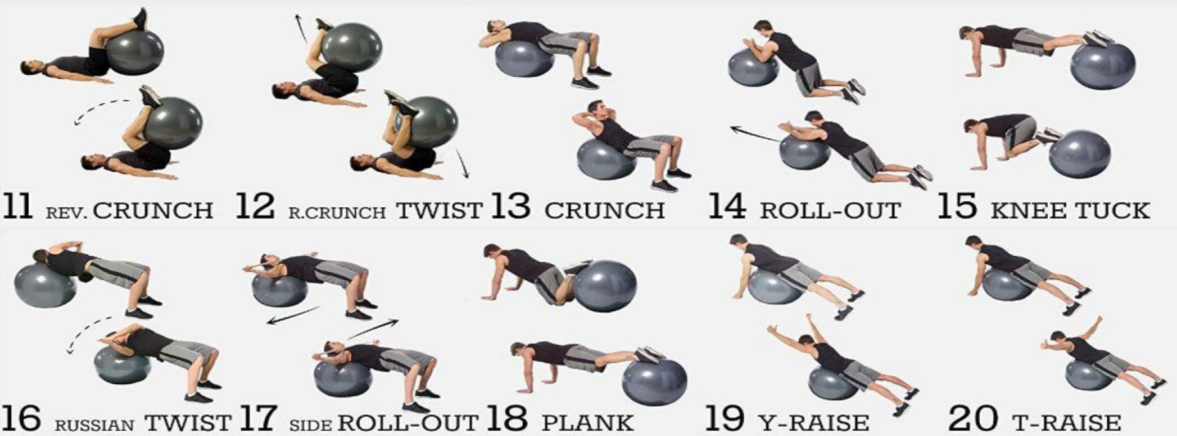
STRETCHES



UPPER BODY



CORE & ABS



LOWER BODY

