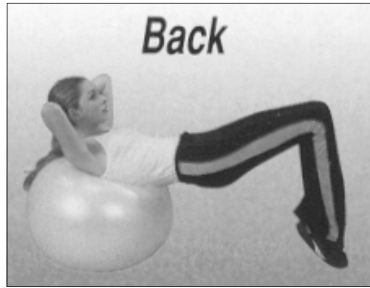




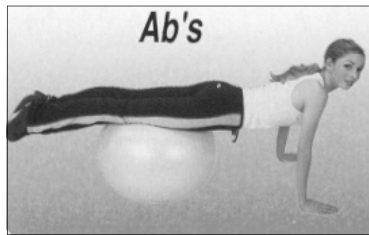
SUPER BALL



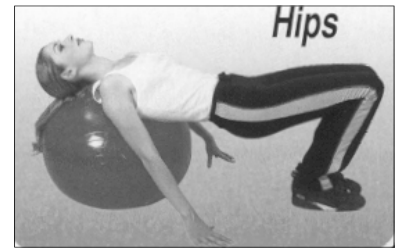
(SOME IDEAS ... select from .. add others .. regular practice)



Elevate Hips .. on toes

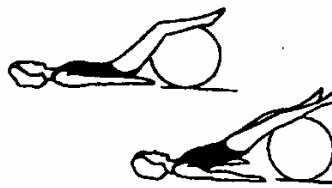


Extend, body rigid until ball at feet



Feet flat, below knees; elevate hips; move hips laterally

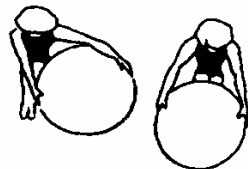
1. LIE DOWN ON THE FLOOR, PUT LEGS ON THE BALL. RAISE BUTTOCK AND COME BACK TO INITIAL POSITION.



1. Elevate hips; balance on shoulders, arms extended on the floor; hold for 3 seconds.

6 10 12

2. SITTING ON THE FLOOR, WITH OUTSTRETCHED LEGS, HOLD THE BALL WITH OUTSTRETCHED ARMS AND MOVE THE BALL FROM LEFT TO RIGHT.



2. Sit upright, legs extended. Middle of ball held at shoulder height.

8 10 15

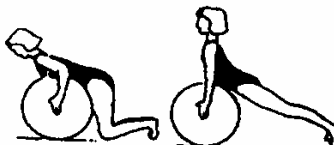
3. LEAN ON THE BALL, ROLL BACK UNTIL COMPLETE LEG EXTENSION AND COME BACK TO INITIAL POSITION.



3. Hold position for 15 seconds

6 8 10

4. SQUATTING, LEAN ON THE BALL, HOLDING THE BALL FIRMLY ON EACH SIDE, THEN EXTEND YOUR LEGS AND COME BACK TO INITIAL POSITION.



4. Arch your back, balance on your toes; hold for 3 seconds

6 8 10

5. SITTING ON THE BALL ROLL BUTTOCK FROM RIGHT TO LEFT.



5 & 6. Sitting upright, straight back, head up, arms up.

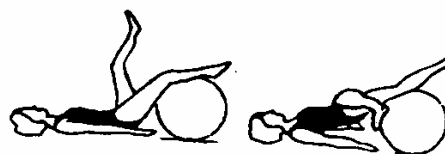
10 rolls to each side

6. SITTING ON THE BALL RAISE LEFT LEG UNTIL A COMPLETE EXTENSION AND COME BACK TO INITIAL POSITION. DO THE SAME WITH RIGHT LEG.



10 leg lifts to each side

7. LIE DOWN ON THE FLOOR, PUT RIGHT LEG ON THE BALL, CROSS LEFT LEG OVER RIGHT LEG AND COME BACK TO INITIAL POSITION. DO THE SAME WITH THE OTHER LEG



7. Both shoulders maintain contact with the floor; hold for 3-5 seconds.

6 10 15

Swimmers: TV Stretch (hold for 5-10 minutes on each side): experiment: arm extended / "catch" position

Work both sides of the body equally .. stretch your least flexible side first