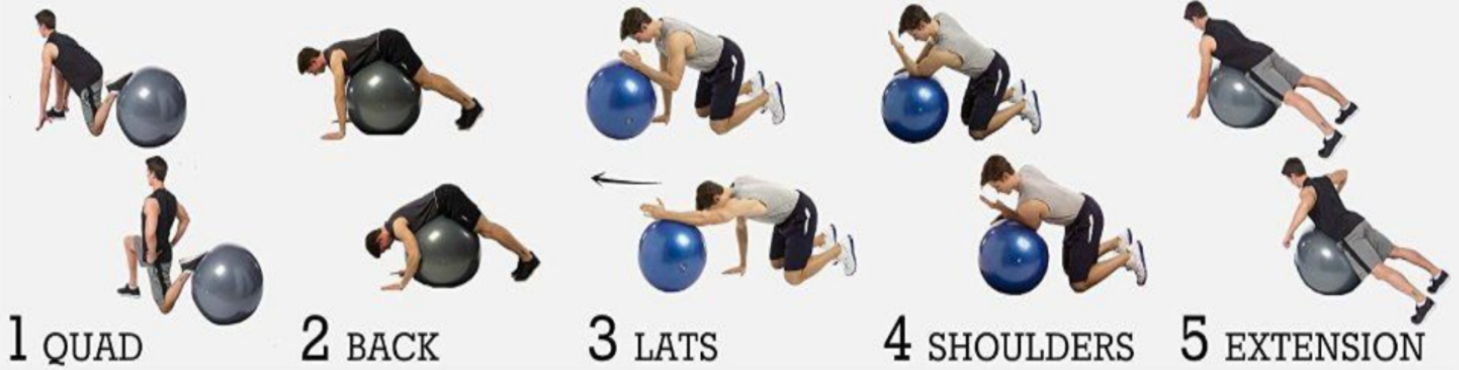


# BALL EXERCISE CHART

STRETCHES



UPPER BODY



CORE & ABS



LOWER BODY

