



<p><b>01. lat stretch</b></p> <p>start </p> <p>finish </p>	<p><b>02. gymball crunch</b></p> <p>start </p> <p>finish </p>	<p><b>03. back extension</b></p> <p>start </p> <p>finish </p>
<p><b>04. cobra</b></p> <p>start </p> <p>finish </p>	<p><b>05. gymball push up</b></p> <p>start </p> <p>finish </p>	<p><b>06. alternate arm seated row</b></p> <p>start </p> <p>finish </p>
<p><b>07. shoulder press</b></p> <p>start </p> <p>finish </p>	<p><b>08. bicep curl</b></p> <p>start </p> <p>finish </p>	

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# Gym Ball Exercise Guide

**Raffaela Di Napoli**



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