

# HOW TO PERFORM A BALL STRETCH

1



Consult with a professional.

2



Sterilize

3



Apply lubricant.

4



Pull the scrotum downward while holding it between thumb and index and hold for 15 sec

5



Massage the scrotum in circular motions

# Ball Stretching Guide

**Marina Aagaard**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Ball Stretching Guide:**

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**The Baffled Parent's Guide to Great Soccer Drills** Tom Fleck, Thomas Fleck, Ronald W. Quinn, 2002 Publisher Description

*The Complete Book of Personal Training* Douglas Brooks, 2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it is full of information about working with clients and designing programs and it is a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

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