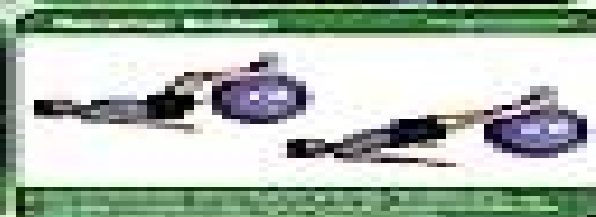
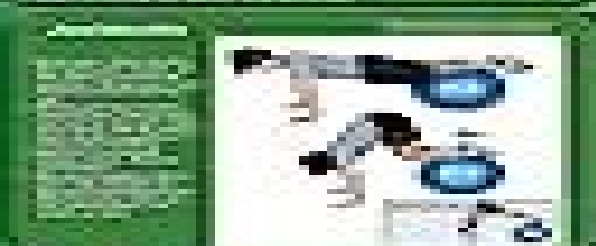


BODY BALL EXERCISES

These exercises are designed to help you improve your core strength and balance. They are suitable for all fitness levels. Always consult your doctor before starting any exercise program.

Warm Up:
Perform the following exercises for 5 minutes before starting the main workout.



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Arturo Cuomo



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