



## Side Stretch Over Swiss Ball

### Purpose:

Releases lateral body tightness, helps level both shoulders and hips.

### Benefit:

Improves shoulder and hip rotation flexibility, improve ability to achieve correct spine angle at address.

### Instructions:

Side lay over the ball, rest the bottom knee and arm on the floor to help balance. Reach the top leg and arm as straight as possible until a comfortable stretch is felt in the top side of the body. Relax neck and allow head to comfortably fall toward ground.

### Quantity:

Hold \_\_\_\_\_ minutes \_\_\_\_\_ reps, side(s) \_\_\_\_\_

