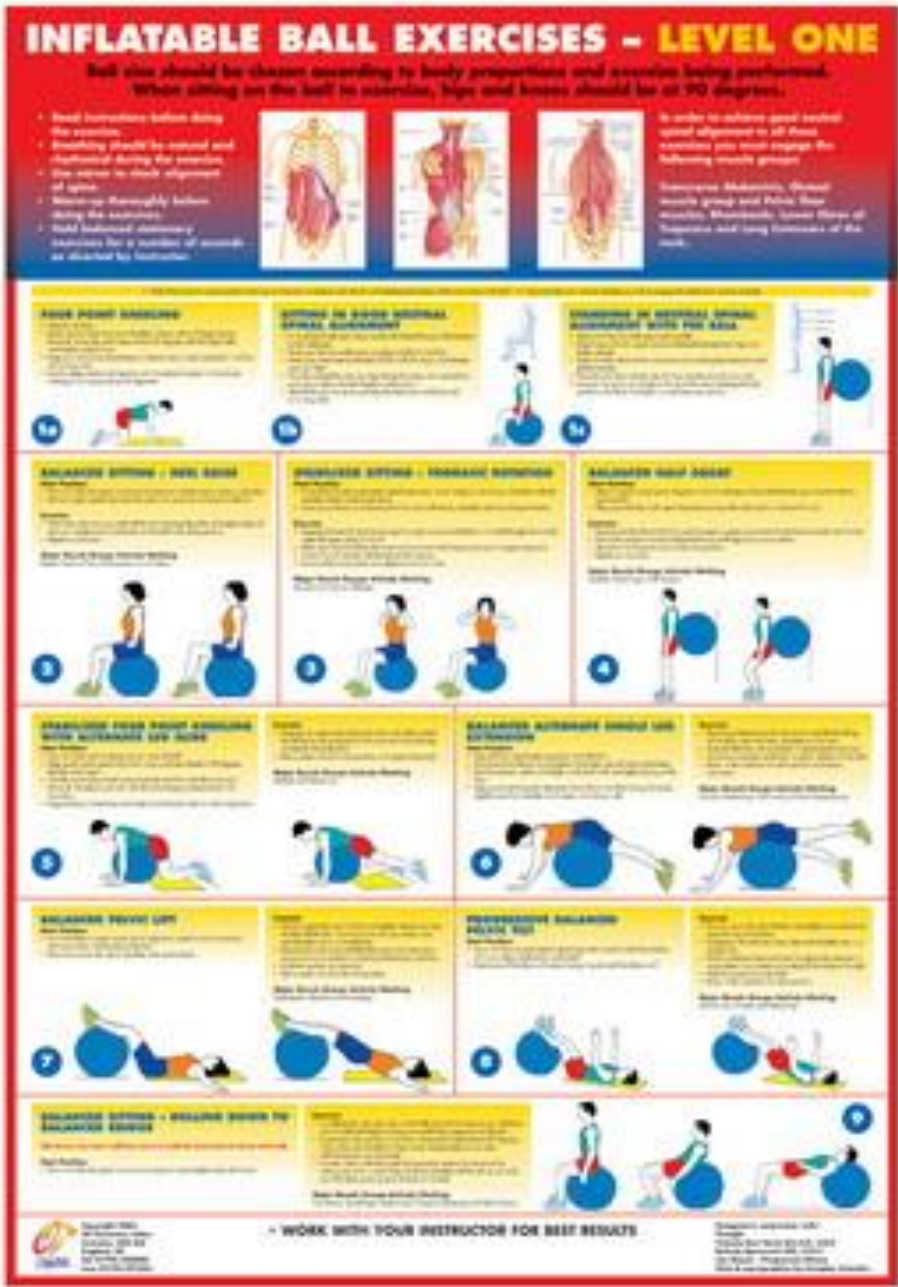


## Inflatable Ball Exercises Level 1 Chart– CT035

<p><b>Description</b></p>	<p>◆ This chart gives advice on how to engage the abdominal muscles correctly and establish good spinal alignment to achieve stability and optimal performance when learning to exercise on the inflatable ball. The major muscle groups working in each exercise are identified together with important information on how to adopt the correct start position before doing the exercise. It is an excellent chart if you are beginning to use the inflatable ball to improve your core stability.</p>
<p><b>Details</b></p>	<p>1. Dimension: B2 Size</p>
<p><b>Image</b></p>	 <p>The image is a detailed instructional chart titled "INFLATABLE BALL EXERCISES - LEVEL ONE". It features a red header with white and yellow text. Below the header are three anatomical diagrams of the human torso showing muscle groups. The chart is divided into several sections, each with a numbered exercise (1-10) and corresponding illustrations of a person performing the exercise on a blue inflatable ball. Each exercise section includes a title, a brief description, and a list of muscles worked. At the bottom, there is a footer with contact information and the text "WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS".</p>