

Inflatable Ball Exercises Level 3 Chart- CT037

Description

◆ The exercises in level 3 require an even greater amount of work from the abdominal muscles to be able to do this group of exercises correctly. The last two exercises are very advanced, which means they require even greater control and strength. 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.

Details

1. Dimension: B2 Size

Image

