

14 DAY SMALL BALL PROGRAM

How do you feel before starting the program?



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
						
Stability Ball Flow	Ball Flow Slow Burn	Standing Ball Flow 1	Creative Ball Flow	Exploring Ball Flow	Standing Ball Flow 2	Dynamic Ball Flow
30 min	45 min	20 min	30 min	30 min	30 min	45 min
RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
						
Standing Ball Flow 1	Stability Ball Flow	Exploring Ball Flow	Standing Ball Flow 2	Slow Burn Ball Flow	Creative Ball Flow	Dynamic Ball Flow
20 min	30 min	30 min	30 min	45 min	30 min	45 min
RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆	RATE THIS CLASS? ☆☆☆☆☆

How do you feel after completing the program?



Spread the length of the program by adding rest days to suit your needs.

You can to repeat the 14 day program to become 28 days.

Please practice with care and be patience with your body.

Best results - sleep well, eat healthy, and be kind to yourself.