

HOW TO PERFORM A BALL STRETCH

1



Consult with a professional.

2



Sterilize

3



Apply lubricant.

4



Pull the scrotum downward while holding it between thumb and index and hold for 15 sec

5



Massage the scrotum in circular motions

Ball Stretching Guide

Clare Maxwell-Hudson

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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The Baffled Parent's Guide to Great Soccer Drills Tom Fleck, Thomas Fleck, Ronald W. Quinn, 2002 Publisher Description

The Complete Idiot's Guide to Healthy Stretching Chris Verna, Steve Hosid, 1998 Guide to stretching exercises that can be done at home in the car at work or nearly anywhere

A Parent's Guide to Coaching Baseball John P. McCarthy, 1989

Fitness Instructor Training Guide Cheryl L. Hyde, 2002

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