The Baptist Ballers present

Work-It Circuit

www.AmyPattersonArt.com

Your quick-guide to giving birth with balls

Side-lying release at the beginning and every 1-4 hours

Technique by By Gail Tully

Semi-sitting lunge Inlet

Technique by By Cheri Grant

Work it

Knees together heels out Outlet

Flying cowgirl Inlet

Side-lying lunge Midpelvis

Baptist Health | 100 YEARS

Developed by Authorized Peanut Ball Trainers

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