Gina Giambra

BALLFLOW BALL ROLLING INSTRUCTORS' TEST

Ballflow- where workout meets therapy

Begin test here

1. What are the compression points for v pose

2 What are the compression points for

3 What are the benefits to neck and back flow

4 What are a few tips and pointers you can remember

5 What are the compression points for side pray pose pop

6 What are the compression points for the windmill

7 What are the benefits of flow three

8. What are the compression points for deltoid shrug

9 What are the compression points to around the clock

10 What are the compression points to wall punch

11 What are the compression points for wall punch

12 What are the compression points for hulk smash

13 What are the compression points upward windmill

14 How many individual poses is the arm flow compromised of

15 What is the duration of this arm flow?

16 What are the compression points for

17. What is the compression site for arm roll

18 . What is a compression site for olecrenon tendon release?

19. What is a compression site for the tricep hook?

20. What is the LHL flow?

21. What are the LHL flows', six individual poses?

22. What are a few ofthe benefits of flow five

23. What is the compression site of the lower back release?

24. What is a compression site of the hip stretch?

25. What are the compression points for the link

26. What are the compression sites for the inner thigh with bent knee?

27. What are the compression sites for the inner thigh was straight leg

28. What are the compression sites for the lateral leg stretch?

29. What are the benefits to flow six

30. What are the compression sites for the boat?

31. What are the compression sites for runners especial?

32. What is the benefits of the mini method flow?

33. Who does the mini method flow benefit?

34. In the mini method section which pose name compression site is the lateral region of the scapula, latissimus and serratus?

Cote d azur

35. What is the compression site for side pray pose?

36. What is the compression site for batter up?

37. What is the compression site for ace of spades?

38. What are the compression sites for forearm to Finger sweep

39. List all 12 standalone poses applying one ball

40. In the secret release section where does it relieve pressure and what does it strengthen?

41. What is a compression site for the sacral release?

42. In the checkmate section, what is a swarm up for and what does it strengthen?

43. What is a compression site for the checkmate pose

44. What is the compression site for the easy?

45. Where does it release tension?

46. In the twisted vine section where does it relieve pain and what does it strengthen?

47. In the cobra Kai section where is the pressure alleviated and what does it help with?

48. What are the compression sites for cobra Kai?

49. Is the bicep release a dynamic movement?

50. What is a dynamic movement?

51. What does the bicep release alleviate pressure on?

52. What is the compression site for the bicep release

53. In the two ball section of anterior deltoid pec compression section what area is the pain relieved and what are you stretching?

54. What are the compression sites for ball one in ball two

55. The Tele compression, a.k.a. the ninja, which is a dynamic movement. What are the compression sites for Baldwin into?

56. What tension does it release and where does it open up in the body?

57. What is Ballflow's vision?

58. And pick three of Ballflow's mission statements

Once test is complete

Please refer to the certificate section to download your Instructors Certificate and upload it for your continuing education units.

This course, online class, and live classes and

Ballflow's certificates are NSBMT and NCBTMB APPROVED.

Thank you for you're interest in becoming a ballflow instructor

Welcome to the team you are now certified to yea h this class to anyone and start making a side revenue stream.

Massage therapists and instructors must continue to have an active subscription to continue to teach and earn legal revenue stream. You’re not allowed to teach this method and program without keeping your subscription active.

Kindly,

Ballflow university team

Developing a narrative is important for both novelists and nonfiction writers, but it can be daunting. It can be useful to ask yourself a few questions:

- **What is the engine of my book?** What gives your story momentum and compels readers to keep turning the pages? Is it a tense, dramatic plot, or is it emotional investment in the fate of a character who evolves over the course of the story? Where is the climax?

- **How do I want things to end?** How do you want readers to feel when they finish your book? What needs to be resolved to deliver a meaningful, satisfying conclusion to your narrative?

- **What are the qualities of popular books in my genre and how does mine stand out?** Is it the way the characters are developed? Unforgettable narrators? Suspenseful plots? How can you bring that same power to your book?