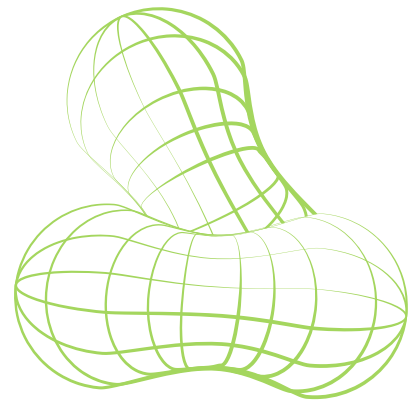


Positions for the PEANUT BALL



IN BED

Semi-Sitting Lunge

Open and descend!



Side Lying Position

Turn baby, turn!

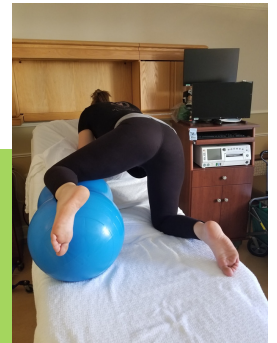


ON THE FLOOR

Bounce, sway and rock!



HANDS & KNEES



Good for back labor!

PUSHING



Tuck Position

Great for pushing on the side!

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