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## How to bowl faster with tennis ball

This page is not available in your country Mid-flight stages will do more than just break up the monotony. This article originally appeared on TravelAndLeisure.com. There are all sorts of things you probably should pack in your carry-on (a few more underwear, toothbrush and toothpaste, book), but there's one thing you'll never want to forget: a tennis ball. Hold on to me. It's not for you to spend your flight bouncing your tennis ball against the airplane cabin wall (really, don't do it). Instead, use it to help with some mid-flight stretches. We all know sitting for longer periods wreaks havoc on your health, so it's no surprise that long-distance flights are not on the high list of healthy activities. Grown up, walking around, and stretching is going to help keep you comfortable and make fighting that jet lag just a little easier on the muscles. Ali Gjoz, a surgeon from the London Orthopaedic Clinic shared some tips with the Daily Star. Having a tennis ball or masseur on a plane will help increase circulation, he says. Roll it over your shoulders, lower back, legs, and the bottoms of your legs to help get your blood flowing again. If you just can't fit that tennis ball into your bag (no shame—craming weeks worth of outfits into carry-on is sometimes necessary), Gjoz recommend massaging your legs, starting with your ankles and moving up to help get blood moving back to your heart. And if you're worried about what your fellow fliers will say, don't. Flight masking still grab more stares that stretches and massages with a tennis ball. This story originally appeared in Travel + Leisure Want the best BuzzFeed Animals in your inbox? Sign up for the newsletter today! Les and Dave Jacobs/Cultura/Getty Images the official tennis ball is between 2.575 inches and 2.7 inches in diameter, as defined by the International Tennis Federation. Tennis balls must also meet other criteria if they are used in a regulation game. Tennis balls are covered with felt and have an internal pressure of 12 pounds per square inch. Tennis balls used in the regulation game have an optic yellow color because the bright hue makes the balls very visible both on the court and on television. The U.S. Open uses 70,000 tennis balls a year between practice and competitive game play. It is equal to 700 square meters of felt and more than 3,900 pounds of rubber. 1. Make handy cops. Paper n Stitch Tennis balls flexibility means that when you cut the gaps in them, they can grip around the main rings, envelopes, and other small items you might otherwise be wrong. P&A;G Everyday added eyes to create these saucy cutlery. 2. Smooth sweater. Paper n Stitch Karen at Sew in many ways hates when pointy hooks leave mesped in the folds in the sweaters she wears most often. So she popped a tennis ball over the hardware to provide a kinder spot for her jackets to hang. 3. Pooh laundry. If you throw a couple of tennis balls With your pillows and comforter, they will help them plump the linen up. 4. Corral changes. Paper n Stitch tennis balls hollow core makes it ideal for small items — stash one in your car so you'll never get stuck at a charge or parking meter without coins. Onel at Onelmon turned her change wallet into a roly-poly version of Mike from Monsters, Inc. 5. Hide valuables. The core of the tennis ball is also convenient for storing earrings and rings in a pinch. Place your trinkets inside the tennis ball when you travel to keep them safe in your suitcase. 6. Show photos. Paper n Stitch Add a bit of humor to the shelf using tennis balls as quirky picture holders like Britni at Paper & Stitch. Have you ever used tennis balls around the house? NEXT: 11 Sneaky Ways to Use Adhesive Hooks » Photos: P&A;G Everyday, Sew in Many Ways, Onelmon, Paper & Stitch This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You may find more piano.io on the site about this and similar content — check the closet of the hall — we may bet you have this ace workout tool. To get an awesome all-over advantage, just master these moves from Ramona Braganza, top coach Halle Berry, Jessica Alba, and other A-listers. Credit: Jason Lee Finally, the hot form-up toy you've not only heard of, but already owns. It's a tennis ball, and it serves up a surprisingly effective workout, thinking together body tonic and calorie zapping. Plus, it also doubles as a post-use soðuðer. To get an awesome all-over advantage, just master these moves from Ramona Braganza, top coach Halle Berry, Jessica Alba, and other A-listers. Credit: Jason Lee Lie on the back with the ball in his left hand. Lift the legs and body so that your body forms a V, and begin to scissor the legs up and down, alternately on the sides. As your right leg lifts, pass the ball underneath it to your right hand; repeat as the left foot lifts, passing the ball back to the left hand. That's one rep; do 3 sets of 10-15 reps four times a week to see the difference in two weeks. Just don't forget to keep your core muscles contracted. For your next heart session, channel your inner child and play a little handball. Bounce the ball against any wall (for example, the side of your house, the wall of your basement); as it returns, give it a good thyt with its open hand. Try to keep the ball moving for 30 seconds and repeat three times. Running after the ball will torch a lot of calories, and the timing of your hits will boost your coordination, too. Advertising Remember when, as a child, you toss the ball high and see how long it would take to come back down? Try again, but add a squat while the ball is in the air. Be sure to sit on your heels to Butt down under your knees (not letting your knees pass by your toes), contract your abs, and squeeze your glutes at the top of the move. Do 1 squat on the ball stakes, with with 15 stakes in one set. Or 2 more sets, taking a 30 second break in between, for a super-toning leg workout. Palutiet your pain tootsies to little ball therapy after a long (or endless day). Place the ball under one foot of the arc, then roll it slowly from heel to foot and back for 5 minutes; repeat on the other side. If you hit the contest spot, relax in it for about 5 seconds until you feel the tightness of the release. This simple move kicks kinks and cramps to the curb and readies your feet on your next lap around the track. JIU Think tennis balls are just hitting back and forth on the court? Think again! Check out these five smart household needs for this common sporting benefit. 1. Pooh Laundry Put a clean one dryer with towels, comforters or down coats to fluff them up. 2. Child-proof furniture Cut the tennis ball in half or cut the X-shaped slits in it, and use it to cover the sharp corners. 3. Create sliding furniture Cut in half and place under the feet or corners of heavy furniture to move it without scratching the floor. 4. Hide Things Got a ring or money you need to temporarily hide? Cut the tennis ball and insert the goods. Just make sure no one uses it. 5. Give yourself a massage foot rub, place the ball on the ground and rotate the sole of your feet over it. Or put three tennis balls in a sock, knot it and use it to knead your muscles. I'd go what you're going to do. See these tips in action with our new 5 ways... By Tennis Balls Video This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content piano.io Tennis balls come in at four speeds, three types of felt, and two main tools for producing bounce. If all the combinations were possible, it would give us 24 different types of tennis balls, and that's before we consider individual brands. If you never thought buying can balls was so complicated, you were right. Some of these theoretical ways would be completely illogical, others simply have not been produced, and for most of us, many of the existing solutions would be no more than a casual experiment. At the beginning of 2000, the International Tennis Federation (ITF) amended the rules of tennis so that three different types of standard altitude tennis balls could be used in tournaments. Before this change, only medium speed balls of standard height and high-altitude balls to play above 4,000 feet were penalized. Now we also have quick balls designed to speed up slow clay court play, and slow balls designed to slow play on the fastest courts, mostly grass. For a detailed explanation of how the balls are made faster or slower, see New standards for balls. Here is a brief summary of the speed characteristics: Slow: larger diameter, same weight. Perhaps good for players who need more time to Hit the ball. Medium: by far the most common type of ball. Best for most players Situations. Fast: hard to find and rarely used. Probably a good choice for players who like soft foundations of clay, but would like to be able to end points faster. High altitude: designed for easier control of thinner air over 4,000 feet. Felt coating on the ball is designed with a special court surface in mind: Regular duty: designed primarily for clay and most indoor courts. It's a finer felt designed to fluff even excessively. It wears quickly over abrasive hard courts. Additional tax: intended mainly for hard courts. It is denser believed that can carry heavy abrasions. On clay, it tends to collect a bit from the court. On clay or a slower indoor court, it becomes too fluffy. Grass court felt: basically a regular tax felt, but treated to resist staining. All tennis balls are made of felt-coated rubber body, but the type of rubber casing used depends on whether the ball is under pressure or not. The pressurised ball loses its bounce gradually as the air seeps out as much as it would be in inflatable basketball. The unseeded ball keeps its bounce indefinitely. Under pressure tennis balls are by far the most common type. They usually run better than the pressure-free ball when brand new, but lose their bounce pretty quickly. Many players use them for only one game, then throw them away. Wilson's study indicates that the typical under pressure ball becomes less than a week away. Several companies have come out with pressure balls designed to last longer. Wilson's Double Core ball has additional internal coating designed to keep the air escaping. Gamma produces a ball filled with nitrogen that is supposed to leak more slowly. The non-so-called balls get their bounce out of the structure of their rubber coat, which retains their elasticity without the help of air pushing at it from the inside. When brand new, they are usually tougher and less bouncy than the under pressure ball, although Tretorn makes a very lively ball. As they age, pressureless balls get bouncier because their felt wear down, making them lighter. They are usually thrown out when they become so bald that they become too bouncy and lose their normal aerodynamics. So, of the 24 theoretical ball types, how much can we eliminate? Such combinations of characteristics are simply illogical: Fast with grass court felt, pressurizedFast with grass court felt, pressurelessFast with additional duty felt, pressurizedFast with additional duty felt, presssureless It eliminates four options. The following are, as far as I know, not produced: Fast with regular felt, pressurelessSlow pressureless (any type of felt = three options) Without these eight options, we have 16 left in theory, but if you go to the pro shop, you will probably find only one: medium speed, additional duty felt, under pressure. If there is another choice, it is possible for a medium speed, regular duty felt, under pressure: an option worth considering whether your balls usually look need a hairstyle after a couple of games. The pro store might have a few more choices. The

sedentious balls are worth a try if you want to save money and don't mind slightly different game features. It might also be worth the trouble to find uncommon slow and fast balls, just curiosity. Curiosity.

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