

Ball Inflation

1. Read the label on your Exercise Ball to confirm the ball size. eg. 65 cm (26").
2. Locate the ball plug and inflation adapter.
3. Slowly inflate the Exercise Ball to 10 cm (4") less than its maximum diameter eg. 60 cm (24") for a 65 cm (26") ball.
4. Re-check the plug and do not use your Exercise Ball for 24 hours.

5. After 24 hours, complete the inflation of the Exercise Ball to your correct sitting height.
 6. Wait another 24 hours before using the Exercise Ball for the first time.
- Notes:** If you have purchased the correct ball size for your height and weight, you should never need to inflate your Exercise Ball for greater than 90% of the maximum diameter.



WARMUP

A warm up walk, run, bike or similar activity is recommended to increase circulation.

- Beginner
- Intermediate
- ◆ Advanced



Pelvic Tilt
Tilt pelvis forward and backward.



Figure 8's
Tilt pelvis side to side.



Groin Stretch
Shift weight away from straight leg.



Ab Stretch
Hold stretch for 30 seconds.

GENERAL BALANCE

LESS DIFFICULT



Sitting Challenge 2 Levels
2 Variations of difficulty.



Kneeling 4 & 2 Point 2 Levels
Use caution in 2 point position.

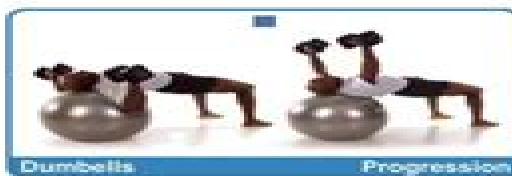


Alternate Arm & Leg 2 Levels
Slowly extend arm and leg.

UPPER BODY



Pushups 2 Levels
2 variations of difficulty.



Dumbbells Progression
Keep neck, back and hips aligned.



Prone Flys Progression
Pull shoulder blades back and down.

CORE/TRUNK



Situps Progression
Lift chest toward ceiling.



Lateral Oblique Progression
Brace feet against partner or wall for assistance.



Prone Ball Roll Progression
Roll until straight hip alignment.



Back Extension Progression
Thumbs up; extend back.



Hip Extension 2 Levels
Extend hips until straight alignment.



Lateral Ball Roll Progression
Thumbs up; tongue on roof of mouth.

LOWER BODY



Inner Thigh Squeeze 2 Levels
Squeeze knees in. Standing or sitting.



Wall Squat Progression
Keep knees behind toes.



Hamstring Curl Progression
Pull heels in until 90° at knees.

WARNINGS - Do not use this equipment without a complete understanding of its intended purpose and function. By stepping on this equipment the user accepts full responsibility for all rules and injury and waives any right to themselves, their heirs, executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of the equipment. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play on this equipment unsupervised. Consult a physician before starting this or any exercise program.

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Manual Pro Fitness Gym Ball Exercises

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Dutton, 2002 This book describes the anatomy and biomechanics of each area of the spine pelvis and TMJ and the theories behind the subjective and objective exams Working from this foundation detailed explanations on the assessment and treatment of each of the various areas are given enabling the student and clinician to differentially diagnose and integrate the results gleaned from the assessment in order to formulate a working hypothesis The sequential flow of the assessment is also detailed with explanations as to its rationale allowing a clinician of any proficiency level to use this book as a resource for an accurate biomechanical assessment and the design of a specific treatment plan based on those assessment findings Recognizing the varying abilities between clinicians most techniques are described with the patient sitting or lying in different positions

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Handbook of Research in Applied Sport and Exercise Psychology: International Perspectives Dieter Hackfort, Joan Lynne Duda, Ronnie Lidor, 2005 Presents diverse applied issues and different areas of applied research in sport psychology This handbook represents science related practice perspectives from different continents and cultures It provides a framework for knowledge founded practices of psychological services to targeted samples within the sport and exercise domains

Intermediate Manual Cincinnati Public Schools, 1962 **Standard Service Teacher's Handbook for Primary Arithmetic** John Ward Studebaker, Frederic Butterfield Knight, William Copley Findley, 1929 **The Core Workout** Joanne Elphinston, Paul Pook, 1999 *Votes & Proceedings* New South Wales. Parliament. Legislative Council, 1871 A Second Latin Exercise Book with Hints for Higher Latin Prose Composition John Barrow Allen, 1885 The American Legion Weekly American Legion, 1919 Educational Times, 1891 **Mind and Body**, 1902

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