

# exercise ball

## instruction sheet

**Congratulations!** You are now the proud owner of a Fitness Ball.

Made in Australia, your Fitness Ball is one of the strongest, most flexible fitness balls in the market today.

Widely used by fitness professionals, chiropractors, and physiotherapists, your Fitness Ball is ideal for the gym, office and home.

We are confident that you will enjoy the many health benefits you can attain by owning your very own fitness ball.

### Size guide

<b>Ball size</b>	<b>Your height</b>
Junior 45cm	150cm and below
Small 55cm	150cm to 160cm
Medium 65cm	160cm to 180cm
Large 75cm	180cm to 195cm
Extra Large 85cm	195cm and above

KEEP THIS INSTRUCTION SHEET FOR FUTURE USE

### Inflation Instructions:

**DO NOT use your ball until you have read and understood this instruction/information insert in full.**

Remove ball, adaptor and plug from package. Open carefully and avoid using blades to open. Check the ball for any damage that may have occurred during shipment. Make sure the ball is at room temperature before proceeding. **WARNING: Do not inflate when the temperature is lower than 18°C and greater than 32°C.**

Please be aware that Fitness balls are inflated to size not pressure. To help with inflation, mark on a door or wall the height as indicated on your ball. Your ball should not be inflated to greater than this height.

A clear adaptor is supplied if needed. This can be simply screwed into the end of a bicycle pump, foot pump or airline hose at your local petrol station. Once adaptor is attached to your pump, insert nozzle into ball hole and inflate. A compressor can also be used to inflate your ball.

Do not fully inflate your ball at this stage - leave it 10cm less than its maximum diameter as shown on the ball. When inflated, remove pump/adaptor and insert plug into ball hole. Leave for 24 hours to allow the ball to stretch.

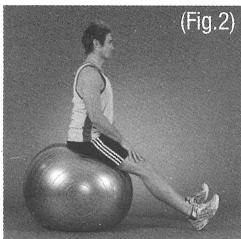
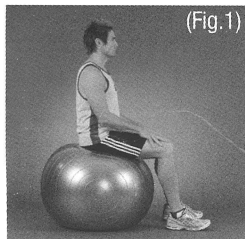
Complete inflation of the ball to its maximum size and re-insert plug. Do not over inflate the ball as this will compromise the integrity and performance of the ball.

**WARNING: With frequent use, just like a car tyre, your fitness ball will not last forever. Ensure that you follow the care instructions for your ball and continue to check for possible damage to its surface. Replace your fitness ball if wear and tear is prevalent. Your ball is not guaranteed against scratches, cuts and punctures.**

# Fitness Ball Exercises

## Hamstring Stretch:

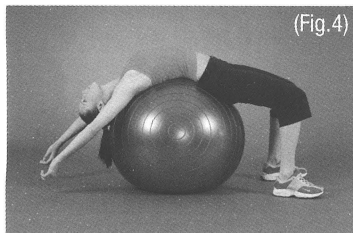
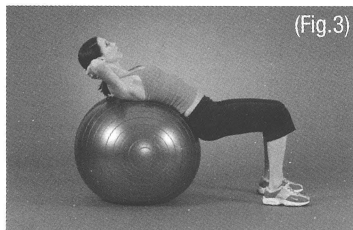
1. Sit on your ball with your feet flat on the floor (Fig.1). Walk your feet forward so that you are sitting on the edge of the ball.
2. Keeping your back straight lean slightly forward. Your hands should be resting on your thighs (Fig.2).



3. Straighten your legs slowly while maintaining the lean. Your toes should be pointing upwards. Be sure to keep your back and chest straight.
4. Hold for 30 seconds and return to start position.

## Abdominal Stretch:

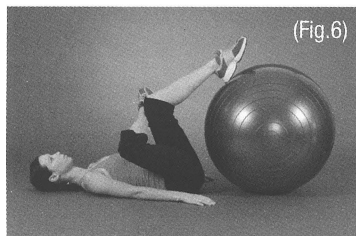
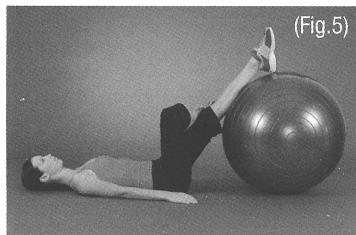
1. Sit on your ball and cross hands over chest. Slowly walk your feet out.
2. Hold your head stable and tighten your abdominal muscles as you walk out.
3. Stop when your back is on the ball. Place hands behind your head. Bend both legs and position feet flat on floor shoulder-width apart (Fig.3).
4. Slowly roll the ball backwards while straightening both your arms and legs. You should feel a gentle stretch throughout your back and abdominals (Fig.4).



5. Hold stretch for 30 seconds then return to start position.

## Hip-Stretch

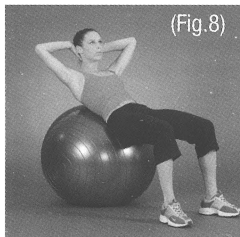
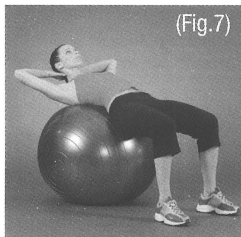
1. Lie flat on the floor with both feet and ankles resting on the ball in front of you. Place arms by your side with palms down.
2. Lift your right foot off the ball and move it slowly down your left leg until your foot and ankle are resting on your left thigh. (Fig. 5)



3. Slowly roll the ball toward you until you feel a gentle stretch through your gluteal and hip muscles (Fig.6).
4. Hold for 30 seconds and then repeat stretch with opposite leg.

## Trunk Curl:

1. Sit on your ball and cross hands over chest. Slowly walk your feet out.
2. Hold your head stable and tighten your abdominal muscles as you walk out. Roll out until your back is resting on the ball. Keep your hips lower than your shoulders.
3. With knees bent, place feet flat on the ground slightly wider than hip-width apart. Place hands behind your head for support (Fig.7).

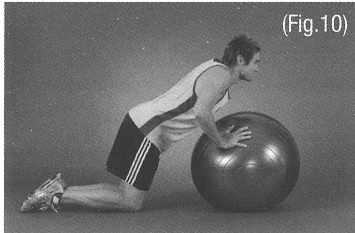
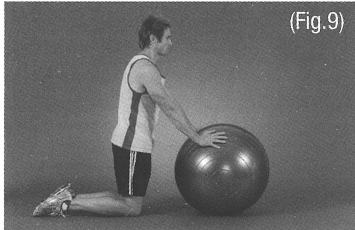


Trunk Curl (continued)

4. Slowly curl your trunk forward allowing your shoulders and upper back to lift up off the ball until you feel contraction in your abdominals. Focus should be on pulling your upper chest toward your pelvis (Fig.8).
5. Hold for 3-5 seconds, then return to start position.

### Push-up:

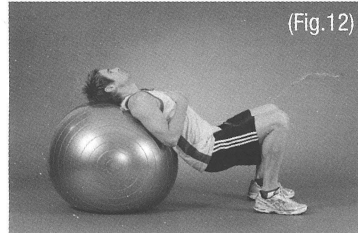
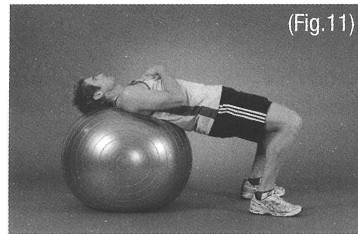
1. Kneel down with your ball placed in front of you. Place your hands on the ball in a comfortable position (Fig.9).
2. Slowly lower your chest toward the ball so that your elbows are at 90 degrees. Prevent your lower back sagging by tightening your mid-section. Pause for 2 -3 seconds (Fig.10).



3. Push against the ball slowly lifting your upper torso away from the ball to return to start position.

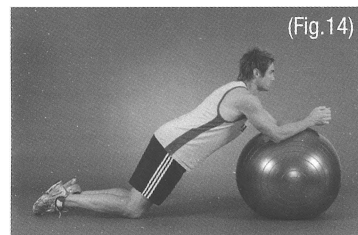
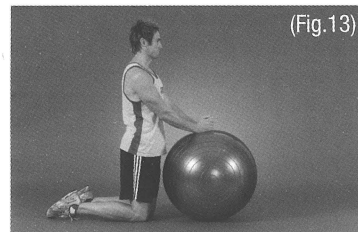
### Hip Extension:

1. Sit on your ball and cross hands over chest. Slowly walk your feet out.
2. Hold your head stable and tighten your abdominal muscles as you walk out. Roll out until your upper back, shoulders and neck are resting comfortably on the ball. (Fig. 11)
3. Bend both legs to 90 degrees with feet hip-width apart and lower hips toward the floor. Stop just before you touch the floor (Fig.12).
4. To return to start position, press hips upward until hips and shoulders are parallel with the floor. Hold for 3-5 seconds.



### Forward Ball Roll:

1. Kneel with the ball in front of you, about 10cm from your thighs (Fig.13).
2. Clasp your hands together and place them on top of the ball.
3. Keeping your body straight, lean forward rolling your forearms onto the ball until your upper arms form roughly 90 degree angles with your body. Keep abdominal muscles tight.
4. Raise your body back up by pressing your forearms down into the ball as you roll the ball back in toward you (Fig.14).



## Care Instructions:

1. The ball can be cleaned with a soft cloth and warm water. Do not use harsh chemical cleaners that may damage the ball.
2. Prior to each use, check for wear and tear on the ball. Inspect the ball for deep scratches, worn spots and cuts, which may cause the ball to fail during use. Do not use the ball if the surface is damaged.
3. Avoid exposing the ball to rough or abrasive surfaces. Extra care should be taken when using the ball outdoors.
4. Make sure the workout area is clear of sharp or pointed objects that may damage the ball. Check clothes for sharp or angular objects when the ball is used for exercise.
5. DO NOT patch or repair punctured balls. Discard and replace immediately.
6. Avoid exposing the ball to sunlight for prolonged periods of time. This may lead to damage and deflation of your ball.
7. Be careful when using the ball in temperatures above 32°C and below 18°C.
8. Keep the ball away from sources of heat such as heaters, lamps, fireplaces etc. These sources will damage the ball.

**NOTE: Your fitness ball is made to stringent quality controls but all care must be taken by the person using the ball to prevent damage. Maintenance of your ball is important to ensure its integrity is not compromised.**

## Safety Instructions:

1. User assumes the risk when using this product. Loumet shall not be held liable for any damages that may result from use of the ball.
2. There are inherent risks with any exercise program. Consult your health care professional before beginning any exercise program or using your ball.
3. Discontinue any exercise that causes discomfort. If you suffer from back pain or injury always be sure to consult with a health care professional for advice before using your ball.
4. In cases of nausea, shortness of breath, head or chest pains or similar symptoms, stop exercising immediately and consult your health care professional.
5. There is a risk of falling off of the ball, particularly during some of the illustrated exercises which may cause severe injury. Perform all exercises slowly, with control and maintain proper body position. Use of the ball is recommended on a soft surface. Avoid use on hard surfaces such as cement and tiles.
6. This product is not a toy and should only be used by children, people with disabilities and the elderly with appropriate adult supervision.
7. Use correct ball size for your height.
8. Use the ball in an open space, away from furniture that may cause injury. Inspect the floor for small objects that could puncture the ball.
9. Always perform general warm-up activities prior to performing fitness ball exercises.

**LOADING:** Your fitness ball has been tested to hold 350kg if inflated correctly.

**DISCLAIMER:** No responsibility or liability is accepted for any loss or damage suffered by any person as a result of adopting the information or recommendations.