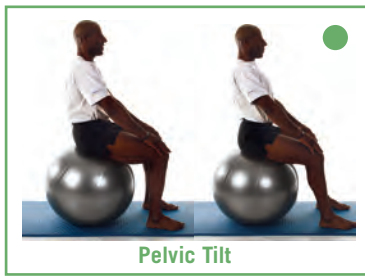


EXERCISE BALLS SHOULD ALWAYS BE USED WITH EXTREME CAUTION.

**WARMUP**

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

- Beginner
- Intermediate
- ◆ Advanced



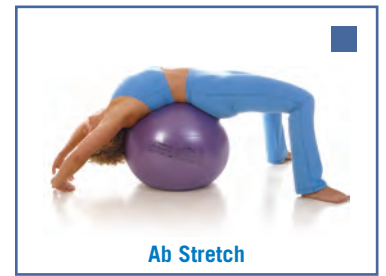
**Pelvic Tilt**  
Tip pelvis forward and backward.



**Figure 8's**  
Tip pelvis side to side.



**Groin Stretch**  
Shift weight away from straight leg.



**Ab Stretch**  
Hold stretch for 30 seconds.

○ LESS DIFFICULT

◆ MORE DIFFICULT

**GENERAL BALANCE**

● Beginner ■ Intermediate

**Sitting Challenge**  
2 variations of difficulty.

■ Intermediate ◆ Advanced

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

■ Intermediate ◆ Advanced

**Alternate Arm & Leg**  
Slowly extend arm and leg.

**UPPER BODY**

● Beginner ■ Intermediate

**Pushups**  
2 variations of difficulty.

■ Intermediate

**Prone Flys**  
Pull shoulder blades back and down.

◆ Advanced

**Warning:** Using weights in conjunction with an exercise ball can greatly increase the risk of injury. Fitterfirst does not recommend this activity.

**CORE/TRUNK**

● Beginner ■ Intermediate

**Situps**  
Lift chest toward ceiling.

■ Intermediate

**Lateral Oblique**  
Brace feet for assistance.

■ Intermediate

**Prone Ball Roll**  
Roll until straight hip alignment.

● Beginner

**Back Extension**  
Thumbs up; extend back.

● Beginner ■ Intermediate

**Hip Extension**  
Extend hips until straight alignment.

◆ Advanced

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

**LOWER BODY**

● Beginner ■ Intermediate

**Inner Thigh Squeeze**  
Squeeze knees in, standing or sitting.

■ Intermediate

**Wall Squat**  
Keep knees behind toes.

◆ Advanced

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

## EXERCISE BALL CHAIRS ARE VERSATILE & FUN TO USE



### Active Sitting

A healthy and energizing alternative to sitting in a conventional chair

- Improves balance and stability, as well as circulation and core strength
- Increases alertness and attention span
- Allows your spine to work with gravity to naturally find your best posture

### Exercise

Achieve greater overall fitness by stretching and strengthening on the Exercise Ball.

- Improves balance and coordination
- Enhances strength and flexibility
- Promotes core stability
- Adds challenge to balance and strength training exercises



### Kids on Ball Chairs

Bouncing fun and skill building for kids of all ages. Every kid should have a ball to sit on and play with! Adult supervision recommended.

- Develops good posture and promotes healthy sitting habits at an early age
- A fun way to learn about active sitting
- Helps kids keep active even while playing video games, watching TV or using a computer



### Pregnancy

Midwives and hospitals have found a number of beneficial effects from using Exercise Ball Chairs before, during and after labor. Medical Supervision recommended.

- Provides comfort for pregnant women while sitting
- Maintains a dynamic environment in pelvic region
- Allows for easy pelvic tilting movement, laterally and antero-posteriorly



# EXERCISE BALL



Exercise Chart  
Safety & Usage Information  
Inflation Instructions  
Warranty Details



free downloads at  
[www.fitter1.com/charts](http://www.fitter1.com/charts)

**Questions? Please contact us:**  
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Calgary AB Canada T2G-4M6

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**Website:** [www.fitter1.com](http://www.fitter1.com)

Printed in Canada

[www.fitter1.com](http://www.fitter1.com)

1-800-fitter1



Hips should be above knees.

### OPTIMAL CHAIR HEIGHT

Ball Size	Chair	Exercise
75cm / 25.6"	> 6'0"	> 6'2"
65cm / 25.6"	5'2" - 6'0"	5'6" - 6'2"
55cm / 21.7"	> 5'5"	5'0" - 5'7"
45cm / 17.7"	Kids	< 5'0"



Play it safe when using exercise balls. Knowing the age of your ball and the amount of use of it that time is crucial for maintaining safe practice.

### INFLATE & DATE



5. Now that the ball has been allowed to stretch at 80% inflation, remove the plug again. *Tip: You can use a spoon or object with a thin, dull edge to get under the lip of the plug.* Finish inflating to desired level, up to 100%. If you prefer the ball to be softer, you can leave inflation at less than 100%. Reinsert the plug and inspect the ball for any signs of defect. If all looks good, enjoy the ball in a safe, responsible fashion.

4. Once the ball is inflated to 80%, insert the plug. Let the ball sit unused overnight to stretch.

### NEVER INFLATE THE BALL OVER 100% PROPER INFLATION KEEPS YOU SAFER

- To inflate by height, fill until the ball is 80% of the maximum height of the diameter.
- To inflate with the measuring tape, wrap the tape around the circumference of the ball and align the end with one hole to the inner hole on the end with three holes. This inner hole represents approx. 80% inflation, the centre hole 90%, while the outer hole is 100% inflation.

3. To inflate your exercise ball either measure up the wall to the size of your ball (55cm, 65cm, etc.) or use the plastic measuring tape provided with the Classic Ball Chair.

2. Inflate the ball to about 80% of its maximum circumference using a ball pump, foot pump, air mattress pump or compressor. (Bike pumps are not recommended.)

1. Remove the ball from its packaging. Included with the Classic Exercise Ball Chair are two plugs, an adapter and a measuring tape. The Duraball Pro/Max only contains two plugs.

### INFLATION PROCEDURES

## BALL INFLATION INSTRUCTIONS



By their nature, exercise balls will only last for a limited time. Conditions of use will greatly influence the life expectancy of the ball. Fitter International Inc. accepts no responsibility to the ball user over or above that of the original manufacturers limited warranty. Please use common sense and caution when using an exercise ball for sitting or exercising. Balls may burst unexpectedly. Expect the unexpected and exercise safely. This warranty does not apply to any damage caused by accident, abuse or misuse of the product.

- Show external wear or scuff marks
- Were purchased more than 30 days ago
- Show a puncture or trauma determined by an experienced Fitter staff member

Fitter International Inc. **WILL NOT WARRANTY** Exercise Balls that:

- Ball has internal flaw/defect determined by an experienced Fitter staff member
- Ball is clearly unbalanced indicating wall thickness varies dramatically
- Ball has slow leak (takes 2 or more days to deflate) not caused by puncture

Fitter International Inc. **WILL WARRANTY** Exercise Balls for a maximum of 30 days after purchase under the following conditions:

### WARRANTY

If you are seeing a medical practitioner for any reason, please consult your physician before use.

- Exercise balls should NOT be used during pregnancy unless supervised by medical experts
- Exercise balls are not toys; any use of a ball by children should be supervised by an adult

### Remember:

- The ball is filled to no more than the stated maximum level
- Away from stairs and uneven surfaces and other obstacles
- Indoors and on a padded floor mat that is designed to prevent injury
- In an open area away from sharp items that may puncture the ball

**Exercise Balls should only be used under the following conditions:**

Please ensure that you follow all inflation instructions carefully. Before using an exercise ball check the area and your clothing for sharp objects (pins, staples, belt buckles, etc.) that could puncture the ball. Balls are not intended for outdoor use. Keep the ball away from excessive sources of heat, such as lamps, heating ducts and direct sunlight for extended periods of time. Generally, please follow the rules that would apply to any inflatable object.

Fitter International Inc. is pleased to offer a range of quality exercise ball brands. These manufacturers do not warranty their product against bursting, unless the occurrence was caused by a manufacturer defect which is normally identifiable within the first 24 hours after inflation.

### USER WARNING & RESPONSIBILITY

## USER RESPONSIBILITIES & DUTY OF CARE