

### Ball Inflation

1. Read the label on your Exercise Ball to determine the ball size, e.g. 65 cm (26").
  2. Locate the ball pump and inflation valve.
  3. Slowly inflate the Exercise Ball to 10 cm (4") less than its maximum diameter (e.g. 60 cm (24") for a 65 cm (26") ball).
  4. Re-check the gage and do not use your Exercise Ball for 24 hours.
  5. After 24 hours, complete the inflation of the Exercise Ball to your correct usage weight.
  6. Wait another 24 hours before using the Exercise Ball for the first time.
- Warning:** If you have purchased the correct ball size the pump height and weight you should never need to inflate your Exercise Ball to 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



## GENERAL BALANCE

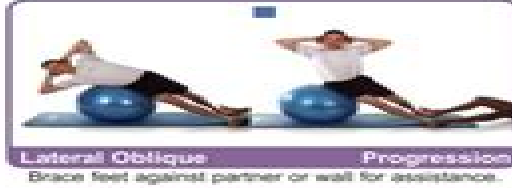
### LESS DIFFICULT



## UPPER BODY



## CORE/TRUNK



## LOWER BODY



**WARNING** - 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 risks and injury and releases any right to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play on this equipment (patented). Consult a physician before starting this or any exercise program.

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# Igym Gym Ball Exercises User Guide

**Shasha Hu**



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