

## 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 weight range.
  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



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 rules and injury and waives 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 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

**United States. Bureau of Naval  
Personnel**



## **Manual Pro Fitness Gym Ball Exercises:**

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data recording tables Protocols that encompass the spectrum of tests in exercise health and sports science including but not limited to anthropometry muscular strength submaximal and maximal exercise testing range of motion and threshold tests Includes pre testing procedures and equipment requirements for conducting assessments Emphasis on the accuracy of the measurement including calibration and verification of equipment Section on laboratory safety cleaning and disinfectanting Links analysis interpretation and communication of test results Data analysis practical that encourages the reader to analyse their own data collected in the activities      **"Wentworth & Hill's Exercise Manuals** George Albert Wentworth,1889

**Instructions for the sword, carbine, pistol, and lance exercise. Together with Standing gun drill** War office adjutant general's dept,1864      Methods of Group Exercise Instruction Mary M. Yoke,Carol Armbruster,Carol Kennedy Armbruster,2019-06-02 Methods of Group Exercise Instruction highlights a variety of group exercise formats and offers expert guidance in group exercise training principles correction and progression techniques cueing and safety tips

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