

## 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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# Igym Gym Ball Exercises User Guide

**LaReine Chabut**



## **Igym Gym Ball Exercises User Guide:**

Swiss Ball for Total Fitness James Milligan, 2005      Ultimate Core Ball Workout Jeanine Detz, 2005-06-01 From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today's exercise enthusiasts. Now Ultimate Core Ball Workout takes core training to a higher level with its on the ball variations of traditional mat exercises. The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time. Any crunch will work the abs but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster. The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques. Offering more than just good looking abs the program in Ultimate Core Ball Workout produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex. Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time.

**Ball Bearings** Jeff Compton, Stefan Scott, Matthew Tyler, 2003 Over 400 illustrations and step by step instructions combine to show all those who exercise using a ball or wish to begin an exercise program using a ball the best methods. The authors pool their many years of experience as exercise ball trainers to design fun workouts reveal how to follow a rehabilitation plan and demonstrate how to perform stretches and prevent back pain.

**The Core Workout** Joanne Elphinston, Paul Pook, 1999      **Simply Gym Ball** Lucy Knight, 2005 This workout focuses on gradual and sustainable weight loss through sensible exercise and a delicious eating plan. Guides you through a series of gym ball exercises designed to sculpt long lean muscles and an enviable dancer's posture.

Exercise Balls For Dummies LaReine Chabut, 2005-05-06 If you want to shape up or lose weight get on the ball. It's inexpensive. It's something you can do at home. It's effective. However unless you have a personal trainer using the exercise ball correctly to get maximum results can be tricky. That's where Exercise Balls For Dummies comes in. You'll discover how to turn an ordinary workout into a super workout that builds strength increases flexibility and sculpts a great looking body. The book includes Step by step details on using exercise balls in your regular workout program. Tips on selecting and maintaining equipment. Illustrated exercises covering a complete muscle workout shoulders and upper back biceps triceps and forearms chest abdominals and lower back legs and hips flexibility in general. Specific applications for Pilates weight training stretching and aerobic exercise. Mat workout routines. Admitted couch potatoes can start at the beginning fitness fanatics can jump right in and integrate the exercise ball into their routines. Exercise Balls For Dummies was written by LaReine Chabut a fitness model actress and writer who owns a women's workout spa and stars in workout videos. Of course she makes it look easy.

**Exercise Ball** Chrissie Gallagher-Mundy, 2004-03-01      **p-i-l-a-t-e-s Mini Ball Instructor Manual - Levels 1 - 5** Catherine Wilks, 2012-01-05 p i l a t e s Mini Ball Instructor Manual 31 Exercises over 5 Levels this manual offers a complete guide to

performing exercises with the Mini Ball A fantastic versatile piece of equipment necessary for any Pilates Studio or Fitness Professional This manual offers a step by step guide to progressing clients with this apparatus It is an excellent resource for Pilates Instructors and Personal Trainers     Exercise Ball for Beginners Chrissie Gallagher-Mundy,2004 Exercise balls have grown in popularity at the gym since they were first introduced in the 1960s and now Exercise Ball for Beginners brings this fun versatile workout home The newest addition to the HarperResource popular stand up series features exercises designed to target specific muscle groups The exercise ball workout builds strength and flexibility relieves tension and improves balance and coordination Important safety information is also included Exercise Ball for Beginners features step by step instructional photos and a unique hands free design     **The Great Body Ball Handbook** Michael Jespersen,Karl Thorson,2000     **Exercise Ball Workouts Handbook** Marquis Brenhaug,2021-04-20 This exercise ball workout will help beginners build strength and flexibility It is also useful as a warm up for a more extensive routine Each exercise in this exercise ball workout is accompanied by brief instructions and a link to more detailed instructions Use the links for any unfamiliar exercises Do make sure your ball is not too big or small Check on how to size your exercise ball It is always OK to have the ball close to a wall or solid chair that you can use to aid your balance This book guides you to exercise ball workouts to achieve a long lean and toned body in record time with Stability Ball Exercises For A Full Body Workout     **Simply Ball** Jennifer Pohlman,Rodney Searle,2005-06-01 The exercise ball has become an essential popular part of many fitness training programs Working with it can improve overall strength tone helping create a strong supple body This unique workout combining exercises with the ball movements following the Pilates principles will improve muscle endurance help you achieve greater coordination general well being With 25 beginner level exercises more than 80 full color photos this book guides you through an easy to follow program that will inspire you to include these exercises in your fitness routine You will gain balance strength control of your body while improving your overall health Includes a 36 minute DVD with complete exercise ball workout     **Simply Ball Workout** Jennifer Pohlman,Rodney Searle,2003 This kit contains Simply Ball with Pilates Principles book with 64 pages of full color photographs with step by step instructions explain how to exercise effectively to improve muscle tone and strength and to increase your energy The exercises can easily be carried out at home The book also includes an introduction to the philosophy and principles of Pilates and an explanation of how using the exercise ball can improve your muscle endurance coordination and reflexes Simply Ball with Pilates Principles video in which Jennifer Pohlman and Rodney Searle take you through the 25 exercises demonstrating clearly the techniques and correct positions and also show how to focus on the exact techniques for maximum benefit They guide you through the movements step by step so that you can master these exercises and experience a positive lift in your fitness level     *Medicine Ball Workouts* 14 Peaks,Sammy Parney,2017-04-25 Whether you are using a medicine ball for CrossFit strength training or to get ultimate fitness Medicine Ball Workouts has you covered Each of the 30 medicine ball exercises shows you a breakdown of

primary and secondary muscles targeted step by step instructions and tips to get the most from each exercise medicine ball exercises Included is an 8 Week Workout Plan with a recovery week placed into the schedule The only equipment needed for these workouts is your body and a medicine ball These workouts were strategically designed by Samantha Pankey certified personal trainer USA Rugby Player and USA Level 200 coach who attended the American College of Sports Medicine Within this book you will find out the benefits of working out with the medicine ball an overview of the best brands 30 step by step medicine ball exercises and an 8 week workout plan This book works great with the brands Amazonbasics Valeo J fit Yes4all Sports Research TRX training Go Fit Fit Deck Milliard CAP Barbell and Champion Sports It is also available in Kindle editions and paperback editions and can be combined with your Amazon prime order Get the ball rolling down the path to ultimate health Exercise Medicine Ball

**Strength Training on the Ball** Colleen Craig, 2005-04-13 A unique series of Pilates strength building exercises using the Swiss exercise ball resistance bands and weights From the bestselling author of Pilates on the Ball and Abs on the Ball Features specialized strength training workouts for readers of all ages and fitness levels Chapters include check points to help readers set realistic goals and tips for physical educators coaches and Pilates teachers In Strength Training on the Ball Colleen Craig shows readers of all fitness levels how to build strong bones improve balance and reduce body fat while toning and defining the body Combining the unique functions of the exercise ball with the endurance and flexibility building benefits of strength training Craig presents 75 ball exercises using weights resistance bands and the body's own resistance Her exercise variations make strength training safe for beginners children teenagers and seniors and challenging enough for the seasoned athlete Strength Training on the Ball is modeled after Craig's groundbreaking and bestselling works Pilates on the Ball and Abs on the Ball It contains step by step photographs for each of the exercises check points to help readers set realistic yet motivating goals and teaching tips for physical educators coaches and Pilates teachers The book concludes with three specialized strength workouts a therapeutic workout for those recovering from injuries a basic workout for absolute beginners and a challenging workout for athletes and gym enthusiasts

**Get on the Ball** Lisa Westlake, 2008-01-01 Using an exercise ball provides a range of improved alternatives to exercising on terra firma Training on unstable base facilitates strength balance and core stability providing a healthy toned body inside and out The fluid movement of the ball enhances mobility and flexibility to keep your body supple and moving with ease Get on the Ball features over 100 exercises that will help you to look good and feel fantastic giving you a stronger leaner and injury free body This comprehensive approach to fitness will develop your core stability activate balance improve your joint mobility and flexibility and increase abdominal strength Each exercise is illustrated and offers multiple degrees of difficulty with special workout sequences for maximum fitness For anyone who enjoys working out on an exercise ball Get on the Ball makes it easy to achieve a slimmer waistline firmer abs and a fitter body Enjoy the exercises and celebrate the results Lisa Westlake has been working in the areas of health and fitness for over 20 years She is a highly regarded instructor and presenter and

combines her physiotherapy and fitness skills to provide fitness programmes to suit any age or level of ability Her first book **Strong to the Core** is a bestseller

**Stability Ball Exercises** Marina Aagaard, 2011-06 The most comprehensive compilation of stability ball exercises available Over 450 exercises with the stability ball also known as the Swiss ball or strength ball Plus even more variations Efficient one on one partner and group exercises at all levels for beginners intermediate and advanced exercisers including Olympic Athletes With more than 900 photos and step by step text on proper exercise technique And a guide to progression of ball exercises As a unique feature the book includes the most effective and enjoyable warm up cardio and stretching exercises with the ball **Stability Ball Exercises** a Scandinavian bestseller is a valuable reference book for any coach trainer physical exercise leader personal trainer group exercise instructor physiotherapist and PE teacher as well as exercisers at all levels

**Abs on the Ball** Colleen Craig, 2003-03-27 Innovative abdominal exercises to help tone the abdomen improve posture and build a strong back using the Swiss exercise ball Offers a 10 minute and 20 minute workout for all levels of fitness Shows how the mobility of the ball targets underutilized muscles Shows how traditional sit ups and ab machines limit how much abdominal muscles can be trained and also aggravate lower back pain and neck tension The exercise ball has long been recommended by doctors physical therapists and Olympic coaches for people suffering from back pain Now Colleen Craig author of the bestselling book *Pilates on the Ball* reveals why the exercise ball is unmatched as a tool for building superb abdominal strength She presents a selection of over 80 innovative exercises including some of the key powerhouse builders from the Pilates Method all of which she has adapted specifically to the ball Craig shows how traditional sit ups and ab machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension In contrast the very mobility of the ball targets underutilized muscles recruiting both deep and superficial abdominal muscle fibers to enhance results **Abs on the Ball** includes exercises for all ability levels that show how to properly use the breath and how to activate the correct muscles during a workout from the core exercises of the Waterfall Oblique Curls and Full Abdominal Curls to the more advanced Side Twist Plank the Teaser and Backward Crunch The author also offers a 10 and 20 minute workout designed not only to build the abdominal core but also to strengthen and train deep muscles in the back and hip in order to soothe lower back pain and increase overall body strength balance and coordination

*Get in Shape with Exercise Ball Training* Julie Schoen, 2013

*The Complete Idiot's Guide® to Body Ball Fitness* Karon Karter, 2004 The Complete Idiot's Guide to Body Ball Fitness Illustrated introduces readers to the stability ball the latest craze to roll out and a balancing act worth trying Body balls roll several exercises into one balance and strength training Karon Karter author *The Complete Idiot's Guide to the Pilates Method* 00286239839 draws on her fourteen years as a movement and Pilates instructor to teach readers total body workouts Whether they're trying the ball for the first time or expanding their repertoire this book offers dozens of illustrated exercises to tighten and tone Includes Three complete workouts of 10 12 exercises each for varying fitness levels An

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aching back Hundreds of helpful informative photographs

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