

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

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Swiss Ball for Total Fitness James Milligan, 2005 **Ultimate Core Ball Workout** Jeanine Detz, 2005-06 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 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 **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 *The Core Workout* Joanne Elphinston, Paul Pook, 1999 **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 **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 **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 **The Great Body Ball Handbook** Michael Jespersen,Karl Thorson,2000

Exercise Ball Chrissie Gallagher-Mundy,2004-03-01 *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

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Table of Contents Igym Gym Ball Exercises User Guide

1. Understanding the eBook Igym Gym Ball Exercises User Guide
 - The Rise of Digital Reading Igym Gym Ball Exercises User Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Igym Gym Ball Exercises User Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Igym Gym Ball Exercises User Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Igym Gym Ball Exercises User Guide

- Personalized Recommendations
- Igym Gym Ball Exercises User Guide User Reviews and Ratings
- Igym Gym Ball Exercises User Guide and Bestseller Lists
- 5. Accessing Igym Gym Ball Exercises User Guide Free and Paid eBooks
 - Igym Gym Ball Exercises User Guide Public Domain eBooks
 - Igym Gym Ball Exercises User Guide eBook Subscription Services
 - Igym Gym Ball Exercises User Guide Budget-Friendly Options
- 6. Navigating Igym Gym Ball Exercises User Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Igym Gym Ball Exercises User Guide Compatibility with Devices
 - Igym Gym Ball Exercises User Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Igym Gym Ball Exercises User Guide
 - Highlighting and Note-Taking Igym Gym Ball Exercises User Guide
 - Interactive Elements Igym Gym Ball Exercises User Guide
- 8. Staying Engaged with Igym Gym Ball Exercises User Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Igym Gym Ball Exercises User Guide
- 9. Balancing eBooks and Physical Books Igym Gym Ball Exercises User Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Igym Gym Ball Exercises User Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Igym Gym Ball Exercises User Guide
 - Setting Reading Goals Igym Gym Ball Exercises User Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Igym Gym Ball Exercises User Guide

- Fact-Checking eBook Content of Igym Gym Ball Exercises User Guide
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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