

FITNESS BALL

USER MANUAL BALANCE & FLEXIBILITY

- ✓ Anti-burst technology
- ✓ Tested to exceed 1200 Kg
- ✓ Slowly deflates when punctured
- ✓ Includes foot pump

Available in 3 sizes

- 45-cm fitness ball - Height 5' / 1.52m
- 55-cm fitness ball - Height 5'1" to 5'7" / 1.55m-1.70m
- 65-cm fitness ball - Height 5'8" and up / 1.73m +

- Inflate the ball enough so that when you sit on it with your feet on the floor, your knees are parallel with or just above your hips.
- To make the exercises more difficult, add more air to the ball: The firmer it is the greater the challenge.
- Inflate it using the air pump provided and following the air pressure guidelines

BEFORE USE

Please read the instructions below before using the ball.

- Ensure you have sufficient space around the ball to exercise. Although the ball itself will take less room than a bench press you'll still need roughly the same floor real estate once you are using it.
- **Make sure you have enough grip on the floor.**
- You will need to work to keep your balance whilst performing exercises on the ball, it is imperative that you have proper grip on the floor. Workout mats are not recommended as they may shift beneath you.
- Ensure you breathe whilst performing the exercises to avoid excessive strain.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Before each workout, check the ball for possible wear.
- Always perform a warm up prior to exercising.
- Perform exercises in a slow and controlled manor.
- Workout at an appropriate level.
- As with any other physical activity, it is recommended you consult with your doctor when beginning any type of exercise program.

BALL STORAGE

- Exercise balls are essentially inflatable plastic balls and as such should be properly stored when not in use.
- Avoid storing them in very hot environments in which the air inside could expand beyond the stress levels which could ultimately cause the ball to burst.
- Cold environments, the air will contract.



For more information contact:

www.live-on-the-edge.com • info@live-on-the-edge.com • +44 131 344 4730

Exercise Instructions

- Warm up before you commence the workout.
- Complete 1-3 sets of 8-12 reps of each exercise.
- Rest in-between each set.
- Perform each exercise through a full Range of Motion.

FITNESS BALL

1. BALL CRUNCH

Targets abs, hips, thighs

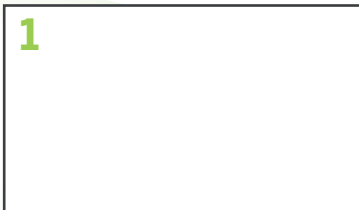


1. Sit on the ball and walk your feet out and forward of your knees, sliding your bottom down so your body is at a slight incline.
2. Press palms together in front of your chest, keeping a tennis ball size space under chin. Pressing lower back into ball, lift upper body and crunch up. Hold one breath and return to starting position.

Challenge yourself: Walk feet closer to ball and lift butt; raise arms straight overhead.

2. BALL BRIDGE

Targets lower back, glutes, hamstrings, and inner thighs

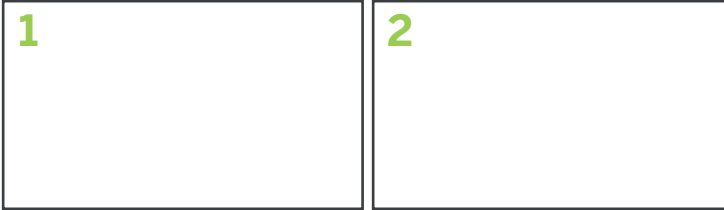


1. Lie with head and shoulders on ball, knees over ankles, arms crossed.
2. Lift hips as high as possible without arching your back. Hold for 3 counts and lower. Work up to 3 sets of 10 to 12 reps.

Challenge yourself: Cross right ankle over left knee for 10 reps, then switch legs and repeat.

3. ELEVATED LEG CURL

Targets back, glutes, hamstrings, calves



FITNESS BALL

1. Sit on the ball and walk your feet out and forward of your knees, sliding your butt down so your body is at a slight incline.
2. Press palms together in front of your chest, keeping a tennis ball size space under chin. Pressing lower back into ball, lift upper body and crunch up. Hold one breath and return to starting position.

Challenge yourself: Walk feet closer to ball and lift bottom; raise arms straight overhead.

4. BALL PUSH-UP

Targets shoulders, chest, arms, abs



1. Your hands forward until the tops of your thighs are on the ball; keep wrists aligned under your shoulders, fingers pointed slightly in.
2. Lower chest toward the floor, bending elbows out to sides; think of touching your forehead to the floor to keep your neck in line with your spine. Straighten arms and repeat.

Challenge yourself: Do the move with your shins on the ball. For an extra challenge, raise one leg.

5. STANDING WALL SQUAT

Targets glutes, quads, calves



1. Stand with the ball behind your lower back, pressing it into a wall behind you. Take a small step forward, continuing to press lower back and hips into the ball.
2. Bend knees 90 degrees; keep knees over ankles and lower back pressed into the ball. Hold for 3 breaths, and then straighten legs.

Challenge yourself: Lift one foot off the floor.

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