

# *Thank you*

for bringing the **Total Fitness Ball** into your daily fitness routine. This exercise equipment is ideal for health conscious men and women of all ages and fitness levels.

**AS WITH ALL EXERCISE PROGRAMS AND EQUIPMENTS, PLEASE CONSULT YOUR PHYSICIAN OR A TRAINED FITNESS PROFESSIONAL BEFORE YOU BEGIN.**

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**Items included:** the Total Fitness Ball, the ball plug, the EZ Pump, and the instructional pamphlet.

**Basics that you should know:**

1. Begin by attaching the EZ Pump to inflate the Total Fitness Ball until the ball is firm, then push the plug in.
2. Sit on the Total Fitness Ball with hips and knees in perfect alignment, parallel to the floor. With your heels beneath the knees, adjust the ball by either deflating (if your knees are lower than your body), or inflating (if your knees are higher than your body) to achieve the perfect size for you.
3. During the course of these exercises, the neutral position or a starting position is usually the beginning and the end of a routine. A neutral position is achieved when you sit tall on the ball, with your back straight, chin up, and shoulders back. Your head, back, and hips should be in a perfect alignment. Tighten your abdominal muscle for more intensity.



**NOTE:**

1. Always warm up with or without the Total Fitness Ball (ex. Jog in place for 5-10 minutes or march while sitting on the ball).
2. At any time, if you “wobble” while sitting on the ball, place your feet further apart or hold the ball with your hands for stability.

***Again, you have made a great choice. Let's get you to the next level!***

## Simple Stretches:

Sit on ball, roll onto your toes and roll back. Roll back enough to feel a slight pull behind your legs. Do this 4 times.



Roll to the left and pause, and then roll to the right and pause. Do this 4 times. For more of a stretch, lean forward towards the straight leg.



To stretch your abdominal muscle, lie on the ball with your back firmly pressed against the ball. Let your body relax and follow the curve of the ball. Relax and breathe. Do this for 8 seconds.



## Strength Training:

The Total Fitness Ball is designed to soften the impact of weight training for beginners. We recommend the CAP Soft Coated Barbell Set for the following exercises. As with any weight training exercise, start and finish each exercise with slow and controlled motions to avoid any injury.

**CHEST:** Lie on the ball with your head, neck, and upper back on top of the ball. Place your legs shoulder-width apart to stabilize your position. With desired weights in each hand, lift arms straight up and over your chest (exhale); and bring arms back to starting position (inhale). Do this 6-8 times, 2-3 sets.

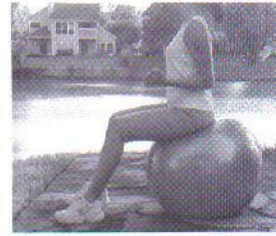


**\*\*Avoid jerking movements by using slow and controlled motions.**

**SHOULDER PRESS:** Sit on the ball with feet shoulder apart. Bring your arms up to the side and bent at the elbow. Lift the weights up towards the ceiling so that the arms are over your head (exhale). Keep your elbows soft and bring your arms back down to the starting position (inhale). Do this for 6-8 times, 2-3 sets.



**BICEPS:** Begin in the neutral position with your elbow pressed to the side of your body. Using the desired weights, curl up your hands to your chest (exhale) and squeeze. Bring your forearm back down slowly (inhale). You can use both hands at the same time, or alternating them. Do this 6-8 times, 2-3 sets.



**TRICEPS:** Same position as above. Place your elbow on your leg for support. This will lower your body closer to the ball. Start by curling your left arm (inhale), then slowly extend (exhale) your arm back with desired weight in hand. Do this for 6-8 times for each arm, 2-3 sets.



**LOWER BACK:** Sit with ball in front of you and roll forward with the ball until the ball is underneath your body. With hands across your chest, lift up slightly (exhale) and back to starting position (inhale). Do this 6-8 times, 2-3 sets.



**Remember, if you experience any pain or discomfort, STOP immediately and consult physician or a trained fitness professional.**

### **Legs:**

**Squats:** Place the ball against the wall and press with your lower back and step out 1-1 ½ feet. Proceed to slowly lower yourself as if you are sitting down with your knees over your heels (exhale). You should be able to see the tip of your shoes. And slowly rise back to the starting position (inhale). Do this 6-8 times, 2-3 sets.



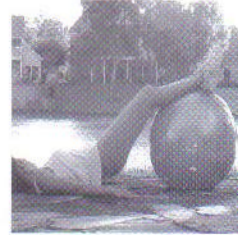
**Leg Lift:** Lay the right side of your body over the ball. Right leg should be bent for support while left leg lifts up and down in a slow and controlled motion. Do this 6-8 times each leg, 2-3 sets.



**INNER THIGH:** Place the ball between your legs and squeeze for 8 counts. More if desired.



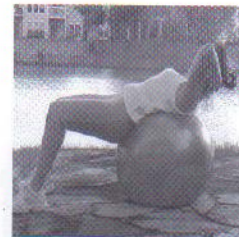
**GLUTEUS MAXIMAS:** Lie on the floor with the ball beneath your calves, tighten your abdominal muscles and lift your buttocks up off the floor (exhale) and back to starting position.



### **ABDOMINAL MUSCLE:**

The Total Fitness Ball is suitable for variety of abdominal exercises that will support your lower back while maximizing the end result. **EXHALE** while you pull yourself up and **INHALE** when you relax back to the starting positions.

Sit on the ball in neutral position (Figure1). Take two steps forward and place your hands behind your neck for support. Place the ball so it supports the lower back. **For beginners**, you can drop your hips down lower for less intensity. Squeeze your belly button down to the ball, and lift up (exhale), hold for 3 seconds, and relax (Inhale). Do this 10 times, 2-3 sets.



***Congratulations! You did it!***

***Remember to stretch afterwards to complete your work out, and drink lots of water to replenish your body.***