

53.3*41.5cm



Anti-Burst Gym Ball

Item #055 , 056 & 057

General Instructions

- As with any exercise product or program, consult your physician before beginning.
 - Be sure to warm up before each exercise.
 - Follow the instructions. Keep your abdominal muscles contracted and maintain good posture at all times.
 - Breathe normally during the entire exercise.
 - Perform your exercise program slowly and increase the pace gradually.
 - Try to perform each exercise 8 to 12 times.
 - Protect the ball from excessive heat such as lamps and direct sunlight.
 - Never use a sharp object as you might puncture the ball or injure yourself.
 - The size indicated on the ball is the maximum diameter of the ball.
- Do not over—inflate the ball!

CAUTION:

If you feel any pain, stop exercising and consult your physician.

For Customer Service, please contact: support@sunnyhealthfitness.com.

Buttocks Pelvic Tilt

<ul style="list-style-type: none"> • Lie with your mid and upper back supported on the ball. • Place your hands on hips and keep your feet flat on the floor a shoulder-width apart. • Lift your pelvis, raising your hips parallel to the floor, then lower your hips to the starting position. • Use your abdominal to lift your hips. 		
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Leg Raises

<ul style="list-style-type: none"> • Lie with your hips, waist and chest supported on the ball. • Place your left hand on the floor and hug the ball with your right arm. Lift your right arm and left leg at the same time, parallel to the floor. Keep your balance on the ball. Pause and return to the starting position. • Repeat using your left arm and right leg. • Keep your head still and do not arch your back. 		
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Hip Extension

<ul style="list-style-type: none"> • Lie with your back on the floor, arms by your sides, knees bent and your feet and calves on the top of the ball. • Lift your hips off the floor until your back is straight. Pause and return to the starting position. • Do not arch your back. Use your arms for balance. 		
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Warm Up

<ul style="list-style-type: none"> • Sit on the top of the ball with arms relaxed on thighs. Place your thighs approximately 90° to your lower legs. • Place feet flat on the floor about shoulder-width apart. Begin to bounce lightly on the ball for 60 seconds or more for aerobic benefit. • Keep your feet firmly on the floor. 		
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Abdominals Trunk Curls

<ul style="list-style-type: none"> • Lie on the ball with your back supported at the arch. Cross your arms behind your head or across your chest. • Keep both feet on the floor. • Curl your upper body while squeezing your abdominal and lifting your shoulders and upper back. Return to starting position. • Do not pull on your head and neck. 		
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Abdominals / Obliques

<ul style="list-style-type: none"> • Lie on the ball with your back supported at the arch. Cross your arms over your chest. • Keep both feet on the floor. • Curl your trunk while squeezing your abdominal. • Turn the right side of your body towards the left leg. Return slowly to the starting position. • Remember to repeat this exercise alternating sides. 		
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Obliques

<ul style="list-style-type: none"> • Lie sideways with your waist and hips on the ball. Bend your inside leg and stretch your outside leg. • For maximum stability, place the hand of your bottom arm at your temple and rest your top arm on the front of the ball. • While supporting your weight on the ball, squeeze your outside oblique, lifting your arm off the ball. Return to the start. • Do not let your top hip roll forward or backward. 		
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Legs, Calves & Thighs Leg Curl

<ul style="list-style-type: none"> • Lie on the floor with your legs outstretched and your feet and calves on the ball. Place your hands on the floor next to your body. • Press your heels down firmly into the ball, bend your knees and roll the ball in towards your buttocks until your feet are on the ball. • Pause and slowly return to the starting position. 		
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Outer Thighs

<ul style="list-style-type: none"> • Lie sideways with your upper body supported on the ball. Extend your top leg out to the side with one foot on the floor. • Balance your body with both hands on the front of the ball and your lower leg bend on the floor. • Do not let your hips roll and keep your knees bend. 		
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Upper Thighs

<ul style="list-style-type: none"> • Stand on the floor and press the ball between the wall and your lower back, feet shoulder-width apart, heels under the center of your hips. • Lift your arms in front of you for balance. Bend your knees to a squatting position, allowing the ball to roll up your back, keeping knees over heels. Pause when your thighs are parallel to the floor and return to the starting position. 		
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Upper Body Push Ups

<ul style="list-style-type: none"> • Support your hips by laying on the top of the ball. Put your hands on the floor with shoulders positioned over wrists. • Lower your chest toward the floor until your chin reaches the floor. Hold and push back to the starting position. • Keep your shoulders aligned with your wrists. • Do not do this exercise if you have weak wrists. 		
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Arm Exercise

<ul style="list-style-type: none"> • Lie on the ball with hips supported on the top of the ball and arms extended on the floor, shoulder-width apart. • Lift your legs off the floor. • Pull your body forward with your arms until your hands are aligned under your shoulders. Pause and slowly push your body back to starting position. • Make sure to keep your spine straight. 		
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Stretching & Strengthening

<ul style="list-style-type: none"> • Kneel on the floor with your hands resting on the ball, shoulder-width apart. • Push the ball away from body until your forearms are supported by the ball. • Roll forward by flexing your hips back to the starting position. 		
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<ul style="list-style-type: none"> • Kneel on the floor with the ball resting between your calves. Keep your back straight and the ball behind you. • Extend your arms behind you and lift the ball for 10 seconds. • Hold and lower the ball to the floor. 		
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Inner Thighs

<ul style="list-style-type: none"> • Lie on your back on the floor. Place your feet flat on the floor with your arms extended by your sides and palms down. • Put the ball between your bent knees, grip the middle of the ball with knees and squeeze. Hold for 5-10 seconds and release. 		
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<ul style="list-style-type: none"> • Lie on the floor on one side with your lower arm under your head. Use your upper hand for stability. • Bend your lower leg 90° and extend your upper leg with your ankle resting on the ball. • Lift your lower leg off the floor until it touches your upper leg. Pause and lower to the starting position. • Keep your hips exactly over each other and do not roll forward or back. 		
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Heel Raises

<ul style="list-style-type: none"> • Sit on the top of the ball with feet flat on the floor, hips width apart. • Lean your torso forward with your elbows on your knees and lift your heels as high as possible. Pause and lower. • Keep your weight forward and evenly distributed across the balls of your feet. 		
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