



IR97403 - 65cm - ANIT-BURST GYM BALL - MANUAL

Function

Balance balls work to build body strength by placing the body in an unstable situation and forcing the body to respond to the instability. When a person performs certain exercises while sitting or laying on a balance ball, not only does the person perform the exercise, but the increased challenge of staying on the ball targets core muscle group and builds these muscles. Core muscles are the muscles in the mid-section of the body in both the abdomen and lower back.

Product Description

WARNING Follow your doctor's recommendations when undertaking exercise. Stop exercising immediately if you feel/become faint or feel pain. Always follow the correct exercise procedure and choose a workout that suits your strength and flexibility. **USE ONLY UNDER SUPERVISION, .Read all instructions in this manual before using the ANIT-BURST GYM BALL, Use the weight bench only as described in this manual. It is the responsibility of the owner to ensure that all users of the ANIT-BURST GYM BALL are adequately informed of all precautions.**

Inflating your ANIT-BURST GYM BALL

- 1. Read the label on your ball to confirm the size
- 2. Locate the ball stopper (plug) and adaptor
- 3. Slowly inflate the ball to about 10% less than its maximum diameter (eg 50cm for a 55cm ball). The ball can be firm but NOT rock hard
- Insert the ball stopper and do not use for 24 hours
- Complete inflation to the correct sitting height or its maximum diameter

and wait a further 24 hrs before use

Warning

- Do **NOT** attempt to inflate the ball beyond its maximum diameter as this will damage it
- If you have a pre-existing medical condition and/or are unsure of your balance, consult a qualified health practitioner before using your ball
- Always supervise young children- they may remove and ingest the ball plug

Never

- Never inflate this ball past its maximum diameter
- Never use a damaged or marked ball
- Never attempt to repair this ball
- Never leave this ball near a heat source
- Never leave an inflated ball in your car in daylight
- Never use this ball for activities that involve throwing, hitting, or kicking it

Proper Care

- **CLEAN** using a damp cloth only
- **INSPECT** the surface of the ball and do not use if damaged
- **ENSURE** the floor and surroundings are clear of sharp objects

Loading

- This ball is rated as anti-burst to 100kg by the manufacturer. Therefore, body weight and equipment should not exceed 100kg. Care should always be taken when doing dynamic exercises.

Exercises

Balance balls can be used for weight training by lifting weight bars or dumbbells while sitting on the ball. Balance balls can also be used while performing traditional abdominal sit-ups and crunches. You can also use your balance ball as a tool for stretching while performing yoga or pilates exercises.

Uses

Balance balls also make comfortable chairs. Not only are they comfortable, but sitting on a balance ball instead of a traditional office chair can help build back and abdominal muscles. This is because the body is forced to maintain balance and comfortable posture while sitting on the ball.

