

Stability Ball

EXERCISE GUIDELINES



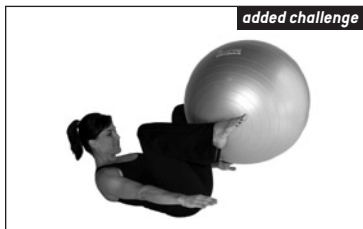
 **resist-a-ball®**

PLEASE READ THE EXERCISE INSTRUCTIONS BELOW BEFORE USING THIS PRODUCT!

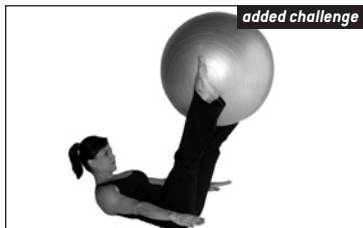
- It is advised that you consult with your physician before beginning any exercise program.
- Always wear comfortable clothing and shoes that will allow your skin to breathe during your workout.
- Before using the equipment, warm your body up with 5-15 minutes of cardiovascular exercise or other rhythmic movement.
- Allow 30-60 seconds of rest between each set of exercise and 60-90 seconds of rest between different exercises.
- Make sure to work both the front and back of the body equally to ensure a total-body workout and proper muscle balance.
- Perform all exercises slowly and with control in a full range of motion.
- Maintain proper alignment in your spine, wrists and hands on all exercises.
- Keep your abdominals active on all exercises.
- Discontinue exercising if you begin to feel nauseated or dizzy, or if you have any pain that makes you uncomfortable. If this continues, seek the professional help of a physician.
- Always breathe with movement.
- Allow 24-48 hours between strength exercise workouts.



added challenge



added challenge



Exercise #1: **Abdominal Curls**

Level: **Beginner**

Starting Position:

- Sit on top of the ball to start.
- Walk your feet out in front of you one at a time, rolling the ball up your back.
- Stop your feet when your shoulder blades are resting on the ball.
- Lift your hips in line with your thighs, placing your feet hip-width apart.
- Place your hands lightly behind your head.

Execution:

- Inhale to prepare.
- Exhale as you curl your spine upward, lifting your shoulders off of the ball while keeping your hips in line with your thighs.
- Inhale as you lower your head and shoulders back to the ball.
- Do 1-2 sets of 8-12 repetitions.

Exercise #2: **Frog**

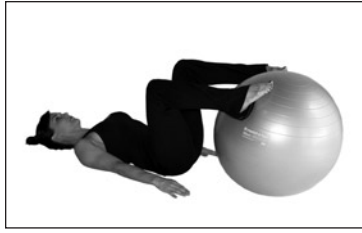
Level: **Beginner**

Starting Position:

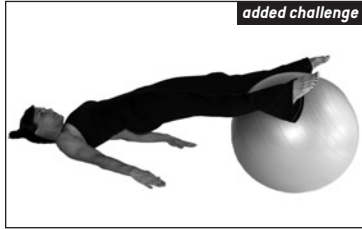
- Lie on the floor and lengthen your spine.
- Place the ball between both feet.
- Holding the ball with your feet, extend your legs toward the ceiling.

Execution:

- Inhale to prepare.
- Exhale as you bend your knees toward your chest and lift your arms slightly off the floor.
- Keep your tailbone on the floor as you bend and extend your legs.
- For additional abdominal work, curl your spine upward lifting your shoulders from the floor. Keep your shoulders lifted as you pull the ball toward your chest.
- Do 1-2 sets of 5-8 repetitions.



added challenge



modified version



Exercise #3: Shoulder Bridge
Level: Intermediate

Starting Position:

- Lie on the floor.
- Place your feet on top of the ball, hip-width apart.
- Place your hands flat on the floor.
- Lengthen your spine along the floor.

Execution:

- Inhale to prepare.
- Exhale as you slowly peel your spine from the floor, bridging onto your shoulder blades.
- Keep the ball stable as you align your ribcage with your hips.
- For additional challenge, extend your legs, rolling the ball away from your while keeping your hips lifted.
- Do not arch your back on either version of this exercise.
- Do 1-2 sets of 5-8 repetitions.

Exercise #4: Plank Pike
Level: Advanced

Starting Position:

- Lie on top of the ball with your hands on the floor.
- Walk your hands forward, away from the ball to a plank position.
- Place your shins and tops of the feet on top of the ball.
- Lengthen your spine so that it is flat and parallel to the floor.

Execution:

- Inhale to prepare.
- Exhale as you lift your buttocks toward the ceiling while keeping your legs straight. The ball will roll closer to your hands.
- Inhale to pause at the top of the movement.
- Exhale to return to the plank position.
- For a less challenging version, bend your knees and pull them toward your chest, rounding your spine.
- Do 1-2 sets of 5-8 repetitions.

CARE AND MAINTENANCE

- Keep your ball clean by wiping it down with a soft cloth and warm soapy water after each use. Do not use harsh or abrasive chemical cleansers.
- Keep your stability ball away from heat, cold and sharp objects.
- Avoid using the stability ball on abrasive surfaces.

EXERCISE USE

- For additional exercise information see the SPIN Fitness educational programs and DVDs.
- Be careful when sitting on the ball to sit in the center of the “bulls eye.”
- Avoid standing or kneeling on the stability ball.

IMPORTANT INFORMATION

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