



ANTI-BURST **EXERCISE BALL**

**IMPORTANT: READ ALL WARNING & CAUTIONARY STATEMENTS TO
REDUCE THE RISK OF INJURY WHEN USING YOUR EXERCISE BALL**

CAUTION

- ❑ Before beginning your exercise program, please see a healthcare provider or physician for appropriate exercise advice and safety precautions.
- ❑ The ball should not hold more than 330 lbs./150 kgs. of weight.
- ❑ It is NOT recommended to use additional weights while performing exercises using this ball. Extra weights could potentially cause the user to exceed the maximum weight.

WARNING

- ❑ This ball is not recommended for use throughout the pregnancy period.
- ❑ The manufacturer and its distributors assume no liability or responsibility for accidents or injury to persons or property that might result in connection with the exercises and use of exercise balls. Be sure to read these instructions before use.
- ❑ Drink plenty of fluids before, during and after exercise.
- ❑ Exercises should be done in a slow and controlled manner.
- ❑ If you feel any pain or experience dizziness while exercising you should stop immediately.
- ❑ Using exercise balls for unusual exercises with a high load or level of difficulty, or used for purposes other than those for which the exercise balls have been designed or in ways inconsistent with any of these instructions will increase the possibility that your ball may fail and possibly cause injury. We can assume no liability for the results of not closely following these instructions.
- ❑ This ball is not a toy; keep out of reach of children. If allowing young children to use it for exercise purposes they must have adult supervision.
- ❑ Never allow pets near the ball.

BASIC GUIDELINES FOR USE

- ❑ Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- ❑ Remove all objects from your body (rings, watches, etc.), clothing with pins, buckles, belts, etc. and pocket contents such as keys, pens, pencils, etc. that could potentially puncture the ball during use and afterwards when stored.
- ❑ For your protection, use the ball on a padded floor material as the ball can slip on carpet surfaces or hard and waxed floor surfaces.
- ❑ Make sure you have adequate clearance in the area around the ball where you are using it. It should be a clean, level, non-slip, solid surface.
- ❑ Keep the ball away from any sharp objects, debris or direct sunlight. The ball should not be placed anywhere where it would be exposed to high temperatures or heat sources.
- ❑ Before each use inspect the ball for any damage, worn spots, cracks or foreign objects that might harm the surface. If there is any sign of damage, DO NOT attempt to use it or repair it.
- ❑ Inflate the ball only as instructed. Improper inflation may cause damage to the ball.
- ❑ The ball should never be kicked.
- ❑ Make sure the valve plug is fully inserted to seal the valve closed.
- ❑ The ball should only be used indoors – the ball is not intended for outdoor use.
- ❑ Exercise balls should not be exposed to extreme variations in temperature. Do not store in extreme hot or cold environments – such as vehicles, outdoor sheds, in an attic, etc.
- ❑ Mount, dismount and change position on your ball slowly. Due to the round ball shape it could roll out from under the user with quick movements and possibly result in injury to the user.

Body Solid Exercise Manual

Cooper Institute (Dallas, Tex.)

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the Cooper Institute text.

Body Solid Exercise Manual:

Fitnessgram and Activitygram Test Administration Manual-Updated 4th Edition Cooper Institute (Dallas, Tex.),2010 A fitness and activity schedule to enhance the effectiveness of school based physical education programmes

Plyometric Exercise Guide Ava Thompson,AI,2025-03-14 Plyometric Exercise Guide offers a comprehensive exploration of plyometric training a method proven to boost athletic performance through exercises like jump training It explains how plyometrics utilizes the stretch shortening cycle a rapid muscle contraction sequence to enhance power The book emphasizes the importance of correct technique and progressive overload to maximize benefits and reduce injury risks The guide progresses from foundational concepts like the biomechanics of jumping to practical program design covering exercise selection intensity and frequency It features detailed descriptions of various plyometric exercises categorized by intensity and target muscle groups Advanced techniques such as complex and contrast training are also explored It demonstrates how plyometrics can increase vertical jump height sprinting speed and agility What makes this guide unique is its focus on practical application and customized program design providing step by step instructions and modifications for different needs The book provides clear concise instructions making complex concepts accessible It offers guidelines for integrating plyometrics into existing routines ensuring optimal performance and injury prevention making it a valuable resource for athletes coaches and fitness enthusiasts seeking to enhance athletic performance and overall fitness **A Manual of**

Physiology with Practical Exercises George Neil Stewart,1910 **The Rock Climber's Exercise Guide** Eric

Horst,2016-12-01 The only conditioning book a rock climber needs Rock climbing is one of the most physically challenging sports testing strength endurance flexibility and stamina Good climbers have to build and maintain each of these assets This revised and updated edition of the classic book Conditioning for Climbers provides climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive personalized exercise program Teachers' Manual John

Spencer Clark,1894 *The "I Hate to Exercise" Book for People with Diabetes* Charlotte Hayes,2013-05-30 For most people with diabetes the first line of defense is adding exercise to the daily routine Everyone with diabetes should be getting some physical activity into their lifestyle The key to good diabetes self care is simple stay active by making the most of the activities that are already part of a person s daily life The I Hate to Exercise Book for People with Diabetes shows people with diabetes how to exercise safely and to add exercise to their lifestyle with minimal difficulty Readers learn how to ease into more exercise build an active lifestyle create a fun low impact walking program set realistic goals chart and evaluate progress The I Hate to Exercise Book for People with Diabetes features more than 60 photographs of models performing the specific exercises in the book Most of these exercises use very simple equipment a sturdy chair some hand weights and some elastic bands Kettlebell: The Ultimate Kettlebell Workout to Lose Weight (The Exercise Guide for Women to Build

Strength, Lean Muscle, and Self Confidence to Overcome Limiting Beliefs) Christopher Brown,101-01-01 The advantages of

this particular style of training include but are not limited to decreasing body fat increasing muscle mass improving posture increasing strength increasing endurance and improvement in your mind body connection Complete with true stories from women who have been where you are now and made it through to the other side with the help of the kettlebell this guide is designed to be both educational and motivational If you have trouble staying present in the moment or listening to your body this technique will help you reconnect your mind to your body because it involves fast motions with heavy equipment which means you have to focus to avoid injury You ll discover The correct weight size and number of kettlebells to use for any purpose The top 30 kettlebell exercises each fully illustrated to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much much more It is often described as the perfect mix of cardio and strength training Each workout is quick 30mins max and simple yet will yield impressive results if you stick with it consistently and follow the diet You simply cannot beat kettlebells for quality cardio strength without bulk strengthening the core and posterior and simplicity you can do the workouts in your back yard or bedroom if you like

Student's Manual of Spelling ... Containing ... Dictation Exercises, Etc Francis Bullock,1875 *High School Laboratory Manual of Physics* Dudley Grant Hays,Charles D. Lowry,Austin C. Rishel,1893 *Teacher's Manual for Prang's Complete Course in Form-study and Drawing* John Spencer Clark,Mrs. Mary Dana Hicks,Walter Scott Perry,1895 **New Laboratory Manual of Physics** Silas Ellsworth Coleman,1908 A Manual Containing an Abridged Course of Study for the Elementary Schools of the State of West Virginia, 1921 West Virginia. State Department of Education,1921 *The Schoolmasters' Association of New York and Vicinity* Schoolmasters' Association of New York and Vicinity,1893 **The Home Manual** Mrs. John A. Logan,1889 **The La Costa Diet & Exercise Book** R Philip Smith,1979-03 *School organization, hygiene and discipline* Joseph H. Cowham,1899 **Carol Hensel's Aerobic Dance & Exercise Book** Carol Hensel,1983 Argos catalogue 1989 -1990 old vintage book KCC, Argos catalogue 1989 1990 old vintage book **The Teacher's Journal** Arras Jones,1912 **Lifetime Fitness Center Manual** Jan Duquette,Mark Blethen,Duane O. Cain,2003-08-27

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