



# BALL EXERCISE CHART

## Ball Inflation

1. Place the ball on your Exercise Ball to confirm the ball size. (40, 45 or 55")
  2. Remove the ball plug and inflation weight.
  3. Blow inflate the Exercise Ball to 10 cm (4") less than its maximum diameter. eg. 36 cm (14") for a 43 cm (17") ball.
  4. Reinsert the plug and do not use your Exercise Ball for 24 hours.
5. After 24 hours, compare the inflation of the Exercise Ball to your current sitting height.
  6. Wait another 24 hours before using the Exercise Ball for the first time.
- Notes:** If you have purchased the correct ball size for your height and weight, you should never need to inflate your Exercise Ball to greater than 95% of the maximum diameter.



**WARMUP**

A warm up walk, run, bike or similar activity is recommended to increase circulation.

- Beginner
- Intermediate
- ◆ Advanced

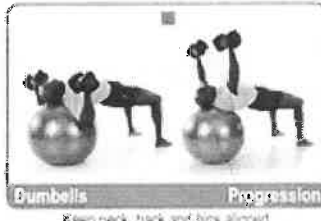


**GENERAL BALANCE**

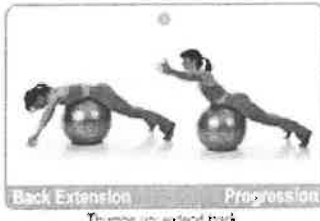
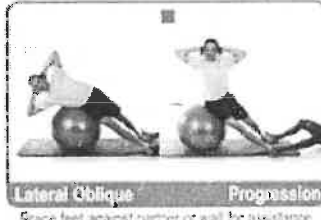
**LESS DIFFICULT**

**MORE DIFFICULT**

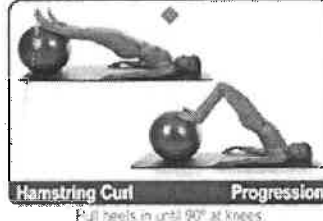
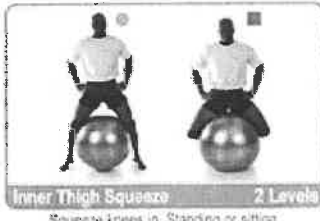
**UPPER BODY**



**CORE/TRUNK**



**LOWER BODY**



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**WARNING:** Do not use the equipment without a complete understanding of its intended purpose and function. By relying on this equipment the user accepts full responsibility for all risks and injury and waives any right to damages, their heirs, their executor or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of the equipment. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play on the equipment premises. Consult a physician before starting the or any exercise program.

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