

Your Day 1 Fitness Stability Exercise ball is 2200 burst rated ball and has been made with a special manufacturing process to make it one of the strongest balls on the market. It is best upon initial inflation to inflate the ball correctly. The ball will look and feel small to begin with but has been inflated to one size larger than it's intended size at the factory, and will indeed reach it's size with proper inflation. Inflate the ball to 90%, it will be tight. Bounce around on it a bit to stretch the walls and let it sit for 24 hours, bounce on it a bit more and then inflate with more air. If the ball is still not at intended size, repeat this process. We have included a tape measure to ensure the correct size measurement. This process is best for your balls overall care and only needs to be followed with initial inflation. Over time your ball may need to have a few pumps of air and this is natural air loss. The ball will not burst on it's own, it must come in contact with something sharp, a dog bite, cat scratch, and adornments on clothing are the most common culprits. Or in contact with a heat source. The balls love to gravitate towards floor heaters, which can melt the outer material and compromise the lifespan of the ball.

- Consult a doctor before beginning an exercise program
- Inspect the ball for gouges, scratches, worn spots, cuts or other irregularities. If damaged, discontinue use and replace immediately
- Try to work the muscles throughout the full range of motion.
- Wear proper exercise footwear to prevent slipping. Bare feet or socks are not recommended.
- Please keep away from animals, they are the #1 cause of ball breakage, cuts, scratches and abrasions.
- Make sure there are no sharp or pointed objects on the floor.
- Do not wear sharp jewelry or accessories while exercising on the the ball.
- Keep away from heaters, fire places and direct sunlight
- Never kick or punch the ball.
- Clean your gym ball with water or mild soapy water. Avoid use of harsh chemicals.





SIDE LYING STRETCH

(Stretches your latissimus dorsi, shoulders and abdominal obliques)

Kneel on the floor and press the side of your hip into the ball. Lean into the ball, resting one hand on the floor or around the ball. Extend your top leg out to the side, and reach up and over your head with your top arm. Relax your body and feel the stretch down side of your trunk.

BACK ROLL

(Stretches your latissimus dorsi, shoulders, chest, rib cage, and abdominal obliques)

Start: Lean on the ball in an incline position, with the ball supported under your lower and middle back. Your buttocks should be just off the ball. Place your feet about a foot apart. Place one hand behind your head for support and rest the other hand on the floor for balance.

Finish: Relax your back on the ball and extend your legs until a comfortable stretch is felt through your abs and the front of your body. Hold this position for 30-45 seconds.

CRUNCH

(Strengthens your abdominal muscles)

Start: Roll out until your lower back is resting comfortably on the ball. With arms crossed on chest, or behind your neck for support, slowly curl your trunk forward until you feel a good contraction in your abdomen. Keep your chin tucked and focus on pulling your chest toward your pelvis, this allows you to feel the contraction in your abs.

Finish: Hold for 5 seconds and slowly return to start. Start with 12-15 reps and try to increase repetitions, as you become stronger.



DAY 1
FITNESS

STABILITY BALL EXERCISES



WALL SQUATS

(Quadriceps and gluteus maximus)

Start: Place the ball between your lower back and the wall. Leaning back against the ball, place your feet about 2-3 feet away from the wall. Keep your arms straight out in front of you for balance or across your chest.

Finish: Slowly lower until the tops of your thighs are parallel to the floor and your knees are at 90 degrees. Adjust your stance to make sure that your heels are directly under your knees (your knees should not be over the toes or even the midfoot). Hold and repeat with slow and controlled movements. Try to build up to 12-15 reps.

REVERSE LEG CURLS

(Hamstrings)

Start: Lie face up on the floor with the ball at your feet. Place your calves and feet on the ball. Hands across your chest or on the floor for more stability. Lift your buttocks off the floor until your body is completely straight. Keep a strong contraction on your abs and lower back.

Finish: Slowly pull the ball toward you, using your legs and maintaining a strong contraction in your abs, not allowing your buttocks to drop. Continue pulling the ball toward you until your knees are bent to approximately 90 degrees. Hold and then slowly push the ball away from you again until your legs are almost straight. Hold and repeat. 12-15 reps.

ARM/LEG EXTENSIONS

(Strengthens your lower and upper erector spinae)

Start: Kneel in front of the ball. Place your chest on ball and hands on the floor in front of you. Your thighs, hips, abdomen and chest should be in contact with the ball.

Finish: Straighten your legs, then slowly begin to lift your left arm and right leg simultaneously. Use your other leg and arm to help maintain your balance. Raise your arm and leg until they become parallel to the floor. Switch sides. Hold and repeat. 15-20 reps.

PUSH UP

(Strengthens chest, shoulder and abdominal muscles)

Start: Start by lying on the ball, hands on the floor in front of you, slightly wider than shoulder-width. Roll over the ball by walking your hands forward until your kneecaps are centered on top of the ball. Keeping your arms straight, turn your fingertips slightly toward each other. Contract your abs so your body forms a straight line from your head to your heels.

Finish: Bend your elbows to lower your chest toward the floor until your elbows reach a 90-degree angle. Be careful not to lower yourself so far that the upper arm and elbows move beyond the shoulders. Press up to starting position, hold and then repeat. 12-15 repetitions.

Add intensity: Move the ball toward your feet; this will require you to lift more of your body weight and increase the balance challenge.





DAY 1
FITNESS

STABILITY BALL EXERCISES

BENCH PRESS

(Strengthens your chest, shoulder and abdominal muscles)

Start: Holding a set of dumbbells roll out until your upper back, shoulders and neck are resting comfortably on the ball. Knees are bent to 90 degrees, buttocks up, back and buttocks parallel to the floor. Lift dumbbells directly above your shoulders, arms almost straight, do not lock elbows.

Finish: Slowly lower your elbows until your upper arms are parallel to the floor and your elbows are at 90 degrees. Hold for 3-5 seconds. Exhale and slowly press dumbbells back to the start position. 12-15 reps.

