

Ball Inflation

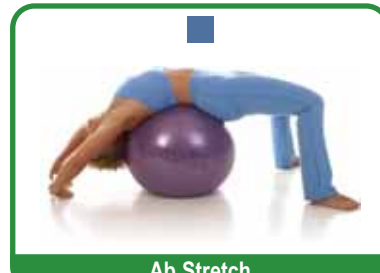
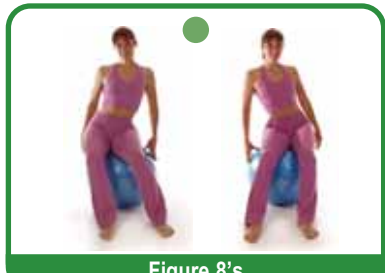
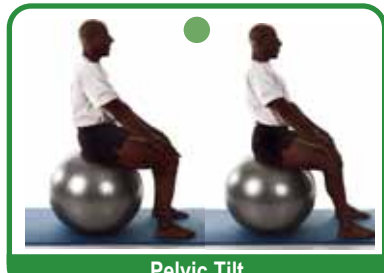
1. Read the label on your Exercise Ball to confirm the ball size. eg. 65 cm (25").
 2. Locate the ball plug and inflation adapter.
 3. Slowly inflate the Exercise Ball to 10 cm (4") less than its maximum diameter eg. 55 cm (21") for a 65 cm (25") ball.
 4. Re-insert the plug and do not use your Exercise Ball for 24 hours.
 5. After 24 hours, complete the inflation of the Exercise Ball to your correct sitting height.
 6. Wait another 24 hours before using the Exercise Ball for the first time.
- Note:** 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.

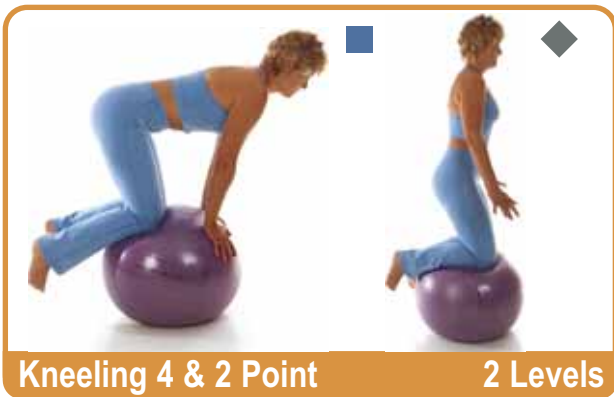
- Beginner
- Intermediate
- ◆ Advanced



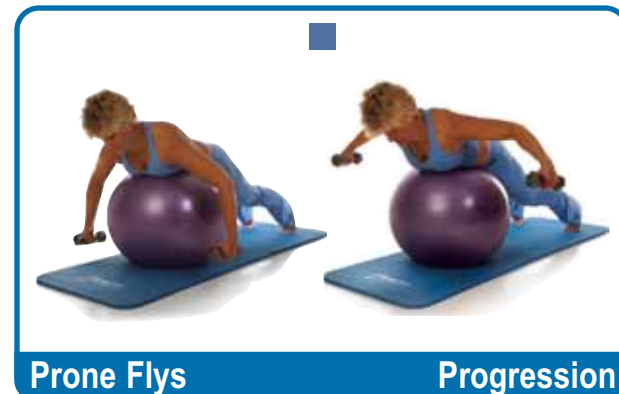
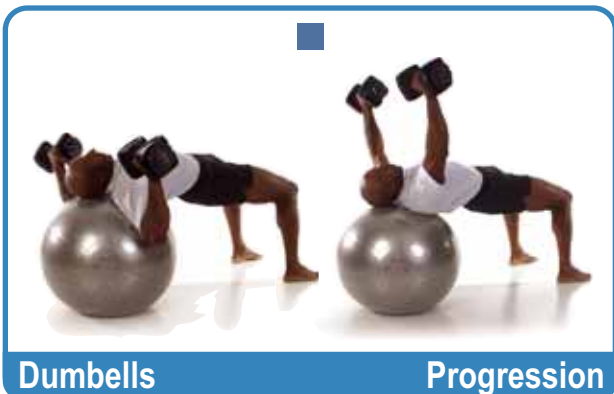
GENERAL BALANCE

LESS DIFFICULT

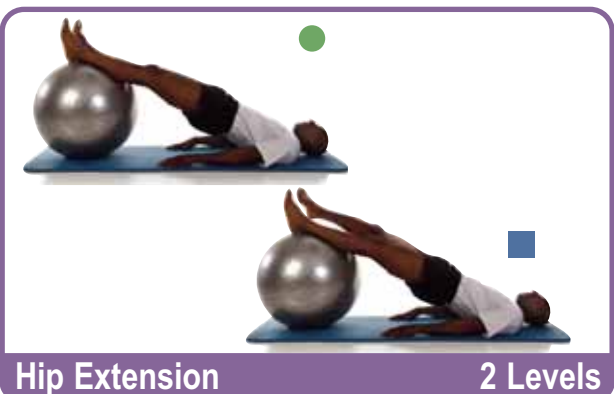
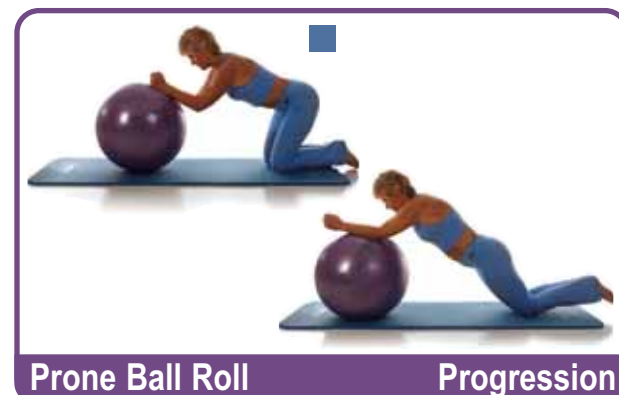
MORE DIFFICULT



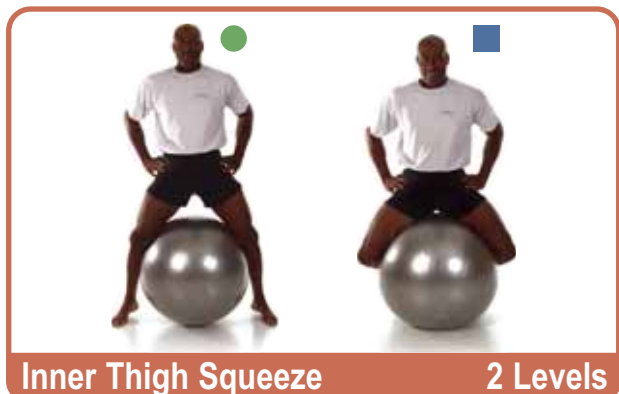
UPPER BODY



CORE/TRUNK



LOWER BODY



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BALL EXERCISE CHART



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Leading the World to Better Balance

VERSATILITY OF EXERCISE BALL CHAIRS



Active Sitting

A healthy and energizing alternative to slouching in a conventional chair.

- Improves balance and stability, as well as circulation and core strength.
- Increases alertness and attention span.
- Allows your spine to work with gravity to naturally find your best posture.

Exercise

Achieve greater overall fitness by stretching and strengthening on the Exercise Ball.

- Improves balance and coordination.
- Enhances strength and flexibility.
- Promotes core stability.
- Adds challenge to balance and strength training exercises.



Kids on Ball Chairs

Bouncing fun and skill building for kids of all ages. Every kid should have a ball to sit on and play with!

- Develops good posture and promotes healthy sitting habits at an early age.
- A fun way to learn about active sitting.
- Helps kids keep active even while playing video games, watching TV or using the computer.



Pregnancy

Midwives and hospitals have found a number of beneficial effects from using exercise ball chairs before, during and after labor.

- Provides comfort for pregnant women while sitting.
- Maintains a dynamic environment in pelvic region.
- Allows for easy pelvic tilting movement, laterally and antero-posteriorly.



BALL SIZING GUIDELINES

	Height	Ball Size		Height	Ball Size
FOR SITTING USE	5'2" & under	55cm	FOR EXERCISE USE	4'1" - 5'1"	45cm
	5'2" & over	65cm		5'2" - 5'8"	55cm
	6' & over	75cm		5'7" - 6'2"	65cm
				6'3" & over	75cm

BURST RATE	300 lbs.	Burst Resistant	285 lbs.	1000 lbs.
CHAIR	YES	YES	YES	YES (underinflated)
DESCRIPTION	Firm	Soft/bouncy	Firm with ridges	Very firm with less ridges
MATERIAL	Foam PVC	Foam PVC	PVC Base	Duralon®
LOAD RATE	600 lbs.	600 lbs.	1000 lbs.	2200 lbs.
BRAND	FitBALL Sport®	FitBALL®	CLASSIC	DuraBall Pro
Colors may vary				
Sizes (cm)	45, 55, 65, 75	45, 55, 65, 75	45, 55, 65, 75	45, 55, 65, 75
Best Uses	Chair, Light Weight Room, General Use,	Chair, Weight Room, High Use	Chair, Weight Room, Group Exercise, Home, High Use	Chair, Weight Room, Aggressive Sports, All Other Applications
Features	Very Bouncy, Non-Porous Surface, Short Pre-Inflation	Very Bouncy, Porous Surface, No Pre-Inflation	Medium Bounce, Durable, Non-Porous, Short Pre-Inflation	Firm, Stays Round, Non-Porous, Two Day Inflation

FUNCTIONAL OFFICE PACKAGE

Ball Chair

Promotes active sitting to:

- Improve posture and your body's relationship with gravity.
- Enhance spinal mobility and tone core muscles while you sit.

Balance Board

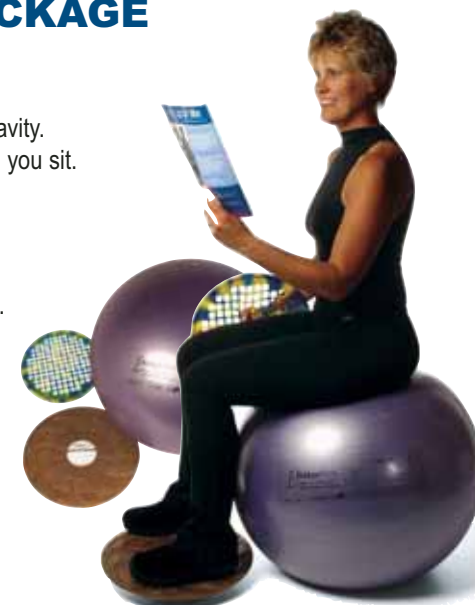
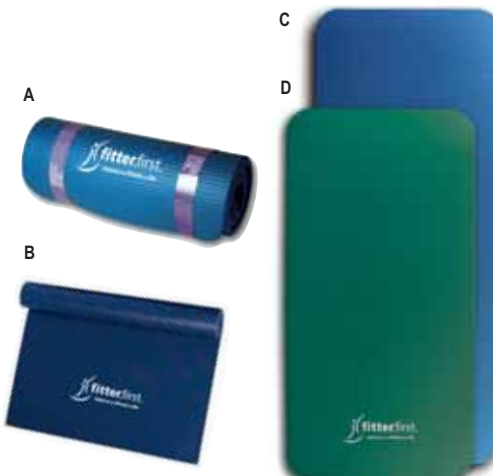
For standing or sitting at your desk to help:

- Improve ankle Range of Motion (ROM).
- Facilitate better balance and overall body awareness.
- Promote better joint mobility and reaction skills.

Power Web

Hand stretcher and strengthener, promotes:

- Tension relief from continuous typing and mousing.
- Greater hand and finger flexibility.



EXERCISE MATS

Thick, soft closed cell foam mats are a lifetime investment. These high quality mats are water resistant, warm to the touch and easy to clean.

Available in four sizes:

A. FFMAT55T	In/Outdoor	55" x 23" x .5"	4 lbs
B. FFYOGA	Yoga	56" x 23" x .2"	1 lbs
C. FFMAT72	In/Outdoor	72" x 23" x .375"	4 lbs
D. FFMAT55	In/Outdoor	55" x 23" x .5"	3 lbs