**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 the maximum diameter eg. 25 cm (10”) 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.

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**Ball Exercise Chart**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting Challenge</td>
<td>2</td>
</tr>
<tr>
<td>Kneeling 4 &amp; 2 Point</td>
<td>2</td>
</tr>
<tr>
<td>Alternate Arm &amp; Leg</td>
<td>2</td>
</tr>
<tr>
<td>Pushups</td>
<td>2</td>
</tr>
<tr>
<td>Dumbells Progression</td>
<td></td>
</tr>
<tr>
<td>Prone Flys Progression</td>
<td></td>
</tr>
<tr>
<td>Situps Progression</td>
<td></td>
</tr>
<tr>
<td>Lateral Ball Roll Progression</td>
<td></td>
</tr>
<tr>
<td>Inner Thigh Squeeze</td>
<td>2</td>
</tr>
<tr>
<td>Wall Squat Progression</td>
<td></td>
</tr>
<tr>
<td>Hamstring Curl Progression</td>
<td></td>
</tr>
</tbody>
</table>

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**Arm & Leg Progression**

- **Thumbs up; extend back.**
- **Thumbs up; tongue on roof of mouth.**
- **Roll until straight hip alignment.**
- **Pull heels in until 90° at knees.**

**General Balance**

- **Tip pelvis forward and backward.**
- **Tip pelvis side to side.**
- **Shift weight away from straight leg.**
- **Hold stretch for 30 seconds.**

**Back Extension Progression**

- Thumbs up; extend back.

**Lateral Ball Roll Progression**

- Thumbs up; tongue on roof of mouth.

**Hamstring Curl Progression**

- Pull heels in until 90° at knees.
### VERSATILITY OF EXERCISE BALL CHAIRS

#### Active Sitting
A healthy and energizing alternative to slouching in a conventional chair.
- Promotes 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 anterio-posteriorly.

### BALL SIZING GUIDELINES

<table>
<thead>
<tr>
<th>Height</th>
<th>Ball Size</th>
<th>Height</th>
<th>Ball Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>SITTING</td>
<td>5’2” &amp; under</td>
<td>55cm</td>
<td>4’7” - 5’1”</td>
</tr>
<tr>
<td>USE</td>
<td>5’2” &amp; over</td>
<td>65cm</td>
<td>5’2” - 5’6”</td>
</tr>
<tr>
<td>EXERCISE</td>
<td>6’ &amp; over</td>
<td>75cm</td>
<td>5’7” - 6’2”</td>
</tr>
</tbody>
</table>

### 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:

<table>
<thead>
<tr>
<th>Mat Type</th>
<th>Description</th>
<th>Size (cm)</th>
<th>Weight (lbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>FFMAT55T In/Outdoor</td>
<td>55” x 23” x 5”</td>
<td>4 lbs</td>
</tr>
<tr>
<td>B</td>
<td>FFPYOGA Yoga</td>
<td>56” x 23” x 2”</td>
<td>1 lbs</td>
</tr>
<tr>
<td>C</td>
<td>FFMAT22 In/Outdoor</td>
<td>72” x 23” x 0.375”</td>
<td>4 lbs</td>
</tr>
<tr>
<td>D</td>
<td>FFMAT55 In/Outdoor</td>
<td>55” x 23” x 5”</td>
<td>3 lbs</td>
</tr>
</tbody>
</table>