

## WARNINGS & GUIDELINES

Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Inspect balls for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen. **THIS PRODUCT IS FOR ADULT USE ONLY. PLEASE KEEP PRODUCT AWAY FROM CHILDREN AGE 16 OR UNDER. ALWAYS STORE PRODUCT WHEN NOT IN USE.**

### BALL TOSS

- Stand with feet hip width apart, knees slightly bent, abs engaged in a ready position.
- Hold ball at waist level in both hands, palms facing up.
- Shift ball from one hand to the other.
- Gradually move hands further apart until you are tossing the ball from one hand to the other.
- Shift body weight from one foot to the other as you toss the ball.
- For more intensity, lift one foot and balance briefly as you toss ball.



### LUNGE WITH CROSS CHOP

- Stand with feet together, knees slightly bent, abs engaged in a ready position.
- Hold ball above head with both hands. Keep elbows slightly bent.
- Step back with left leg into a deep lunge until right thigh is parallel to floor. Keep knee of front foot behind toes.
- At the same time swing ball down & over toward left hip.
- Bring left foot back to starting position and raise ball back up above head.
- Repeat on right side.
- For more intensity, stay down in lunge position for all reps on one side then repeat on opposite side.



### OVERHEAD TRICEP PRESS

- Stand with both feet together, knees bent with slight crimp at hip, and abs tight.
- Hold ball straight up overhead with both hands. Keep elbows bent.
- Tuck chin toward chest and keep elbows close to head.
- Bend arms at elbows to lower ball behind head. Upper arms should not move.
- Extend arms at elbows to lift ball back to start.
- For more intensity add a small squat as ball is lowered behind head.



### SEATED FIGURE 8's (ABS, CORE)

- Sit on floor with knees bent. Drop knees and feet out to sides, keeping heels together.
- Hold the ball between knees with both hands.
- Lean back slightly as you contract your abs, keeping your back straight to maintain a neutral spine.
- Use arms to draw sideways figure 8 pattern with ball from side to side.
- Gradually increase size of motion.
- For more intensity, sweep figure 8's to sides and rotate spine, as if paddling a kayak.



## ONE LEG DEAD LIFT WITH ROW

- Stand with both feet together, holding ball close to body just below rib cage with elbows back & shoulders retracted to maintain posture. Keep elbows tight to sides.
- Bend slowly at hip. Keep left knee soft as right leg extends back and up parallel to floor.
- Keep spine in neutral position. Lower ball toward floor then lift ball toward torso. Keep elbows tight to sides and pull shoulder blades up and in.
- Return to start. Repeat with opposite leg.
- For more intensity, hold posture as you row ball toward floor and back into torso for all reps on one side. Repeat with opposite leg.



## PLIE SQUATS w/BICEP CURL & OVERHEAD PRESS

- Stand with feet wider than shoulder width apart and toes turned out.
- Hold ball at chest with both hands, fingertips up and palms facing in.
- Bend at knees, keeping knees behind toes. Lower tailbone straight down toward floor, keeping abs tight and posture upright.
- Hold in lowered position, extend arms at elbows to lower ball straight down.
- Curl to lift ball back toward chest, then press ball straight up overhead.
- Lower ball to starting position as you come up from squat.
- Repeat.



## PUSH UPS

- Begin by kneeling. Place ball between thighs just above knees. Squeeze thighs to keep ball in place.
- Place hands slightly wider than shoulder width apart, head, neck and spine in line, hands, knees and toes touching floor.
- Lower chest toward floor as you maintain neutral spine. Push back up to start. Lock elbows out at top of move.
- For more intensity, extend to a full plank. Only hands and toes touching floor. Hold ball firmly between upper legs.



## HAMSTRING STRETCH

- Sit on floor with legs out wide in front of you.
- Place ball under the knee of your right leg.
- Lean forward over right leg and reach for right foot or leg. Pull on foot or leg to deepen stretch.
- Hold for 30 seconds.
- Move ball to other leg and repeat.



## HIP FLEXOR, QUAD STRETCH

- Sit on floor with left leg extended and right leg bent with foot behind and inside of foot resting on floor.
- Place left hand on floor behind left hip for support. Lean back onto supporting hand.
- Place ball under knee of the bent leg.
- Hold for 30 seconds. Switch legs and repeat.



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