

www.fitnesssem.com

800-704-5561

Fitness EM, LLC • 660 Douglas St • Uxbridge, MA 01569



PLEASE REFER TO SAFETY INSTRUCTIONS BEFORE USE



# CORE BALL WORKOUT ROUTINE



## *tips & helpful hints*

- When beginning any new fitness program, start slowly until you are comfortable with the form for each exercise.
- Beginners should start with one set of 10-12 repetitions.
- Perform a 3-5 minute warm-up prior to each workout. This can consist of any type of low-moderate intensity cardiovascular exercise.
- Stretch the entire body prior to your workout. You should stretch the specific muscle groups trained that day.
- Allow at least 24 hours between strength training workouts to allow the body to recover.
- Muscle soreness is common 24-48 hours after a strength training workout. Stretching can help to reduce the soreness.
- Supplement your strength training with a cardiovascular program, performing at least 20-30 minutes of cardio, 3-4 days a week.
- Sit in the center of the ball with your feet flat on the floor and back straight. (See image below.)

## *inflation instructions*

- Completely remove white plug from ball opening.
- Insert nozzle end of the pump firmly into ball opening.
- Use one hand to hold black ribbed hand grip above nozzle.
- Use other hand to grip the long cylinder.
- Slowly slide the cylinder up and down to inflate the ball.
- Inflate the ball until it is firm but not hard.
- Insert the white plug firmly into the hole.
- Repeat these steps to inflate the balance ring.
- Sit in the center of the ball with your feet flat on the floor. Your thighs should be parallel to the floor. If not, add or remove air as necessary.



## *warnings & guidelines*

Carefully read and follow these important warnings and guidelines prior to using this product. 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 read this poster carefully before exercising.
- Please keep all children away from the equipment during use and when equipment is unattended.
- Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise.
- Periodic maintenance is required on all exercise equipment in order to keep it in good condition.
- 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 fitness product. 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.

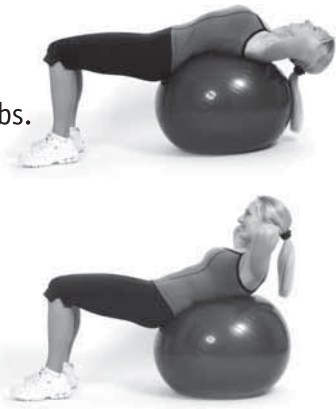


# CORE BALL WORKOUT ROUTINE

- ✓ 3 days a week (M-W-F or Tu-Th-Sat).
- ✓ Begin with 1 set of 10-12 repetitions for each exercise.
- ✓ To progress add a second set for each exercise.
- ✓ Perform a 3-5 minute warm up prior to each workout [marching or jogging in place].
- ✓ Stretch before and after each workout.

## crunch

- Sit on ball and slowly move feet forward until lower back is resting on ball. Place hands on ball while getting into position for balance.
- Let head hang down toward ground and stretch abs.
- Place hands behind head loosely, taking care not to pull on your neck.
- Exhale, slowly curl torso forward rolling shoulders toward hips.
- Keep head and neck aligned with spine.
- Hold crunch for 1 count.
- Inhale, slowly return to starting position.
- Be sure to allow abs to fully extend until you feel a stretch between repetitions.



## crunch with obliques

- Sit on ball and slowly move feet forward until lower back is resting on ball.
- Let head hang down toward ground and stretch abs.
- Place hands behind head loosely, do not pull on neck.
- Exhale, slowly curl torso up, twisting shoulders to the right (left elbow should point up toward ceiling).
- Inhale, slowly lower torso back to starting position and repeat on opposite side.
- Keep lower back pressed into ball and elbows pointing out to the sides during exercise.



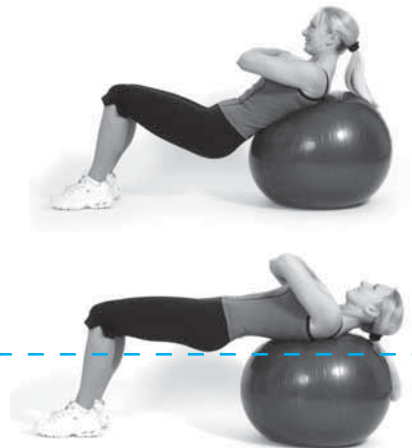
## squat and rock

- Sit on ball and slowly move feet forward until entire back is resting on ball. Place hands on ball while getting into position for balance.
- Roll forward into a squat position keeping lower back pressed into ball.
- Hold squat for 5-10 seconds.
- Slowly roll back until buttocks are on the ball and shoulders are off the back of the ball.



- Sit on ball and slowly move feet forward until shoulder and upper back are on the ball. Place hands on ball while getting into position for balance.
- Cross hands over chest and slowly lift hips and pelvis until body is flat.
- Hold 5-10 seconds.
- Relax and repeat.

## pelvic tilt



## prone walk-out

- Lay with shins on ball and hands shoulder width apart on floor.
- Raise upper body until body is parallel with floor, keeping back flat.
- Slowly walk hands backward until hips are on ball, keeping legs elevated and body in a line.
- Slowly walk hands forward again until shins are on the ball.



## back extension

- Lay with stomach and hips supported by ball.
- Hang your head and shoulders down toward ground.
- Keep legs straight balancing on toes. Place hands behind back.
- Keeping lower body and ball stable, exhale and slowly raise torso toward ceiling.
- Squeeze lower back and glutes at top of movement.
- Inhale, slowly lower torso back to starting position.
- Hang for one count and repeat.
- To increase intensity place hands behind head.



## basic bridge

- Lie on back and place feet and calves on top of ball, feet close together.
- Place arms out to sides for stability.
- Lift hips off floor until body is in a line, legs straight.
- Squeeze with abs, glutes, and lower body to hold position for 5-10 seconds.
- Slowly lower hips for 1 count and repeat.
- To increase intensity and challenge stability, place arms across chest.



## wide-stance bridge

- Lie on back and place feet and calves on ball.
- Separate feet so they are slightly on side of ball, toes pointed out.
- Squeeze ball with heels.
- Place arms out to sides for stability.
- Lift hips off floor until body is in a line, legs straight.
- Squeeze with abs, inner thighs, and glutes to hold position for 5-10 seconds.
- Slowly lower hips for 1 count and repeat.
- To increase intensity and challenge stability, place arms across chest.

