

## Resist-A-Ball®

Exercise gym balls / stability balls offer a dynamic training environment for a variety of exercises at different levels of intensity. Serious injury can occur when not used properly. Resist-A-Ball® brand gym balls are intended for use only as described in the enclosed instructions. Other uses are not recommended. In addition to the enclosed instructions for use, please observe the following precautions each and every time before using your gym ball.



## Guidelines, Exercises & Inflation Instructions

(Please keep, Do not Discard)



- The maximum loading capacity on the regular Resist-A-Ball® is 750 lbs. or 341 kg. Inspect your Resist-A-Ball® prior to each use. Look for any nicks, scratches, cuts, worn spots, or any other defect that may cause the ball to break during use.
- Do NOT use the ball if damage or other defects are found. Discard and replace immediately. Do not attempt to repair or patch a damaged ball.
- Resist-A-Ball® balls are designed for indoor use. Do not use the ball outdoors. Resist-A-Ball® balls are not toys. Children should only use with adult supervision.
- Only use the ball in an open space away from furniture, walls or other equipment. Inspect the floor surface for any small objects that could puncture the ball.
- Do not exceed the maximum or suggested weight capacity for your ball.
- Do not wear jewelry, rings, watches, belt buckles or other sharp objects that could puncture the ball.
- Maintain optimal posture when exercising on the ball. To avoid possible back injury, do not bounce on the ball while bending or twisting the spine.
- Avoid prolonged exposure to sunlight or water.
- Keep the ball away from direct heat sources such as heaters and fireplaces.
- Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, gym balls should be replaced every year if used in an institutional or commercial setting and every two years if used strictly for personal use.
- Always consult your physician before beginning any exercise program.

### Key:

PS = Primary Stabilizers

PM = Primary Movers

MS = Muscles Stretched

MANUFACTURE & RESIST-A-BALL, INC. ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH USE OF THIS PRODUCT. MANUFACTURE WARRANTS THAT THE DESIGN OF THE EXERCISE STABILITY BALLS IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH EXERCISE STABILITY BALLS, THE INDUSTRY USING THE EXERCISE STABILITY BALLS AND AT THE TIME OF SALE, THE EXERCISE STABILITY BALLS SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE EXERCISE STABILITY BALLS OR THEIR SPECIFICATIONS OR DESIGNS, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF TITLE, MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

### Inflation Instructions

User Height	Recommended Ball Size	Approximate Diameter at 80% of Maximal Inflation	Final Diameter After 24 Hours
Less than 4' 6"	30 cm	24 cm or 9.5"	30 cm or 12.0"
4'6" to 5'	45 cm	36 cm or 14.0"	45 cm or 18.0"
5'1" to 5'7"	55 cm	44 cm or 17.5"	55 cm or 22.0"
5'8" to 6'1"	65 cm	52 cm or 20.5"	65 cm or 25.5"
6'2" to 6'7"	75 cm	60 cm or 23.5"	75 cm or 29.5"
6'7" and taller	85 cm	68 cm or 27.0"	85 cm or 33.5"

The centimeter size indicated on your Resist-A-Ball® refers to the **maximum** inflated diameter of the ball. Do NOT inflate the ball larger than the indicated ball size or the ball will become weaker, increasing the risk of ball failure/bursting.

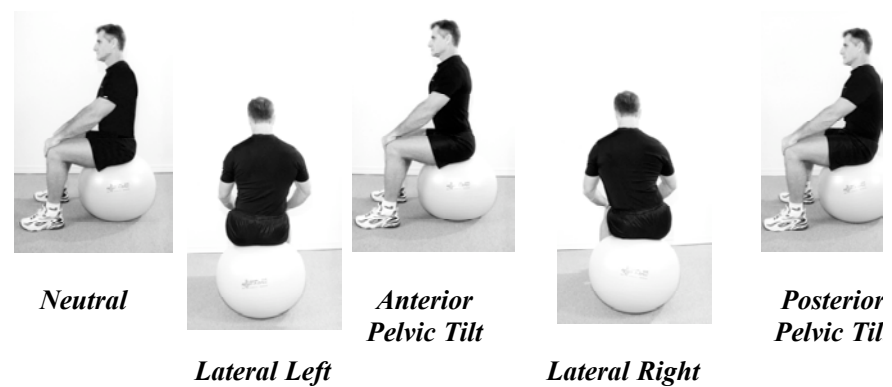
**IMPORTANT:** Balls must be only partially inflated (80% full) and left unused for a period of 24 hours before first use. After 24-hour waiting period, balls can be inflated to the maximum size and used. Failure to inflate properly can result in ball deformation.

**Balls must be measured when inflating to insure a correct diameter. To facilitate this mark a line at 80% of maximal inflation and another at the recommended final diameter from the floor.**

Follow the recommended guidelines below for assistance.

### Seated Lumbar Mobility

**Note:** Stack the ears over the shoulders; shoulders slightly retracted and feet about shoulder width apart. Think of moving the pelvis and avoid using the legs. Move the pelvis front to back, side to side, and in a circle - find neutral.



**PM - Abdominals, Spinal Erectors, Quadratus Lumborum; PS - Quadriceps, Hamstrings, Hip Adductors**

### Supine/Incline Trunk Curl

**Note:** You can vary the degree of incline by repositioning the body. The closer the buttocks are to the floor, the less load on the neck and abs and more load on the quads for stabilization. The further away the seat is from the floor, the more load is placed on the neck and abs and less on the quads for stabilization. **Cue:** Pull the ribs down toward the hips. Stabilize the neck and pelvis - instability in these areas is the most common problem and it needs to be addressed initially. Avoid thrusting the body forward and control the eccentric (lowering) movement. The ball should not move.



**PM - Abdominals; PS - Quadriceps, Hip Extensors, Neck Flexors**

### Supine Trunk Traction

Starting from an inclined position let your upper body drape back over the ball with the head supported. (One hand should be supporting the head.) Extend the legs as you continue to drape your body backwards over the ball. To return to an incline position, drop your hips and bend your knees keeping your head supported.



*Bent Legs*



*Extended Legs*

*MS - Spinal Flexors; Hip Flexors (extended leg)*

### Supine EL Hip Extension

**Note:** In this position, try to relax the feet and avoid dorsiflexion to de-emphasize the calf. Extreme external rotation of the hips will lead to more stress on the lateral side of the knee. Initiate movement by tightening the buttocks and lifting the hips as high as possible, lower with control. **Cue:** Think of gripping a small ball between your knees; tighten glutes and lift hips to the ceiling; kneecaps point to ceiling.



*PM - Gluteus Maximus, Hamstrings, Hip Adductors; PS - Spinal Erectors, Hip Abductors, Trapezius, Lats & Triceps (when arms are on floor)*

### Supine Bridge Hip Extension

**Note:** For proper alignment in supine bridge it is important that the head be resting comfortably on the ball with the neck in neutral (don't let the head drop backward, or forward with chin down) and the chest should be lifted. Also, it is important to be aware of the alignment of the hips, knees and ankles. When performing hip extension, lower and lift the hips with control - without allowing the legs to move in and out (abduction and adduction of the hips) and keep the knees stacked over the ankles. The ball should not move. **Cues:** Imagine gripping a small ball between the knees; think of pushing the hips toward the ceiling and directing the tailbone towards the scapulae (emphasizes erector spine).



*Start*



*Finish*

*PM - Gluteals, Quadriceps, Hamstrings, Hip Adductors; PS - Spinal Erectors, Trapezius (middle fibers), Hip Abductors, Hip Rotators*

### Supine EL Leg Curl

**Note:** In setting up this exercise, the heels should be slightly past the top center of the ball. For proper knee tracking, keep the knees from rolling out. Also, relax feet to de-emphasize the calves. To increase the intensity, keep the hips extended throughout the exercise. **Cues:** Think of pulling the heels toward the seat; kneecaps pointed to the ceiling. Think of gripping a tennis ball between your knees throughout the exercise. The higher the hips, the harder it is! After several reps you may need to reposition your feet due to the movement of the ball away from you.



*(Hips on Floor) Start*



*Finish*

*PM - Hamstrings, Gastrocnemius; PS - Spinal Erectors, Trapezius, Hip Abductors/Adductors, Gluteal, Lats & Triceps (when arms are on floor)*

### Prone Trunk Traction

Center your weight on top of the ball until there is no tension on the lower back.



*MS - Spinal Erectors*

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### Prone Plank Chest Push-up

**Note:** Setting up for this exercise: it is important that you slightly rotate the palm in, allowing the elbows to move outward. The body should be positioned so that the shoulders are stacked over the wrists throughout the exercise. It is a common error to allow the shoulder to be positioned behind the wrist. To emphasize the chest, maintain scapulae stabilization. **Cue:** Think of pulling your body forward as you push your body upward with your shoulder blades pinched together.



*Start*



*Finish*

*PM - Pectoralis Major, Deltoids, Triceps; PS - Abdominals, Neck Extensors, Hip Flexors, Serratus Anterior, Quadriceps (when the ball is below the knee)*

### Standing Wall Squat

**Note:** Setting up the exercise: the ball should be placed in the lower back area; walk the feet slightly forward. The narrower the base, the more emphasis on the quads; a wider base with externally rotated hips emphasizes more glutes and adductors. **Caution:** too wide of a base may put excess stress on the sacro-iliac joint. When performing the squat, allow the seat to move backwards so there is not excess force on the knee joint. Be attentive to knee tracking - direct the knee toward a point somewhere between the big and little toe where you feel the most comfort. Maintain this position throughout the exercise. **Cues:** Lift chest; pull back into the ball; start the move by pushing your seat behind you; push the bottoms of the knees towards the wall as you extend up; point the knees over the toes throughout.



*Start*



*Finish*

*PM - Quadriceps, Gluteus Maximus, Calves, Hip Adductors; PS - Hip Rotators*

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For more information on Resist-A-Ball® products and programming contact:

[www.resistaball.com](http://www.resistaball.com)

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