

# 250kg Anti Burst Gym Ball

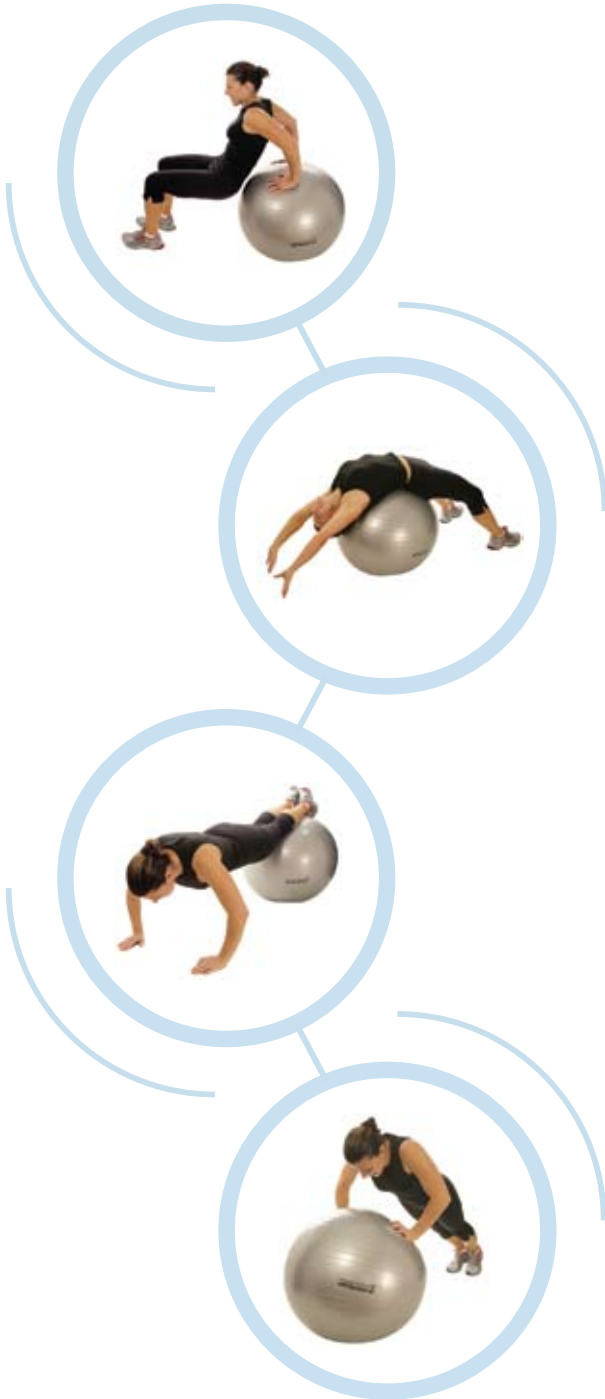
## Instructions and Safety

**IMPORTANT – Before commencing any form of exercise, you should always consult your doctor or therapist.**

- Please ensure that the ball is inflated to the correct size before starting your exercise program. To do this, measure from the floor upward to the height printed on the ball – Inflate the ball until it reaches the desired height.
- Stop exercising immediately if you start to feel ill or dizzy.
- Store the GYM BALL away from excessive heat, sharp objects and rough ground.
- Only inflate the ball to the size stated on the GYM BALL.



Thank you for purchasing the home4physio Burst Resistant to 250Kg GYM BALL. This is a quality product that can help you exercise in many different ways, improving balance, core stability, coordination, strength and flexibility.



#### Sitting

- Simply sitting on the Gym Ball can exercise your core control and increase your sense of balance. Sit on the ball with your knee's and feet at shoulder width apart. Keeping your arms relaxed on each knee. As your body continually makes very small adjustments to balance, you are working on your spinal muscles and core stability. Ensure that you do not 'slouch' whilst carrying out this exercise.

#### Advanced exercises using the seated position

- Lift one leg off the ground and slowly straighten the leg – hold your leg out whilst ensuring that you maintain your balance on the ball. Slowly return your leg to the ground, and then repeat the exercise using the other leg.
- Making slow controlled movements, move your pelvis to the left as far as you can comfortably, then return to the centre and move your pelvis to the right.
- Again making slow controlled movements, tilt your pelvis forward, and then return to the neutral position, then tilt your pelvis back (as if you were trying to stick your bottom out) then return back to the neutral position. Try to then do this in one controlled motion.

#### Abdominal Training

- Start of in the sitting 'neutral' position, and place your hand on your hips. Slowly start to walk your feet forward ensuring that you are leaning back on the ball. Keep walking out until your head and neck is supported by the ball, and that your spine is straight (so that your knees, pelvis, back and shoulders are all in the same alignment). Hold this position for approx 5 seconds, and then slowly return to your starting position.

#### Advanced Abdominal Training

- Slowly lift your right foot of the ground, ensuring that you do not arch your back, extend the right foot and leg (keeping it in line with your pelvis, back and shoulders), hold for 5 seconds, then slowly return the foot to the ground – then carry out the same exercise using the left leg.
- Place both arms so they are pointing to the sky, with your hands together – slowly roll your shoulders and arms out to the right. The ball will roll slightly in the opposite direction. Controlling your abdominal muscles whilst maintaining the position where the knees, pelvis, back and shoulders are still in the same alignment – return to the starting position, and then rotate in the opposite direction.
- Slowly walk back towards the ball until you are leaning back on the ball (so that is situated under the lumbar spine area). You can carry out 'sit-ups' from this position.

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