

1 CRUNCH



Crunches are a great way to effectively tone the abs. However, some may find the exercise uncomfortable, with body weight pressed against the floor. All core exercises should be worked slowly so greater intensity is achieved. Each repetition should take 6 seconds to complete. Faster results will not be achieved as readily as you are working more off momentum instead of intensity.

The Exercise Ball offers an alternative to reduce impact on your back, but also you can do crunches at different angles. Your body is parallel to the floor as you lie down, but with the exercise ball you can focus your weight on the lower back, or even sit on your upper buttocks. The exercise ball can accommodate your curvature. You can relax the neck more, focus on the ab training better, and involve core balance skills.

2 PLANK



Start lying on the Exercise Ball with your chest and arms. Gradually lift up your body with your elbows, so the exercise ball can support your body weight. Stand on the balls of your feet and straighten your legs. Keeping your back straight, engage your core to keep in position. Hold for 30 seconds, 45 seconds, 1 minute or more to test yourself.

This exercise is great for upper body toning, and it's gentle on the elbow. The longer you hold, the more challenge it adds to bring core balance skills into play.

3 UPPER ABS HANDS TO TOES WITH LEG RAISE



With the versatility of the Exercise Ball, you can activate multiple muscle groups at once. This exercise works the lower and upper abdominal muscles.

Lie on your back with the exercise ball between your feet and raise your legs and arms in the air. Hold your legs and feet position throughout the exercise. Next, raise your shoulders off the ground bringing your hands towards the ball. To advance the exercise, try lowering the ball as you lower your shoulders back to the floor and raise as the upper abs engage again.

4 REVERSE PLANK



The reverse plank with the Exercise Ball is an excellent exercise for building core strength and toning the abdominal muscle. The image here shows the finishing position.

To start, put two hands on the floor, kneel on the exercise ball with your shins pressing against the ball. Maintain alignment and begin to slowly straighten out your legs by rolling out the exercise ball away from your body from your shins to your feet. Your body, arms and legs should finish in a straight position.

5 EXTENSIONS



Lie on the Exercise Ball with your stomach. Put your hands to the side of your head. Raise your chest towards the sky by engaging your lower back. Your feet should be on the ground. This exercise strengthens the back muscles, abs, and improves core stability. The lower back is a crucial element of the abdominal muscles and should always be trained when working this muscle group.

6 OBLIQUES



Lie across the Exercise Ball on one side. Use your oblique's to raise your body so it is aligned in a straight diagonal position. The obliques will activate in a side crunch motion. Recommended to do 10 and repeat on the other side. Once you become more familiar you should increase sets and repetitions.

7 SQUAT



Mix up an ordinary squat with the extra challenge of keeping the exercise ball in place.

Hold the exercise ball against the wall and lock it in place with your buttocks. Gradually bend your knees to a squatting position as the ball rolls upwards to your back. Extend your arms.

The role of the exercise ball is to ensure that your back remains as straight as possible. This perfects the squatting pose, so your hamstrings, knees, abs and core muscles receive maximized training.

8 REVERSE JACK KNIFE



With two hands on the floor first, place your shins on the exercise ball with the top of your feet resting in place. Slowly straighten out your legs by rolling out the exercise ball behind you. Your body, arms and legs should remain straight.

Once you achieve the reverse plank position, revert your feet back to the kneel position. Repeat both steps above.

The key is to keep your shins attached to the exercise ball throughout the whole exercise.

9 HAMSTRING START AND FINISH



Lie on your back with your entire arms on the floor. Place your calves on the exercise ball. Lift your hips by engaging your core and pull the ball to slide to the soles of your feet activating the hamstrings. Hold in position for a couple seconds. Slowly move back to the start position and repeat.

Specs and Features

- Size: 65cm Dia.
- Material: Non-P PVC
- Weight: 2.4 lbs

Need a place to sit, need something to develop your balance, tone your core and improve your posture? Want it to be eco-friendly, high quality, durable and free of phthalates and any other hormonal disrupting material? Look no further than the Spirit TCR Exercise Balls. Available in 3 colors and 3 sizes our Exercise Balls do all of the above and so much more. Comes with an easy to use pump and works effectively all year round.

Spirit TCR went the extra mile to ensure our balls are safe and effective. Burst resistant up to 300lbs, no toxic chemicals whatsoever, we even use them as our chairs when hard at work or even when we are just relaxing around the house.

Teal - 55cm For people up to 5' 7"
Lavender - 65cm For people between 5' 7" and 6' 2"
Silver - 75cm For people taller than 6' 2"

Spirit TCR

Spirit Training, Conditioning and Rehab (Spirit TCR) enables a unique crossover between sporting goods, fitness, yoga and rehabilitation. Enjoy the benefits from a versatile spectrum of applications to meet your personal goals no matter what they are. Utilizing nothing but the safest and most premium materials Spirit TCR cuts no corners to ensure the best and safest products possible.

Spirit TCR's mission has been to develop an integrated system that will influence a decrease in national health care cost while increasing the nation's health status through a comprehensive network which provides: product, education and rewards for documented compliance and adherence to systematically designed health management and maintenance programs.

Precautions and Care

- Use extreme caution when using this product.
- Use this product only as described and for purpose recommended by Spirit TCR.
- Consult your physician before starting any exercise program.
- Not for use by Children under the age of 12.
- This product is not a toy.
- If this product has any damage please report immediately to the manufacturer. Information is provided on www.spirittcr.com
- Keep this product clean. Wipe down with antibacterial wipe after each use.
- Store in a safe place away from damaging objects.
- Store away from children or anyone who may misuse this product.
- Keep away from heat sources.
- If any damage does occur please report immediately to the manufacturer and DO NOT at anytime try to repair or make changes to this product