GoFit StabilityBall

Inflation Instructions

SCAN HERE for GoFit Foot Pump Tutorial

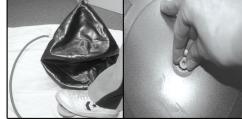
Foot Pump (Blue and Yellow)

- 1. Place the blue hose on blue opening of the pump.
- 2. Attach white adaptor tip to hose.
- 3. Insert tip into opening of ball, Press with foot on "accordion" style pump until inflated.
- 4. Insert white ball plug into ball to keep air from escaping (wait 24 hours before use).

Deflation

- 1. Place prongs of ball plug remover on both sides of the plug and lift the back of the plug remover up.
- 2. Simply remove the plug and press on ball to help let the air out until it is deflated.





Measuring Ball Inflation

- After the ball is inflated, measure the circumference to ensure correct ball dimension. Note: The included measuring tape is referencing the circumference of the ball, not the diameter.
- The ball should not be inflated greater than the size specification for your ball's maximum inflation size.

When measured around the center of the ball, the circumference should be as follows:

Ball Measurement Chart	
Diameter:	Circumference: (around center of ball)
55cm ball (22 inches)	172cm (68 inches)
65cm ball (26 inches)	204cm (80 inches)
75cm ball (30 inches)	235cm (92 inches)

DO NOT use the ball if it is over inflated or expanded to a size greater than the correct size.

MAINTENANCE AND CARE

- Clean your exercise ball using a soft cloth with mild soap and warm water. Be sure to remove all residue before use.
- DO NOT use abrasive or chemical cleaners.

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WARNING: Exercise programs of any kind present an inherent danger to the participant. Serious or fatal injury can occur. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/ described. Anyone under the age of 18 should have adult supervision. Always read and follow all warnings and information (if included). Always use proper techniques and common sense when exercising. Always check your equipment thoroughly for any sign of defect. If any defect is found, discontinue use immediately and contact GoFit for further assistance. This product is not intended for commercial use.



StabilityBall

Perfect for Developing Core Strength and Stability

Thank you for your GoFit purchase. We strive to be your one source for superior, innovative, home-fitness products at a great value. For other GoFit products go to *www.gofit.net* to see our entire product line and full FREE workout library! Train. Recover. Repeat. GoFit!

About your GoFit Stability Ball

The GoFit Stability Ball is a fun, yet challenging way to stretch, tone and tighten your body. What makes the GoFit Ball so challenging? Unlike training on a stable, flat surface, the ball is a round, unstable surface, you not only train the primary muscle groups, but also the smaller stabilizing muscles as well. The stabilizing muscles are small, yet very important muscle groups primarily used for balance, alignment and posture.

Wall Squats >

(Targeted Areas Butt and Thighs) Stand with the ball pressed between your lower back and the wall. While keeping the ball in place, walk your feet about two steps out. Extend your arms in front of you for balance. Bend your knees and squat allowing the ball



to roll up your back, pause when your thighs are parallel to the floor and then return to start. Repeat.

Push Ups >

(Targeted Area Chest and Triceps) - Lie on the ball with your thighs supported by the top of the ball and hands on the floor shoulder width



apart. Make sure your shoulders are over your wrists. Slowly bend your elbows and lower

your upper body to the floor. Pause and then push pack up. Note: Moving the ball back towards the feet will increase the level of difficulty. Check out our FREE Video Workout Library for Stability Ball & Core Workouts!



Bridge Curl >

(Target Area Hamstrings and Butt) Lie on your back with your arms by your side and the ball under your ankles and calves. Raise your hips and



rear off of the ground so that your body is aligned at an angle with the floor. Bend your knees to roll the ball onto your feet and toward your butt. Extend your legs back to the starting position and repeat.

Back

Extensions >

(Targeted Area Lower Back) Kneel on the floor and rest your torso on the exercise ball. Place your hands behind your head. Contract your



abdominals. Exhale as you use your lower-back muscles to lift your torso. Lift just enough until you feel the lower back muscles contract. Inhale as you slowly return to the starting position.

<u>Scissors ></u>

(Targeted Area Lower Abs) Lie on back with legs raised, hold ball between shins. While keeping legs straight, scissor legs so right leg is on top



and then scissor so left leg is on top. Right leg, left leg equals one rep.