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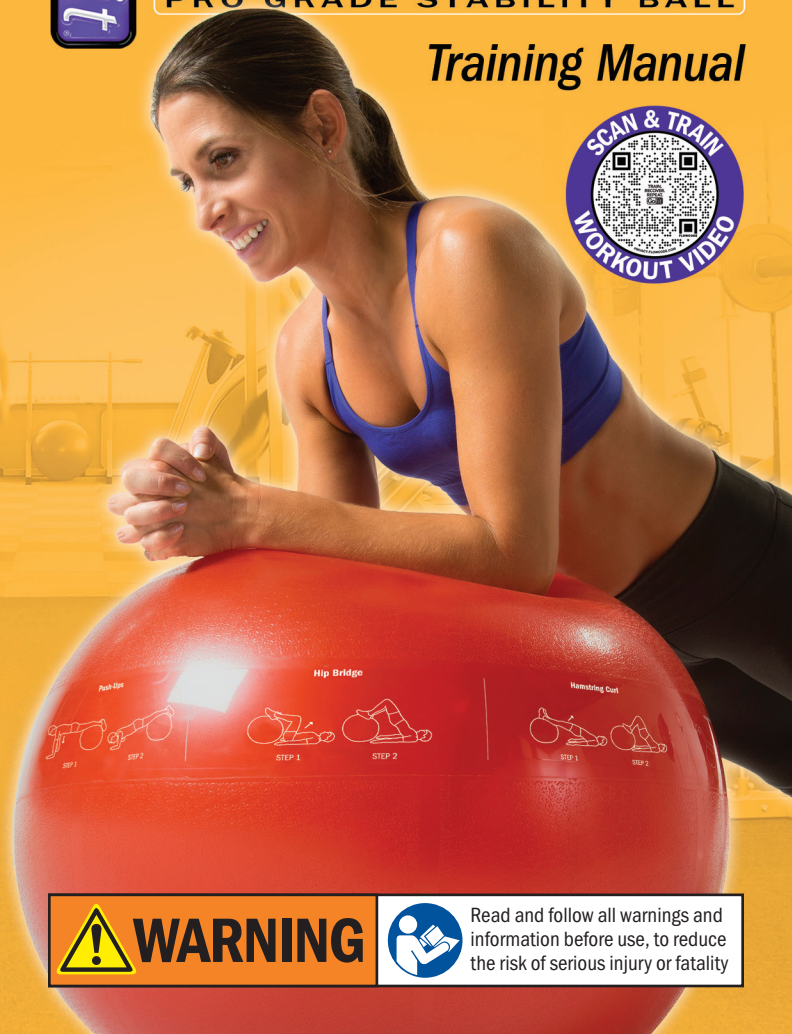
**TRAIN. RECOVER. REPEAT.**



# GuideBall

PRO GRADE STABILITY BALL

*Training Manual*



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**WARNING**



Read and follow all warnings and information before use, to reduce the risk of serious injury or fatality

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## WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

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The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).

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## Introduction

This manual is a visual reference guide for the accompanying online video. When viewing the video, use this manual to prepare for the next exercise or as a guide to take with you when traveling. Always start at a level that will allow you to complete all the recommended reps and sets as described on the video.

### **IMPORTANT:**

*To get the most out of the training video, start with the BASICS chapter first to learn the proper form and function for each exercise. Once you have mastered each exercise, you are ready to move onto the FULL BODY WORKOUT section of the video.*

*Be patient and persistent; building strength takes time. Consume a healthy, balanced, low-fat, calorie-conscious diet to compliment this program.*

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SCAN HERE FOR VIDEO



## Usage Instructions

- Before each use inspect your ball for any damage, worn spots, cracks or foreign objects that might harm the surface. If there is any sign of damage, DO NOT attempt to use it or repair it.
- Inflate your ball only as described in the instructions that follow. Improper inflation may cause damage to your ball.
- Weight exerted on the ball should not exceed the “weight rating” printed on the ball package. This weight rating is based on *static weight capacity*.
  - **DO NOT** use dumbbells or other hand-held weights with ball.
  - Perform only body weight exercises on ball.
- You should never bounce on or fall onto the ball. Exercises should be done in a slow and controlled manner.
- This ball is not recommended for use during pregnancy.
- Use only as directed/shown/illustrated and only for exercising as intended.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- Remove all objects from your body (rings, watches, etc.), clothing with pins, buckles, belts, etc. and pocket contents such as keys, pens, pencils, etc. that could potentially puncture the ball during use.
- Make sure you have adequate clearance in the area around the ball where you are using it. It should be a clean, level surface. For your protection, use the ball on a padded floor.
- Keep the ball away from any sharp objects.
- Keep the ball out of direct sunlight. The ball should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.
- The ball should only be used indoors – the ball is not intended for outdoor use. (*continued*)

## Usage Instructions

- The ball should never be kicked.
- This ball is not a toy; keep out of reach of children. If allowing young children to use it for exercise purposes they must have constant adult supervision.
- Do not use the ball as a flotation device.
- Never allow pets near the ball.

### INFLATION/DEFLATION INSTRUCTIONS

**WARNING:** Serious bodily injury may result from a fall if inflation and deflation instructions are not carefully followed. Exercise balls may deflate rapidly from the effects of improper handling.

#### TO INFLATE BALL

**WARNING:** DO NOT OVER INFLATE THE BALL

- DO NOT inflate your exercise ball when the room temperature is greater than 90°F / 32°C OR less than 65°F / 18°C.
- DO NOT use an air compressor to inflate the ball; air compressors blow cold air that could expand after returning to room temperature.
- Only inflate your ball with the pump included with this product or a bicycle-type hand pump using the threaded nozzle provided.
- Remove the ball plug if it is already inserted in inflation valve.
- Inflate the ball with the pump to approach the size of 1/2 inflation. Let sit overnight (approximately 10-12 hours).
- Resume inflating your ball to the correct size: wrap a flexible measuring tape around the circumference of the ball. inflate the ball until it is the correct size shown in the Ball Measurement Chart on the following page, indicating that it is fully inflated.
- Remove the pump/nozzle and insert the ball plug into the air valve to make sure no air will escape from the valve.
- Be sure the valve plug is fully inserted to seal the valve closed.

## Usage Instructions

- The ball should not be inflated greater than the size specification for your ball's maximum inflation size.
- After the ball is inflated, measure the ball periodically to verify it has remained at the correct dimension. When measured around the center of the ball, the circumference should be as follows:

### Ball Measurement Chart

<b>Diameter:</b>	<b>Circumference: (around center of ball)</b>
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.

#### TO DEFLATE BALL

**WARNING:** DO NOT use a sharp instrument to remove the plug.

- Simply remove the plug and press on ball to help let the air out until it is deflated.

## Usage Instructions

### RECOMMENDED SIZING GUIDELINES

When determining your proper ball size, sit with your hips on the top center of the ball, feet on the floor and knees directly over your ankles—your femur (thigh bone) should be parallel to the ground. For persons of heavy proportions or with especially long legs, a larger size ball may be more appropriate.

The following is a suggested reference chart for choosing a properly-sized exercise ball based on your height.

Body Height:	Recommended Ball Size:
5 ft. 0 in. to 5 ft. 5 in. (1m 52cm - 1m 65cm)	55cm
5 ft. 5 in. to 6 ft. (1m 65cm - 1m 83cm)	65cm
6 ft. 0 in. and over (above 1m 83cm)	75cm

### 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.

## Workout Levels and Tips

*The following guidelines are intended to help you exercise at your current level of ability. For more detailed instruction, please refer to the online video (Page 2A to scan QR code).*

*Perform 2-3 sets of 12-16 repetitions per exercise according to your level of ability. Repeat this workout 2-3 times per week with at least 24-hours between sessions.*

**BASIC CRUNCH:** Allow the hips to fall into the ball.

The further you walk your heels out, the easier your crunch will be. You can make adjustments at anytime during your exercise.

**OBLIQUE CRUNCH:** Wrap one arm around ball for stability, keeping your hips facing upward. The further you walk your heels out, the easier your crunch will be.

**REVERSE CRUNCH:** Leaving your arms planted down on the floor at your side makes this exercise easier.

**HIP BRIDGE:** To make this exercise more challenging, instead of leaving your arms planted down on the floor, bring them in and cross them at the chest.

**SINGLE-LEG HIP BRIDGE:** Like the Hip Bridge but much more challenging because only one leg is used.

**HAMSTRING CURL:** To make this exercise more challenging, instead of leaving your arms planted down on the floor, bring them in and cross them at the chest.

**SINGLE-LEG HAMSTRING CURL:** Like the Hamstring Curl but much more challenging because only one leg is used.



## Workout Levels and Tips

**BACK HYPER EXTENSION:** For an easier exercise, do not lift as far up when lifting your back.

**REVERSE HYPER EXTENSION:** For an easier exercise, do not lift as far up when lifting your legs.

**PUSH UP:** For the beginner exercise, place the ball up around your thighs. To increase the challenge, place the ball further out on your legs. However, do not sacrifice form for the advanced exercise—keep your body in a straight line.

**TUCK:** This is an advanced exercise—for a more intermediate exercise, do not tuck your legs as far forward.

**PIKE:** This is an advanced exercise—for a more intermediate exercise, do not raise your pelvis as high.

**LUNGE BACK:** To make this exercise more challenging, you may lunge further back. However, do not sacrifice form—be sure the knee of your front leg tracks over the ball of your foot, not allowing it to move too far forward over your toes.

- *Never sacrifice proper form.*
- *Breathe. Your muscles need oxygen. Inhale when the muscle lengthens, exhale upon exertion.*
- *Discontinue if you feel undue pain.*
- *Start with the easier option of the exercises then build up to the more advanced alternatives with time.*
- Listen to your body and take breaks when needed
- Stretch upon completion.

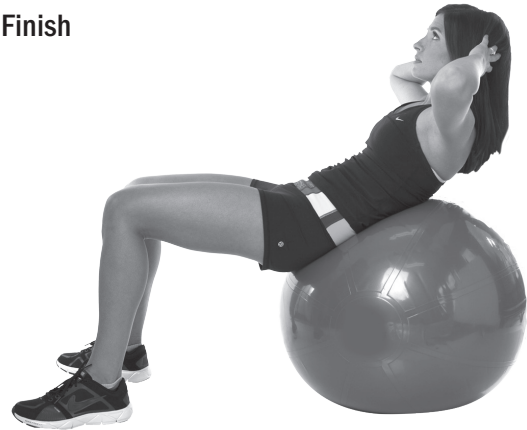
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## Basic Crunch

Start



Finish



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## Oblique Crunch

Start



Finish



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2

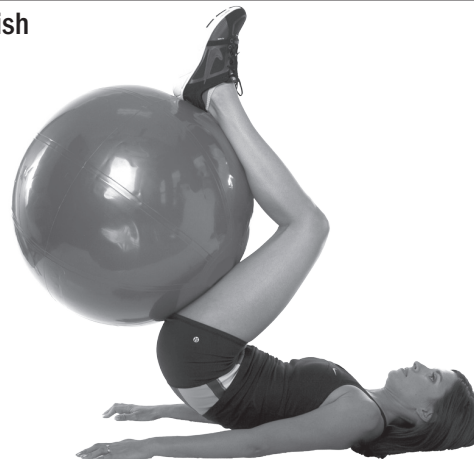
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## Reverse Crunch

Start



Finish



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## Hip Bridge

Start



Finish



**STABILITY BALL**

4

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## Single-Leg Hip Bridge

Start



Finish



**STABILITY BALL**

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## Hamstring Curl

Start



Finish



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## Single-Leg Hamstring Curl

Start



Finish



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## Back Hyper Extension

Start



Finish



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## Reverse Hyper Extension

Start



Finish



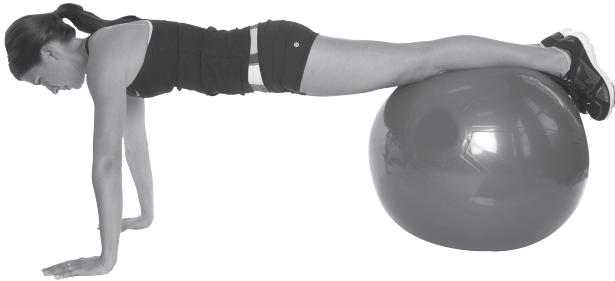
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## Push Up

Start



Finish



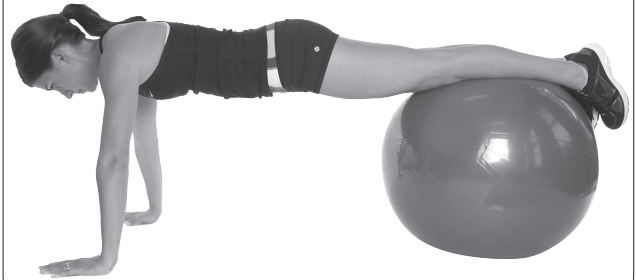
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## Tuck

Start



Finish



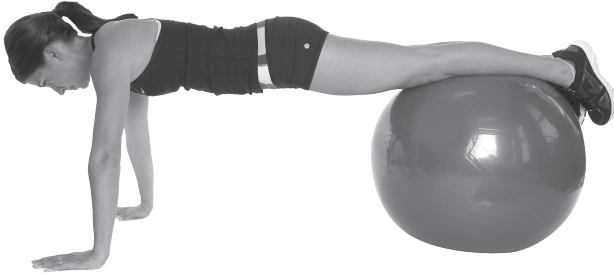
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## Pike

Start



Finish



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## Lunge Back

Start



Finish



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