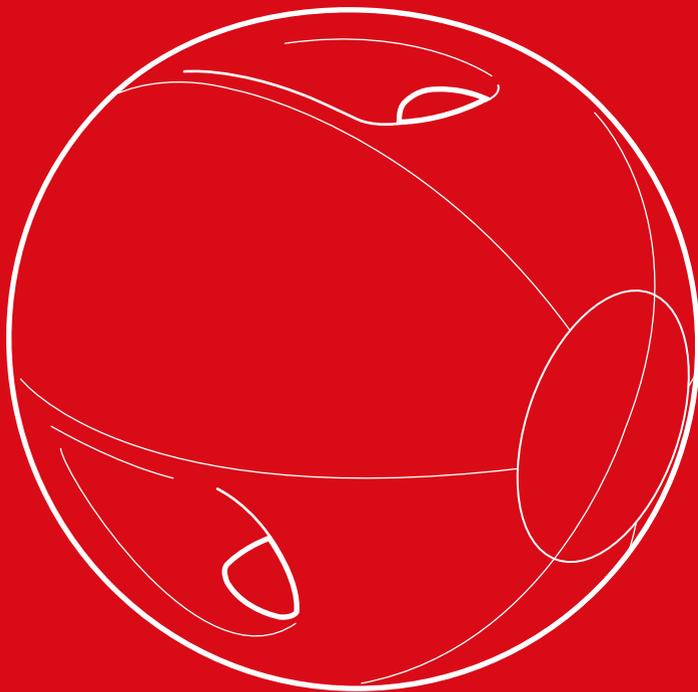




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INSTRUCTION MANUAL

Medicine Ball with Handles

! NOTICE

Please retain these instructions for future reference.

- Consult your doctor before commencing an exercise program.
- If you feel faint or experience pain during exercise, stop and consult your doctor.
- Always warm up before strenuous exercise. Do not over-exert yourself.
- This item is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the item by a person responsible for their safety.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

EXERCISES

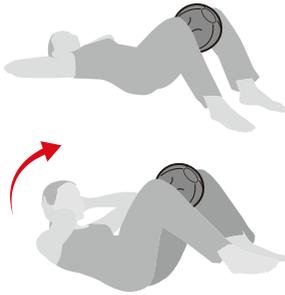
THE MONK

Objective: Tone the lower body, and exercise hamstrings and quadriceps.

Start: Hold the medicine ball behind your neck with two hands. Stand up straight.

Motion: Slowly lower yourself into a squat position while keeping your upper body straight. Squat as low as you are comfortable, then return to the starting position.

Tips: Control your movements and move up/down slowly. Do not squat too low at first; test your body's limits.



THE PHARAOH

Objective: Exercise abdominal muscles.

Start: Hold the medicine ball between your knees. Place feet flat on the floor and put hands behind your head.

Motion: Use your abdominal muscles to raise your knees and head at the same time. Hold that position for several seconds, then relax and return to the starting position.

Tips: Try without the ball at first. Do not use your hands to pull your head up.

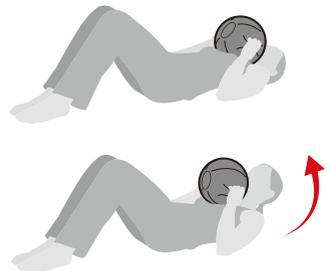
THE PRAYING MANTIS

Objective: Exercise abdominal muscles.

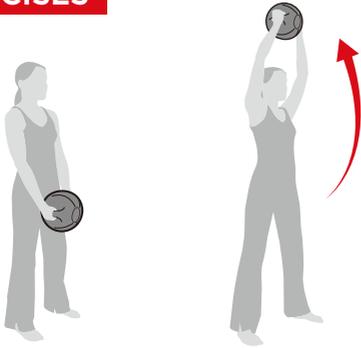
Start: Lie on your back with your legs bent and feet flat on the floor. Hold the medicine ball with both hands and rest it on your chest.

Motion: Slowly raise your head off the floor and lift your upper body and the ball slightly. Hold the position for 3 seconds then return to the starting position.

Tips: Lie on carpet or on a mat.



EXERCISES



THE OIL WELL

Objective: Exercise shoulder muscles and tone chest muscles.

Start: Stand upright with your feet shoulder-width apart. Hold medicine ball with both hands.

Motion: Slowly move ball from your waist in an upward arc until it is above your head. Hold the ball above your head for a moment, then return it to the starting position.

Tips: Keep your back and arms straight. Move the ball slowly.

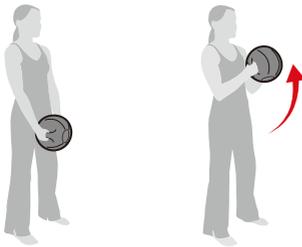
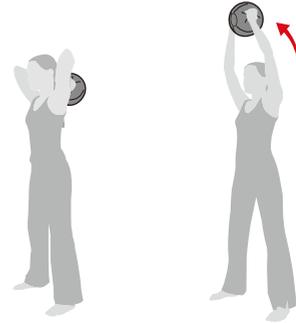
THE SHARK FIN

Objective: Exercise triceps muscles.

Start: Stand upright with your back straight. Hold the medicine ball above your head and keep your arms straight.

Motion: Without moving your upper arms, lower the ball backwards until your hands almost touch your head. Then lift the ball up and return to the starting position.

Tips: Relax your neck and avoid hunching your shoulders. Move slowly and evenly to avoid muscle strain.



THE JUGGLER

Objective: Exercise bicep muscles.

Start: Stand upright and hold the medicine ball in front of you with both hands.

Motion: Bend arms at the elbow and lift the ball to your chest, then lower it back to the starting position.

Tips: Keep your back straight. Move slowly and evenly to avoid muscle strain.

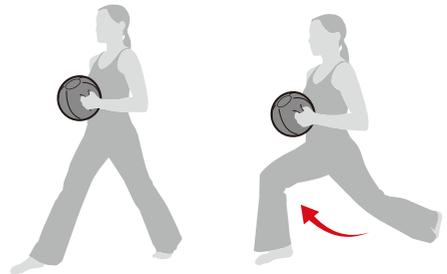
THE LUNGE

Objective: Build lower body strength and stamina.

Start: Stand with your feet a full stride apart, one foot in front and one foot in the back. Hold the medicine ball against your stomach with both hands.

Motion: Lower your upper body by slowly and evenly bending your front leg while keeping your back leg straight. Hold the position for 5 seconds, then come back up. Repeat several times and then switch legs.

Tips: Maintain your balance through the exercise; do not lean to either side. Keep your head level and your eyes looking straight ahead. Do not dip too low at first; test your body's limits.



EXERCISES



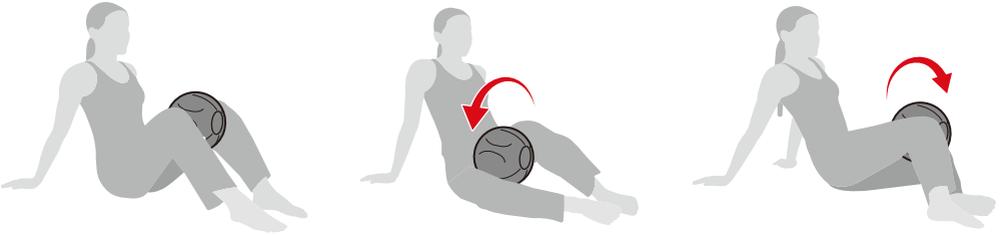
THE SIDEWINDER

Objective: Exercise oblique abdominal muscles. Release tension in your lower back.

Start: Sit on the floor and lean back on your hands. Bring your feet towards your body so your knees are bent. Hold the medicine ball between your knees.

Motion: Use your hips and legs to move the ball to one side of your body, then return to the center. Repeat to move the ball to the other side of your body.

Tips: Keep your body still and concentrate movement in the hips.



PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.

CONTACT US; WE'RE HERE 7 DAYS A WEEK TO HELP YOU!



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LEARN MORE!

WARNING

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