



EXERCISE BALL

QUICK START GUIDE

DYNAPRO GUARANTEE

IT'S SIMPLE. IF YOU ARE NOT 100% SATISFIED WITH YOUR DYNAPRO PURCHASE, RETURN IT WITHIN 30 DAYS FOR A NO-QUESTIONS ASKED HASSLE FREE, 100% MONEY BACK GUARANTEE!



BEFORE USE

ALWAYS INSPECT ALL EXERCISE PRODUCTS BEFORE USE. IF YOU NOTICE ANYTHING UNUSUAL ABOUT YOUR PRODUCT, PLEASE CONTACT US IMMEDIATELY.



CAUTION!

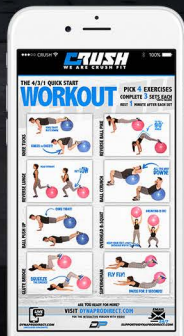


BE AWARE OF YOUR SURROUNDINGS! ALWAYS MAKE SURE YOU HAVE ENOUGH ROOM TO EXERCISE TO AVOID INJURY AND DAMAGE TO PERSONAL PROPERTY!

LIFETIME WARRANTY!

REGISTER AT: DYNAPRODIRECT.COM/REGISTER

AND RECEIVE THE INTERACTIVE, **CRUSH** EXERCISE BALL WORKOUT GUIDE (WITH VIDEO) FOR FREE!



THE 4/3/1 QUICK START

WORKOUT

PICK 4 EXERCISES
 COMPLETE 3 SETS EACH
*UNTIL FAILURE
 REST 1 MINUTE AFTER EACH SET

KNEE TUCKS



REVERSE BALL PIKE



REVERSE LUNGE



BALL CRUNCH



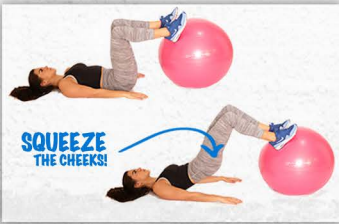
BALL PUSH UP



OVERHEAD B-SQUAT



GLUTE BRIDGE



SUPERHUMAN



ARE YOU READY FOR MORE?

VISIT DYNAPRODIRECT.COM

FOR THE INTERACTIVE VERSION WITH VIDEO!



STOP!

QUESTIONS OR PROBLEMS?

WE'RE HERE TO HELP!

EMAIL SUPPORT@DYNAPRODIRECT.COM

OR

LIVE CHAT US ON DYNAPRODIRECT.COM!
BEFORE RETURNING!

VISIT DYNAPRODIRECT.COM/REGISTER

TO GAIN ACCESS TO THE **CRUSH**
INTERACTIVE WORKOUT GUIDE WITH VIDEO
AND FREE **LIFETIME WARRANTY**

