

PILATES SOFT BALL

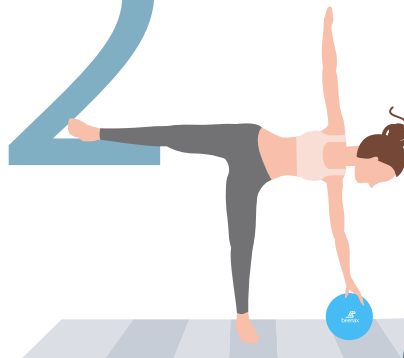
Workout Guide



1 Heel-Dig Squat



2 Star Reach



3 Peeled Push-ups



Always start your practice with a gentle warm-up to prepare your body for the exercises.

4 Toe Touch



Focus on your breath during each pose. Inhale deeply as you prepare, and exhale as you settle into the pose.

5 Inner Thigh Squeeze



6 Ab & Thigh Squeeze



7 Ab Curl



8 Spider Triceps



9 Hover Lunge



The soft ball can challenge your stability and balance, so use it in poses where balance is a key component.

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Quick Start Guide



Inflate your Pilates Soft Ball



1 Pull out the plug.



2 Have the straw placed into the hole.

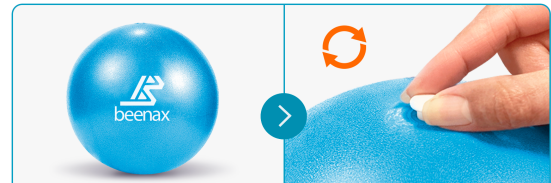


3 Blow air into the ball.



4 Once fully inflated remove the straw and insert the plug.

Deflate your Pilates Soft Ball



Remove the plug and squeeze the ball with your hands.

TIP:

- Put your finger on the valve once you have fully inflated the ball to keep air inside.
- Once you have the plug on your other hand, lift your finger that is on the valve and quickly insert the plug into the valve.

Care Instructions



To clean your pilates soft ball use a soft cloth and warm, soapy water.



Do not use abrasive or chemical cleaners as these can deteriorate the condition of the ball.



Dry the pilates soft ball using a soft towel.



Avoid storing the ball near direct sunlight.

WARNING (Possible Furniture Damage) : do not leave or store the ball on varnished furniture or surfaces

Warranty



We offer a 100% satisfaction guarantee for 1 year on all products. If you have any issues with a defective product, we will replace it free of charge!