



9" MINI BALL

Workout Guide



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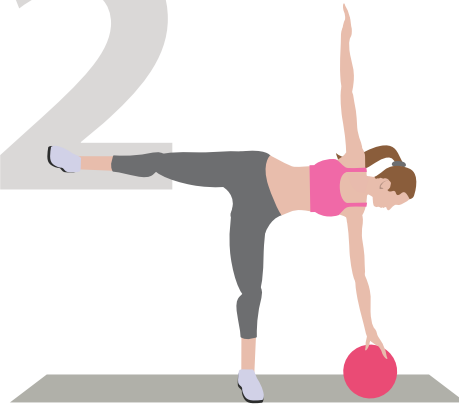
1

Heel-Dig Squat



2

Star Reach



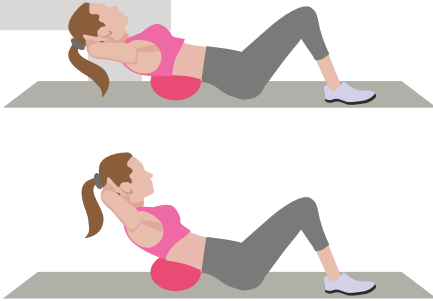
3

Peeled Push-ups



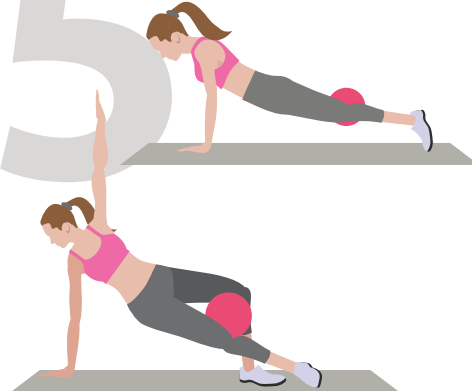
4

Ab Curl



5

Spider Triceps



6

Hover Lunge



7

Toe Touch



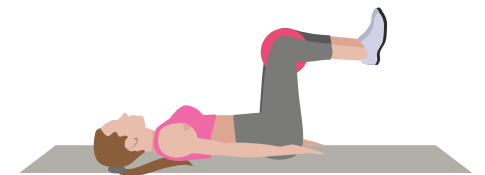
8

Inner Thigh Squeeze



9

Ab & Thigh Squeeze



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Bridge

11

Bridge & Squeeze

12

Chest Stretch



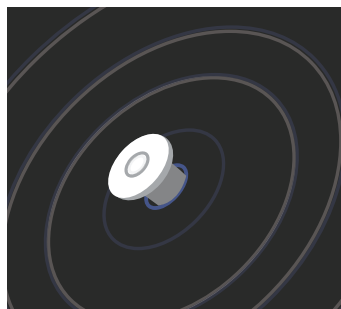
9" MINI BALL Quick Start Guide

Inflation Instructions



1

Insert inflation tube into the Mini Ball valve. Blow into tube until the ball reaches the desired firmness.



2

Remove the tube with your finger ready to cover the hole. Quickly insert plug under your finger and press the plug in until its flush to seal.



Tips For Proper Use

Inflate the ball only as recommend. Improper inflation may cause damage to the ball. The ball should never be kicked. Makes sure the valve plug is fully inserted to seal the valve completely. The ball is intend to be used indoor only.



Maintenance & Care

To clean your exercise ball use a soft cloth and warm, soapy water. Never use abrasive or chemical cleaners.