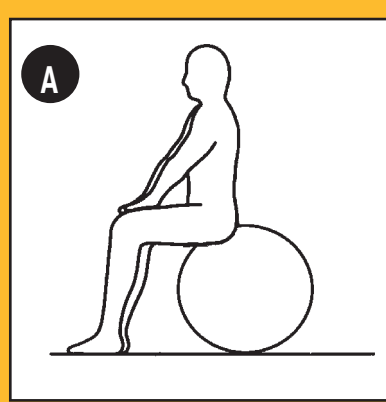


FITNESS BALL

- » EASY TO USE STRETCHING DEVICE SUPPORTS & CUSHIONS YOUR BODY
- » HELPS INCREASE FLEXIBILITY, STRENGTH & ENDURANCE
- » STRENGTHENS & TONES MUSCLE
- » TRAINS YOUR BODY IN FUNCTIONAL MOVEMENT
- » CHALLENGES YOUR BODY TO IMPROVE ALIGNMENT & BALANCE
- » FORCES YOUR BODY TO STRENGTHEN STABILIZING MUSCLES
- » TARGETS ABDOMINALS & LOWER BACK
- » STRENGTHENS YOUR BODY CORE TO IMPROVE POSTURE
- » STABILIZES THE SPINE
- » HELPS YOU CONTROL YOUR WEIGHT

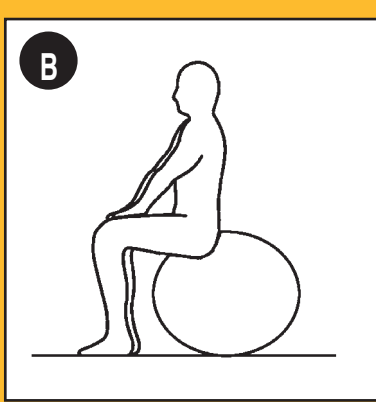
Warm-up

A



- » While sitting on the top of the ball relax your arms on your thighs. Place your thighs approximately 90° to your lower legs.
- » Place your feet flat on the floor and begin to shift your weight up and down by bouncing gently on the ball. Continue for 60 seconds or more if you want an aerobic workout.
- » Keep your feet firmly on the floor.

B

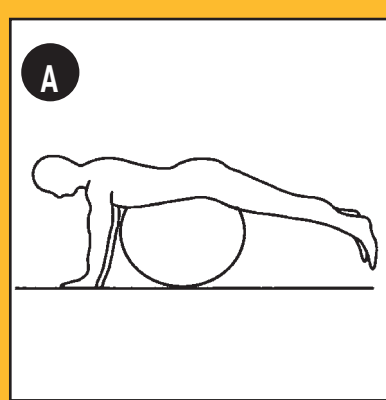


8 - 12 REPS

Upper Body

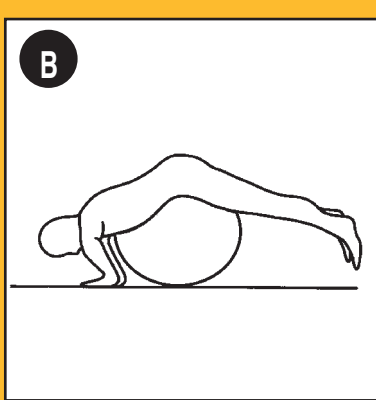
Push Ups

A



- » Support your hips by laying on top of the ball. Extend hands to the floor making sure that your shoulders are placed directly over your wrists.
- » Lower your chest toward the floor until your elbows reach the floor. Hold and return to the starting position.
- » Keep your shoulders aligned with your wrists.
- » If you have weak wrists, do not do this exercise.

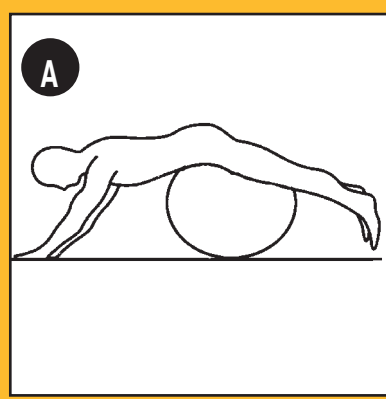
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8 - 12 REPS

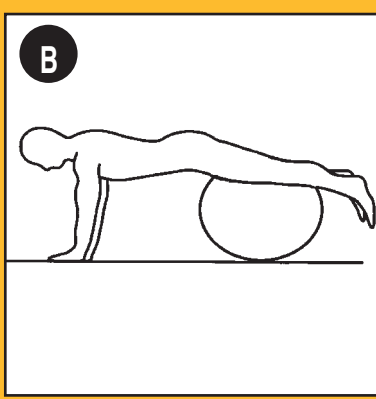
Strength & Strengthening

A



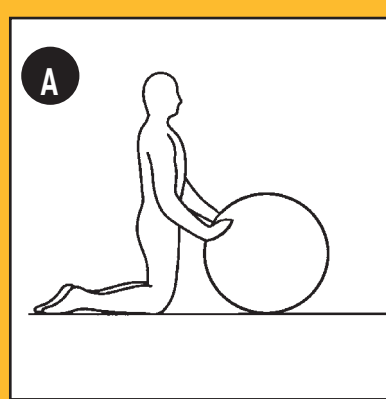
- » Lie on the top of the ball with hips supported. Reach your arms forward, a shoulder-width apart.
- » Lift your legs off the floor.
- » Pull your body forward with your arms and align your hands under your shoulders. Pause and slowly push your body back to start.
- » Make sure to keep your spine straight.

B



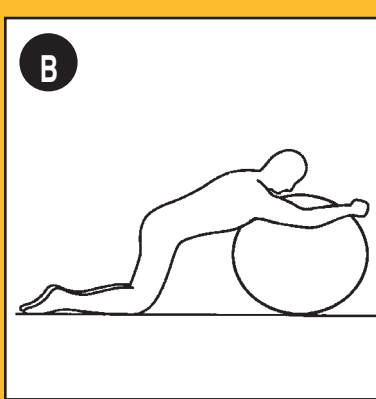
8 - 12 REPS

A



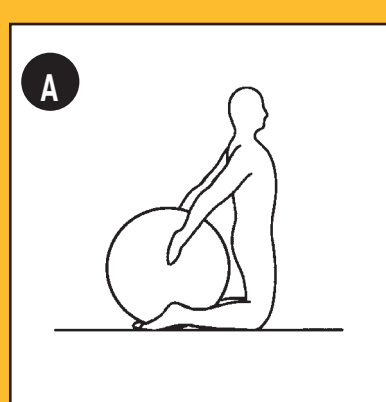
- » Kneel on the floor and rest your hands on the ball keeping them a shoulder-width apart.
- » Push the ball away from your body until your forearms are supported by the ball.
- » Roll forward by flexing your hips back to the starting position.

B



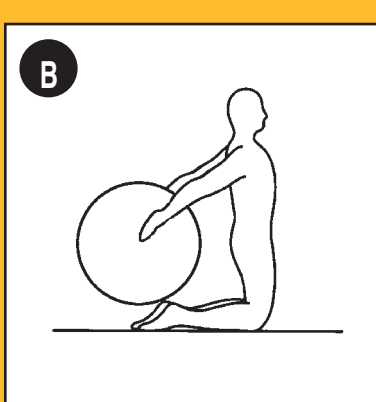
8 - 12 REPS

A



- » While sitting with your knees on the floor keep your back straight and the ball positioned behind you.
- » Lift the ball by reaching behind you for 10 seconds.
- » Hold and lower the ball to the floor.

B

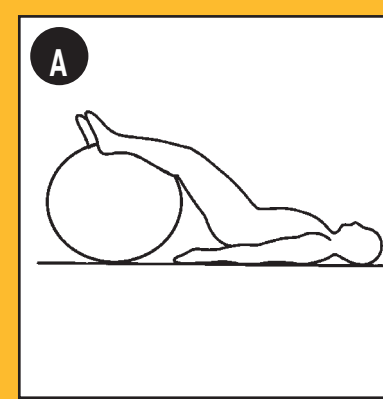


8 - 12 REPS

Legs, Calves, & Thighs

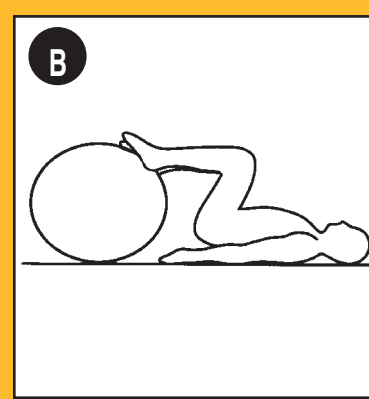
Leg Curls

A



- » Lay on the floor with your legs outstretched and your feet and calves on the ball. Place your hands on the floor next to your body.
- » With your heels, press down firmly into the ball. Bend your knees and roll the ball in towards your buttocks until your feet are flat on the ball.
- » Hold and return to start.

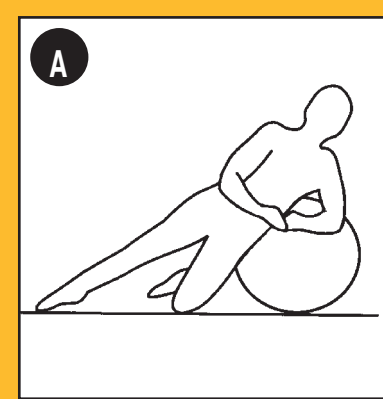
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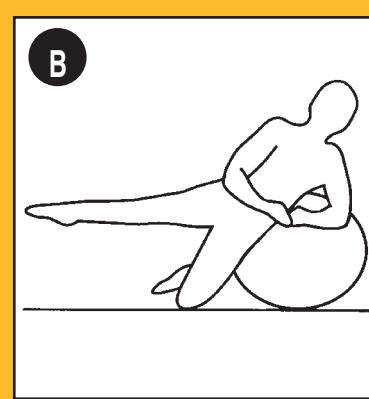
Outer Thighs

A



- » Laying sideways, place your upper body on the ball. Extend your leg out to the side with your foot on the floor.
- » Balance your body with both hands on the front of the ball and your lower leg bent on the floor.
- » Lift your top leg until it is parallel to the floor. Hold and return to the start.
- » Do not let your hips roll and keep your knees bent.

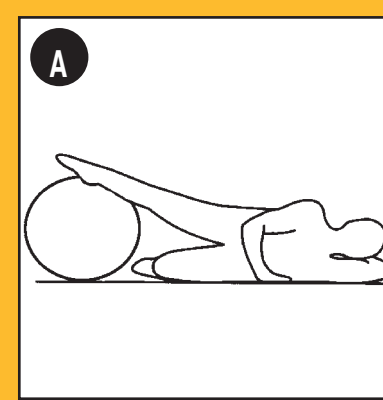
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8 - 12 REPS

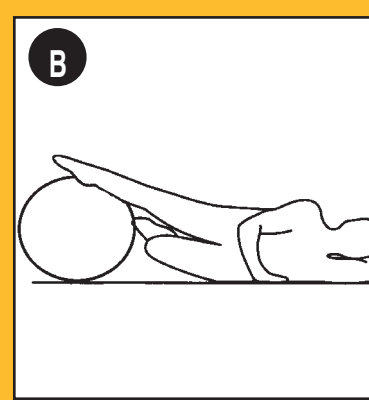
Inner Thighs

A



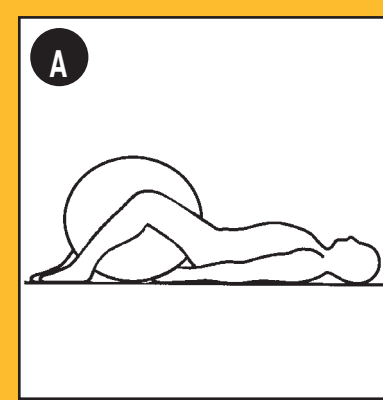
- » Laying on the floor on your side, lower your arm under your head using your upper hand for stability.
- » Bend your lower leg 90° and extend your upper leg with your ankle resting on the ball.
- » Begin lifting your lower leg off the floor a few inches. Hold and lower to the floor.
- » Keep your hips exactly over each other and do not roll forward or back.

B



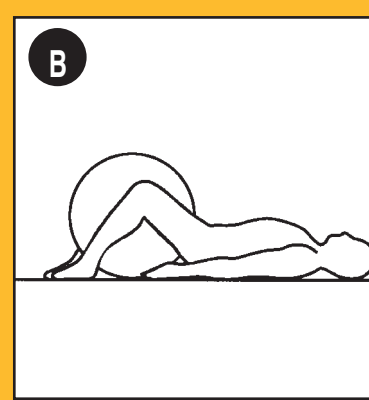
8 - 12 REPS

A



- » Laying on your back on the floor, grab the middle of the ball in between your bent knees.
- » Place your feet flat on the floor with your arms extended by your side and palms down.
- » Squeeze the ball between your knees.
- » Hold for 5-10 seconds and release.

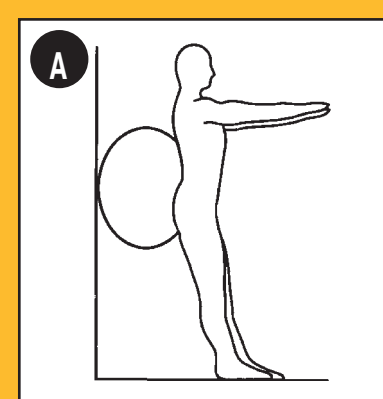
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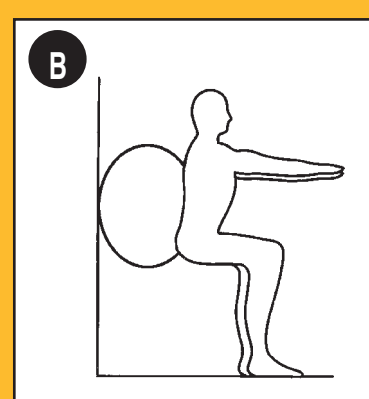
Upper Thighs

A



- » Stand and press the ball between the wall and your lower back. Bring your feet out about 2 steps and place them a shoulder-width apart.
- » Bring your arms forward for balance. Bend at the knees and squat allowing the ball to roll up your back. Hold when your thighs are parallel to the floor and return to start.
- » Keep your knees over your heels.

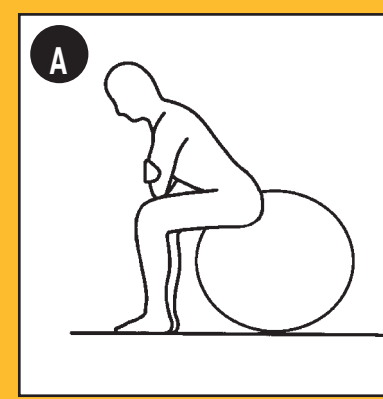
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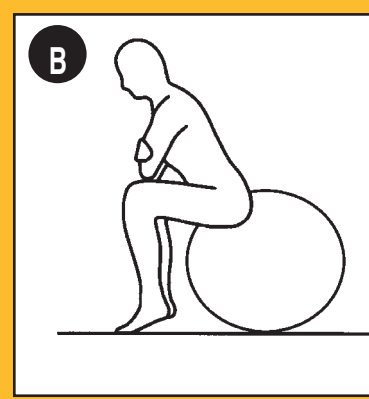
Heel Raises

A



- » Sit on the top of the ball. Place feet flat on the floor a shoulder-width apart.
- » Lean your torso forward with your elbows on your knees and lift your ankles while lifting your heels as high as you can. Hold and lower.
- » Keep your weight forward and evenly spread across the balls of your feet.

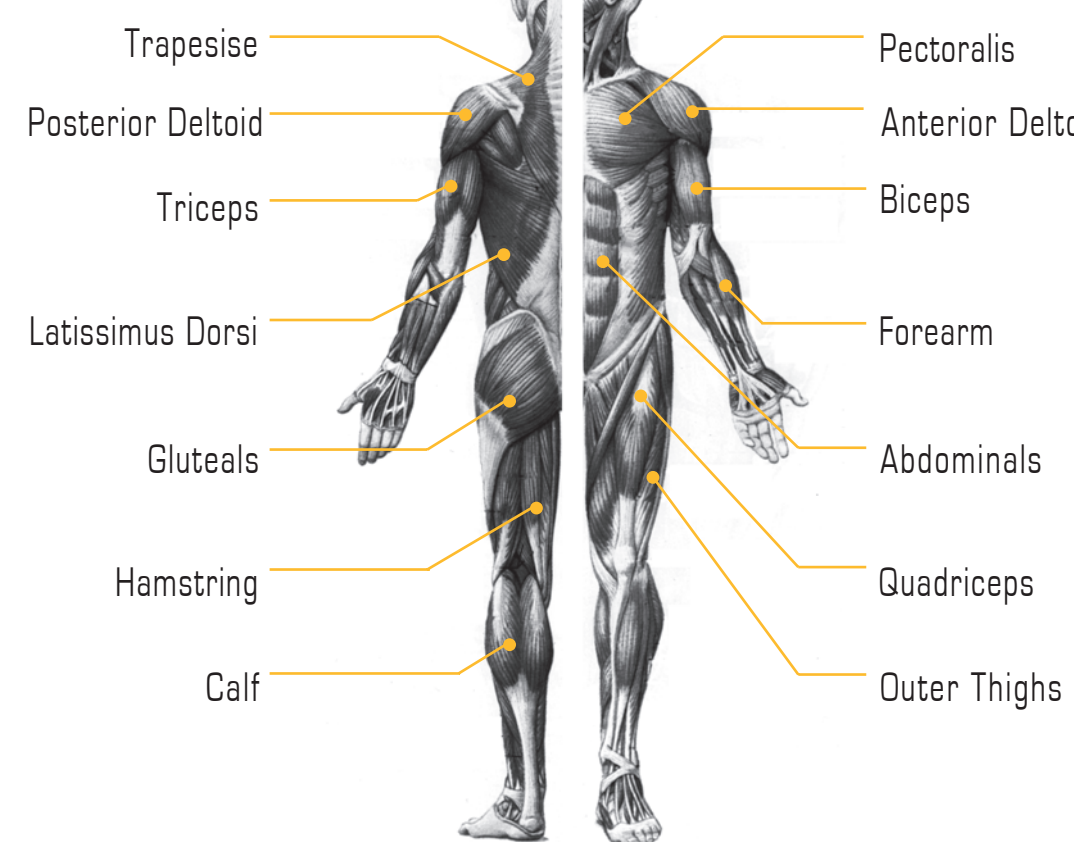
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8 - 12 REPS

Back View

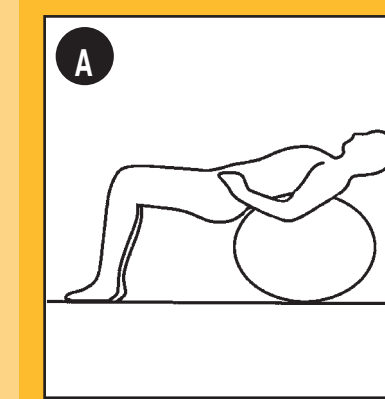
Front View



Buttocks

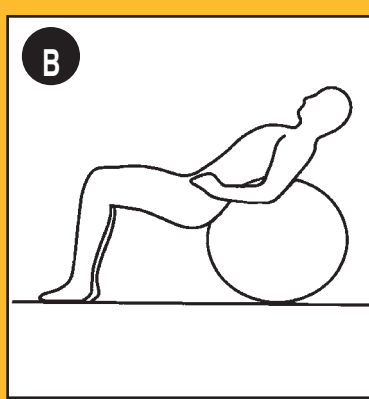
Pelvic Tilt

A



- » Lie on the ball resting your waist and back on the ball.
- » Place your hands on your thighs, keeping your feet flat on the floor a shoulder-width apart.
- » Lifting your pelvis, raise your hips a few inches, then lower back to the start.
- » Use your abdominals to lift your hips.

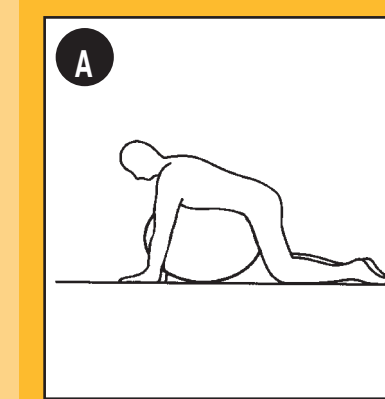
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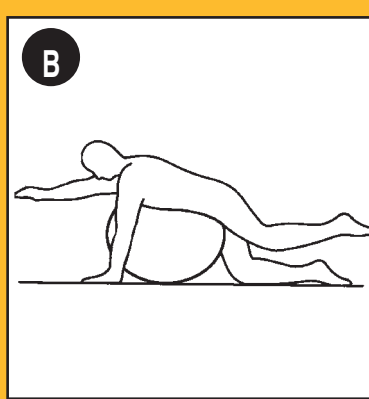
Leg Raises

A



- » Begin with your hips, waist and chest on the ball.
- » Extend your left hand and right leg.
- » Relax over the ball. Lift your left arm and your right leg at the same time. Keep your balance on the ball. Hold and return to start.
- » Repeat and alternate starting sides.
- » Keep your head still and do not arch your back.

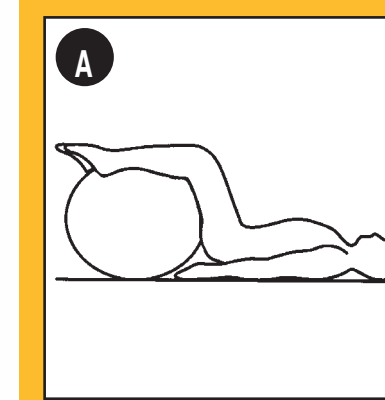
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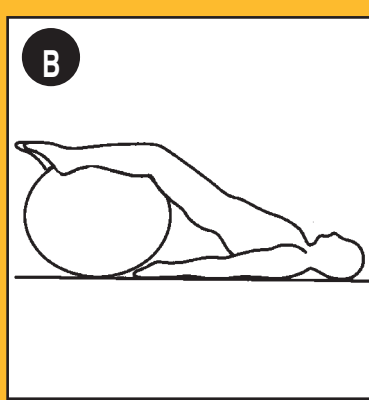
Hip Extension

A



- » Start by laying with your back on the floor, arms by your side, knees bent and on the top of the ball.
- » Lift your hips off the floor until your back is straight. Hold and return to the start.
- » Do not arch your back. Use your arms to aid in your balance.

B

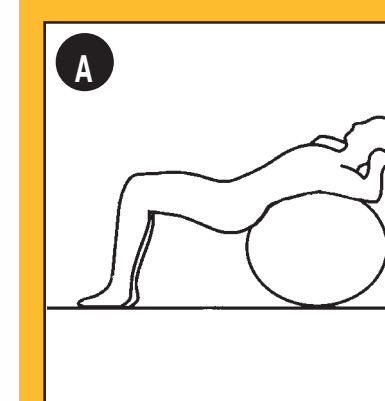


8 - 12 REPS

Abdominals

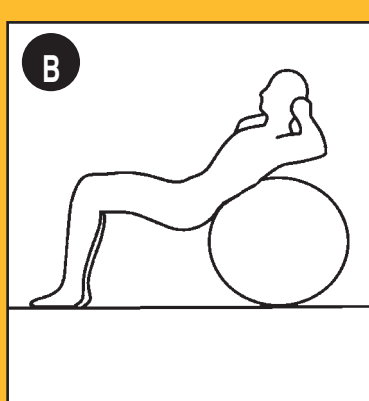
Trunk Curls

A



- » Lie on the ball with your back arched and supported. Cross your arms behind your head and place wrists next to your temples.
- » Keep your feet placed on the floor.
- » Curl your upper body while squeezing your abdominals and lift your shoulders and upper back. Return to start.
- » Make sure not to pull on your neck and head.

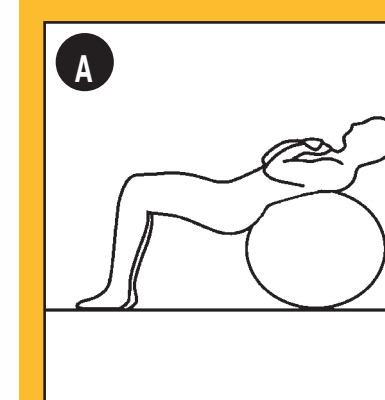
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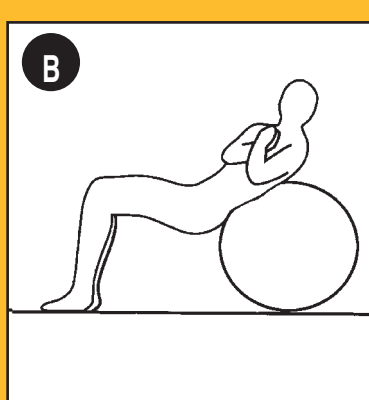
Abdominals / Obliques

A



- » Lie on the ball with your back arched and supported. Cross your arms over your chest.
- » Keep your feet placed on the floor.
- » Curl your trunk while squeezing your abdominals. As you begin the curl, rotate the right side of your body toward the left leg. Slowly return to the start.
- » Repeat and alternate starting sides.

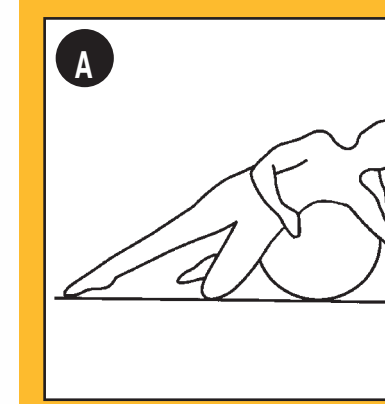
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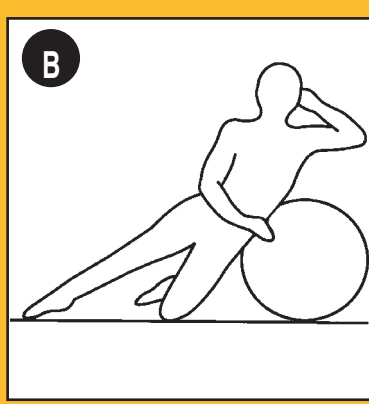
Obliques

A

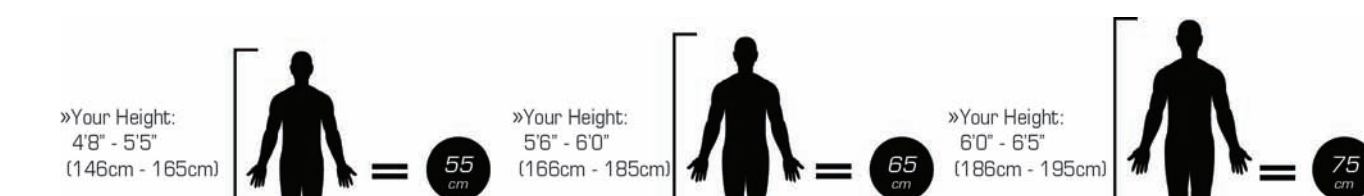


- » Start by laying sideways with your wrist and hips on the ball. Bend your inside leg and stretch your outside leg.
- » Place the hand of your bottom arm at your temple. Rest your top arm on the front of the ball for balance.
- » Lift your upper body by using your obliques while squeezing your rib cage. Return to start.
- » Do not let your top hip roll forward or back.

B



8 - 12 REPS



THE SIZING ON EACH BALL IS TO PROVIDE THE USER A GUIDELINE WHEN USING THE TKO FITNESS BALL. TO DETERMINE THE CORRECT SIZING, PERFORM THIS SIMPLE TEST: SIT ON THE BALL AND PLACE YOUR FEET FLAT ON THE FLOOR. IF THE FITNESS BALL IS INFLATED CORRECTLY, THERE WILL BE A 90 DEGREE ANGLE BETWEEN YOUR HIPS AND KNEES. ADJUST THE FITNESS BALL BY ADDING OR RELEASING AIR WITHOUT EXCEEDING MAXIMUM SIZE. IF YOU REACH THE 90 DEGREE ANGLE, THE BALL HAS SUFFICIENT AIR, EVEN IF NOT AT FULL SIZE.