



Instructions

Fusion Ball™

IMPORTANT: TO REDUCE RISK OF INJURY, READ ALL INSTRUCTIONS AND SAFETY PRECAUTIONS PRIOR TO USE.

Welcome to the fun and exciting world of Fusion Ball™ exercising! These small, lightweight, easy to use balls make a perfect addition to any fitness program. They are simple and fun to use! Add variety to your workout with these low-cost balls.

SAFETY PRECAUTIONS

As with any exercise program, consult a physician or medical professional before beginning a workout routine and follow their advice. Body Sport® Fusion Balls™ are to be used by adults or, if under the age of 18, only with adult supervision. Read following precautions before any use.

Exercise programs of any kind pose an inherent risk of serious injury or death to the participant. Use proper techniques and common sense such as:

- Do not stand on the ball.
- Check your equipment thoroughly and inspect for cracks, nicks, cuts, etc. Keep away from sharp objects. Be sure the floor is free of debris or objects that could puncture the ball. If any defects are found, discontinue use.

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Getting Started

Your Fusion Ball™ arrives deflated. We recommend inflation using the small straw-type blowing tube included in this package. To inflate, simply insert the tube into the ball and blow into the tube until the ball is inflated to the desired size. Place the plug into hole. Be sure that the plug is fully inserted into the ball and that no space is left between the plug and the ball. It may be helpful to moisten the plug to ensure complete insertion of the plug. You are ready to begin working out with your Fusion Ball™.

NOTICE: Inflate ball between 7.5 and 10". Do not overinflate. Ball does not need to be fully inflated to use.

Uses For The Fusion Ball™

Aerobics

The Fusion Ball™ can be added to your aerobic routines. It helps to encourage full body-lengthening movements that create maximum benefits to your aerobic workout. Add them to your step workout or low impact classes. The Fusion Balls are simple to add, and deliver variety to your routine and maximize movement.

Abdominal Curl

Starting Position: Lie on your back with knees bent. Place Fusion Ball™ in your hands and place it behind your head.

Movement: Slowly raise the upper body off the floor and toward your knees. Pause and slowly return to the starting position. Perform 12 repetitions.

Having difficulty using the upper body as a unit when performing abdominal exercises? The Fusion Ball encourages proper form and execution of abdominal exercises.

Reverse Curl

Starting Position: Lie on your back with knees bent. Place Fusion Ball™ between your knees and position your hands along your sides.

Movement: Slowly lift the lower body up and towards your midsection. Pause and slowly return to starting position. Perform 12 repetitions.



Adductor (Inner Thigh)

Starting Position: Lie on floor with knees bent and Fusion Ball™ placed between your knees.

Movement: Press your knees together. Hold for a count of four and slowly release the pressure.

Modification: This exercise can also be performed with the feet off the floor and knees over the chest. Place your hands under your buttocks to support the lower back.

Flexibility Exercises For Your Fusion Ball™

Many flexibility exercises can be performed using your Fusion Ball™! Here is just one example:

Cat Stretch

Starting Position: Standing with feet in a wide stance, place the Fusion Ball™ in your hands. Bend forward from the waist. Position the ball on the floor at a point that is comfortable with your back flat.

Movement: Slowly tuck your chin toward your chest and round your back to imitate a cat stretch. Slowly release to the starting position.

CARE GUIDELINES

- Store the Fusion Ball at room temperature. Do not store in direct sunlight or expose to high temperatures.
- To clean Fusion Ball, use cloth and warm soapy water. Do not use abrasive or chemical cleaners.
- After cleaning, wipe again with a clean, damp cloth. Dry thoroughly before use.



BODY SPORT®

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