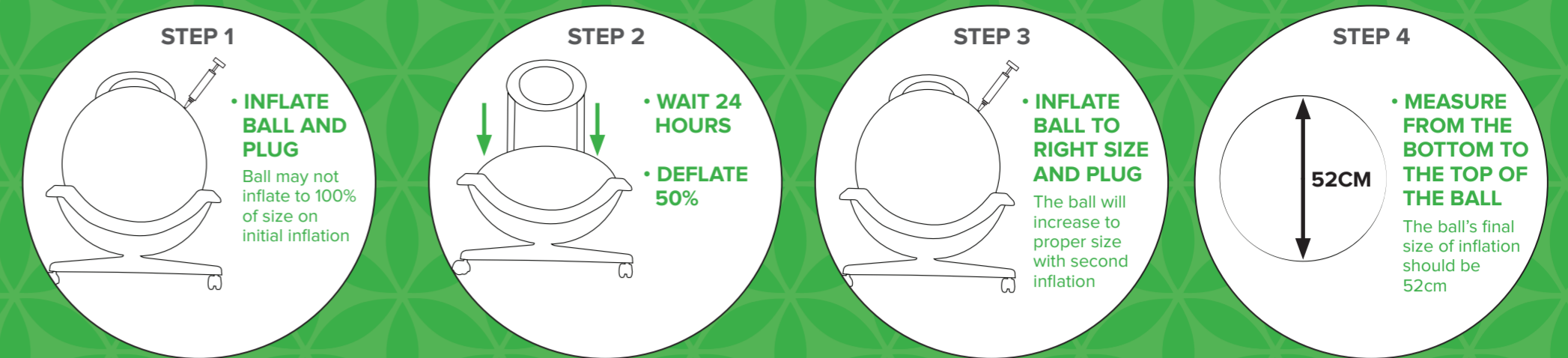




# ULTIMATE BALANCE BALL CHAIR EXERCISE GUIDE

## INFLATION DIRECTIONS:



Activate your sit! The Ultimate Balance Ball® Chair was specifically developed to relieve stress on the spine, strengthen the core, improve posture and keep the body active while sitting. Its patented design combines both comfort and ergonomic back support for the ultimate sitting experience. This Exercise Guide illustrates non-impact strengthening exercises and stretches to help keep you active.

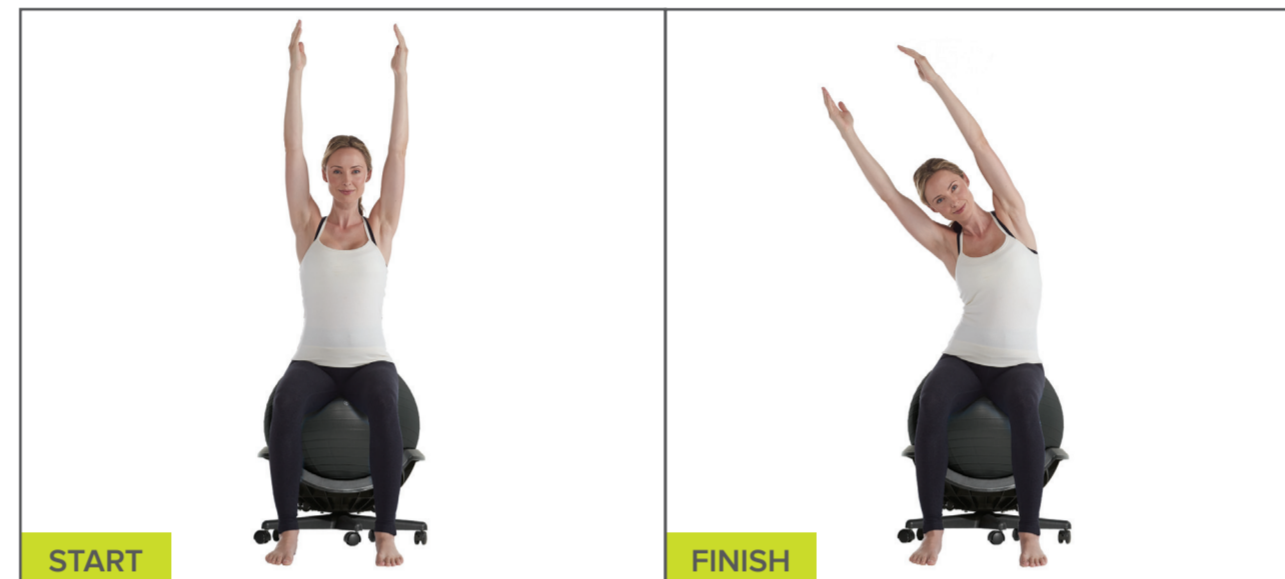
### 1. POSITIVE SEATED POSTURE



**START**  
Sit upright with sit bones directly on top-center of ball.

**FINISH**  
Thighs and shins should be at a 90-degree angle to the floor. To achieve, deflate or inflate ball as needed.

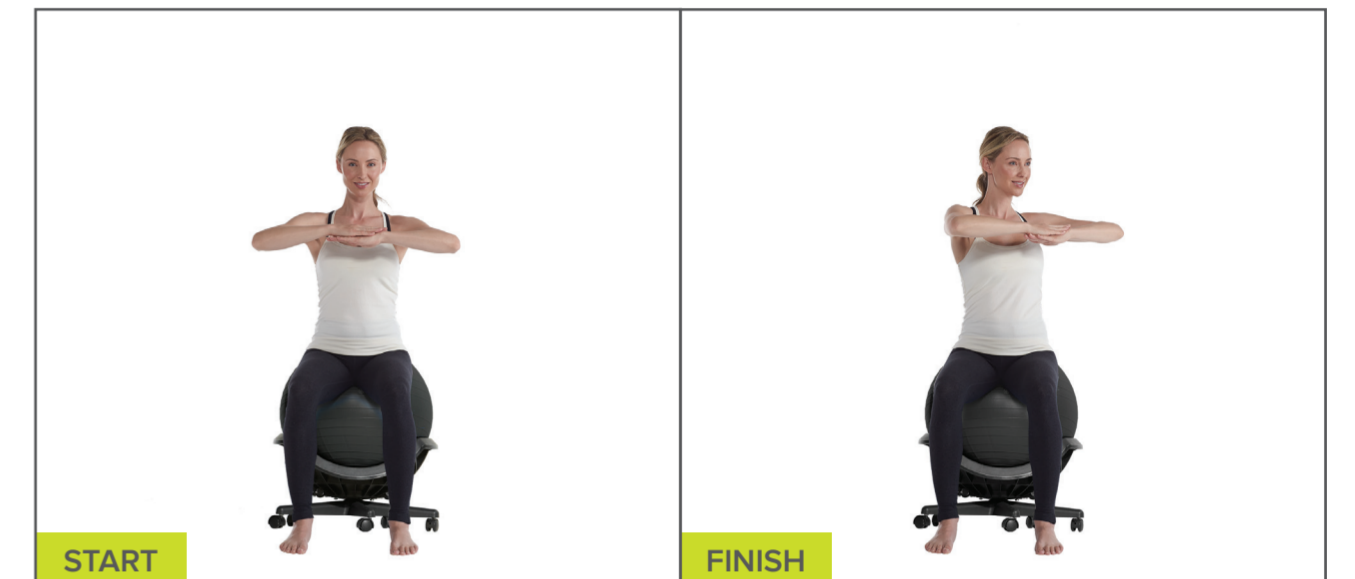
### 2. SIDE BEND STRETCH



**START**  
Begin in Positive Seated Posture, raise arms straight overhead, shoulder-width apart, palms facing inward.

**FINISH**  
Inhale; on exhale, lean upper body and head to right from waist. Hold for 10 seconds. Repeat on left side. Alternate right and left 2-3 times.

### 3. SEATED TWIST



**START**  
Begin in Positive Seated Posture. Raise arms to shoulder height; bend elbows and stack hands in front of chest.

**FINISH**  
Inhale; on exhale, slowly turn upper body and head to right from waist. Hold for 10 seconds. Repeat on left side. Alternate right and left 2-3 times.

### 4. SEATED FORWARD BEND



**START**  
Begin in Positive Seated Posture, raise arms straight overhead, shoulder-width apart, palms facing inward.

**FINISH**  
Inhale; exhale and fold forward from waist, leading with chest and dropping torso to thighs. Reach hands to floor allowing arms to hang relaxed from shoulders. Hold for 10 seconds. Repeat 2-3 times.

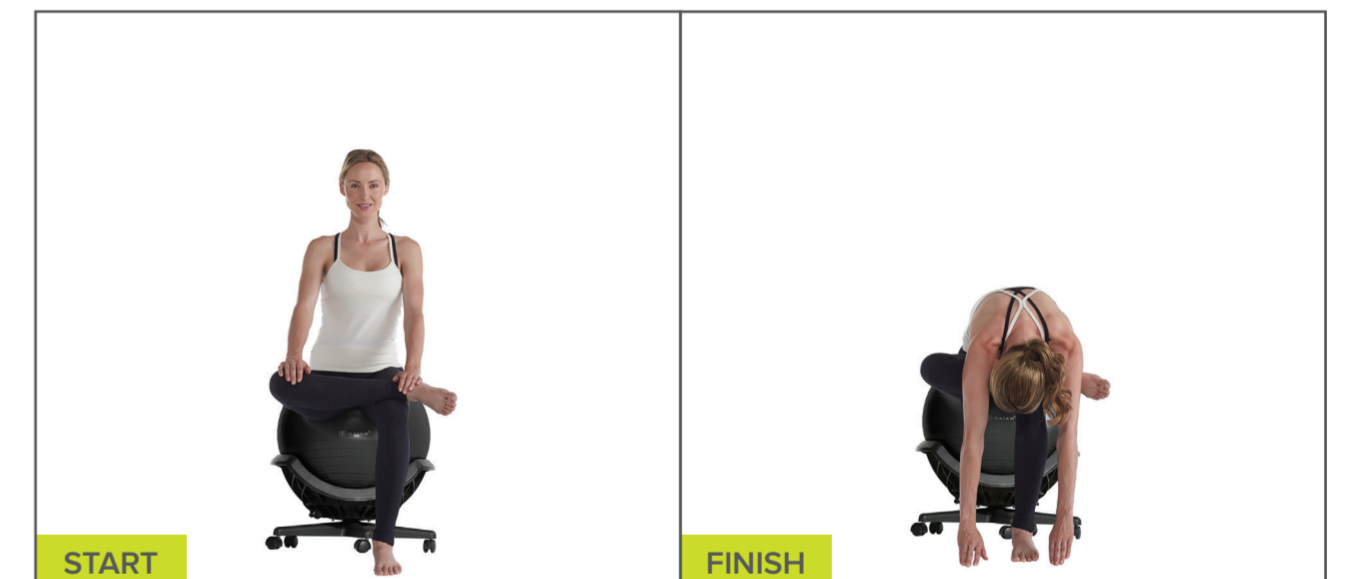
### 5. EXTENDED WIDE LEG, SEATED FORWARD BEND



**START**  
Begin in Positive Seated Posture with legs extended forward, feet hip-width apart and heels on the floor.

**FINISH**  
Inhale; on exhale fold forward from waist, leading with chest; drop torso to thighs or as far forward as is comfortable. Reach hands to the floor alongside feet, toes pointing up. Repeat 2-3 times.

### 6. SEATED HIP STRETCH



**START**  
Begin in Positive Seated Posture. Fold left leg across right knee, left ankle should rest just outside right leg.

**FINISH**  
Inhale; on exhale, fold forward from waist, leading with chest and dropping torso down to thighs. Reach hands down to floor, allowing arms to hang relaxed from shoulders. Hold for 10 seconds. Repeat on right side. Alternate right and left 2-3 times.

### 7. EXTENDED SIDE STRETCH



**START**  
Begin in kneeling position alongside chair, right hand on ball for support.

**FINISH**  
Inhale; on exhale extend left leg and reach left arm across head toward opposite side of chair. Hold for 10 seconds. Repeat with right leg. Alternate right and left 2-3 times.

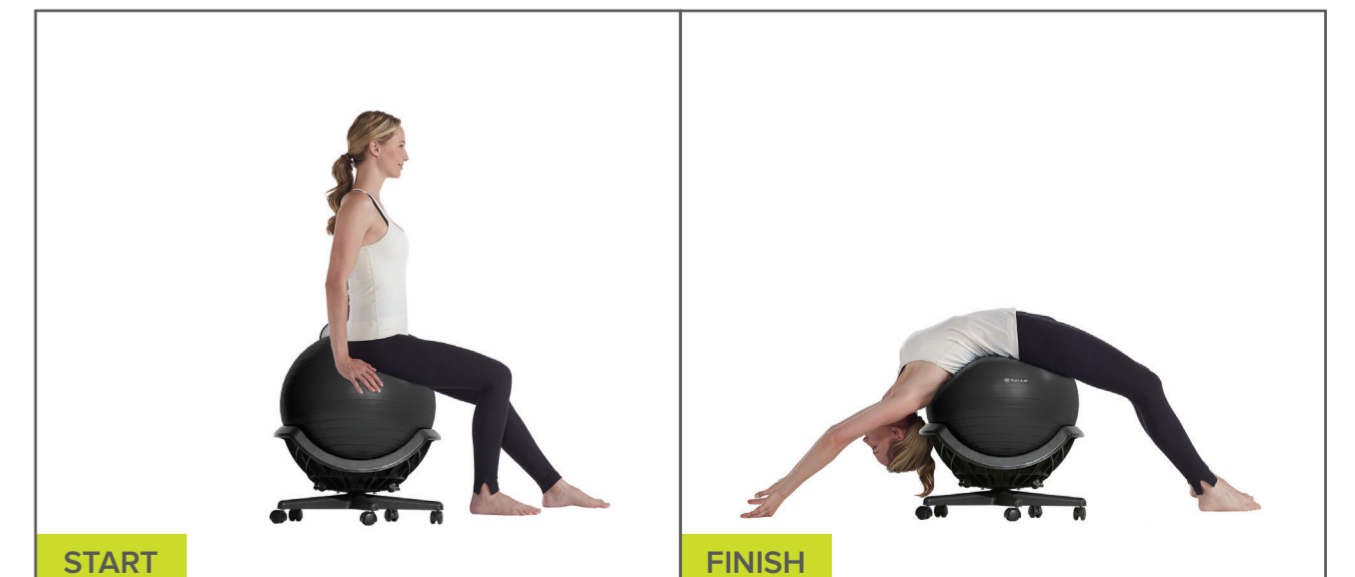
### 8. SPINE STRETCH FORWARD



**START**  
Begin by facing chair. Rest hands on ball and support bar to stabilize the body.

**FINISH**  
Lie prone over ball, be sure that hips are positioned directly on top of ball. Extend arms and legs to lengthen the spine. Hold for 1-2 minutes.

### 9. SPINE STRETCH BACK



**START**  
Begin by sitting sideways on lower edge of chair. Place hands on ball and support bar for stability.

**FINISH**  
Lie back over ball, positioning hips directly on top of ball. Extend arms and legs to lengthen the spine. Hold for 1-2 minutes.

**CAUTION:**  
DO NOT LEAN BACK against support bar. Bar is designed only for stability during exercises, and only as shown in this guide. LOCK CASTERS before performing exercises.

Balance Ball® colors and chair design will vary from images shown in the guide. Maximum weight 300 lbs. Perform movements to the best of your ability without strain. See the Care and Safety guide included with the chair for details. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise regimen.  
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