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.

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

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

2. SIDE BEND STRETCH

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

3. SEATED TWIST

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

4. SEATED FORWARD BEND

Begin in Positive Seated Posture, raise arms straight overhead, shoulder-width apart, palms facing inward. Inhale; exhale, fold forward from waist, leading with chest, drop arms to thighs or as far forward as is comfortable. Reach hands to the floor alongside feet, toes pointing up. Repeat 2-3 times.

5. EXTENDED WIDE LEG, SEATED FORWARD BEND

Begin in Positive Seated Posture with legs extended forward, feet hip-width apart and heels on the floor. Inhale; on exhale fold forward from waist, leading with chest; drop torso to thighs as far forward as is comfortable. Reach hands to the floor alongside feet, toes pointing up. Repeat 2-3 times.

6. SEATED HIP STRETCH

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

Begin in kneeling position alongside chair, right hand on ball for support. Inhale; on exhale extend left leg and reach left arm across head toward opposite side of chair. Hold for 10 seconds. Repeat 2-3 times.

8. SPINE STRETCH FORWARD

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

Begin by sitting sideways on lower edge of chair. Place hands on ball and support bar for stability. Lie back over ball, positioning hips directly on top of ball. Extend arms and legs to lengthen the spine. Hold for 1-2 minutes.

INFLATION DIRECTIONS:

1. INFLATE BALL AND PLUG

2. WAIT 24 HOURS

3. INFLATE BALL TO RIGHT SIZE AND PLUG

4. MEASURE FROM THE BOTTOM TO THE TOP OF THE BALL

The ball's final size of inflation should be 52cm.

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This Exercise Guide is for reference only. The best results will be achieved with proper training and practice. Please consult your doctor prior to beginning any new exercise programs. Gaiam is not responsible for any misuse of our products.