

CORE STRENGTH KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Core Strength Kit.

STABILITY BALL

TOOLS NEEDED

1. Balance Ball[®] pump (you may want to use a bicycle pump or compressor for initial inflation).

SETUP

1. Remove Balance Ball[®] from box and check for shipping damage. (Note: It is normal for balls to have slight creases or fold marks when first inflated.)
2. Allow ball to reach room temperature before inflating.
3. Attach inflator tip to Balance Ball[®] pump. Alternatively, the inflator tip can be used with most standard bike pumps. Insert inflator tip into hole in Balance Ball[®]. Inflate ball to the desired height and firmness. DO NOT overinflate.
4. Remove inflator tip from ball and immediately insert plug into hole so head is flush with surface of ball.
5. Your Balance Ball[®] is now ready for use.

WORKOUT TIPS

1. Follow exercise instructions presented in the program.
2. Always use the Balance Ball[®] in an open area free of furniture or other items that could get in the way while exercising.

3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

CARE

1. Clear workout area of sharp objects that may puncture ball. Use only on a smooth surface.
2. It is not necessary to deflate ball after use; however, slight leakage may occur over time. Re-inflate when necessary.
3. Hand wash ball with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch or damage ball.
4. Always check the ball for nicks or scratches before each use. If damaged in any way, do not use.
5. Avoid placing or rolling ball on newspaper, photocopies or other materials printed with ink as ink may permanently mark ball.
6. Avoid exposing ball to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.

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STRENGTH & FLEXIBILITY BANDS

SETUP

1. Remove Resistance Bands from box and check for shipping damage (scratches, gouges or tears).
2. Your Strength & Flexibility Kit is now ready for use.

WORKOUT TIPS

1. Wrap Resistance Band once or twice around hands to ensure firm grip.
2. Initially, follow the exercises presented in the exercise guide with the band at full length. To increase the tension, wrap the band around hands until desired resistance level is reached.
3. Maintain a strong hold on the Resistance Band at all times. If perspiration dampens hands, dry thoroughly and secure grip on the band before continuing.
4. Use a smooth and steady motion when performing each exercise.
5. Perform exercise routines to the best of your ability without strain.
6. Avoid holding your breath while exercising.

CARE

1. Dry Resistance Bands with a towel after use.
2. Periodically dust bands with baby or talcum powder for best results.

3. Avoid exposing Resistance Bands to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place..
5. Do not use band if nicked, torn or damaged in any way.

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using your Core Strength Kit.

1. Consult with your doctor before beginning this or any other exercise program.
2. Perform exercises in a slow and controlled manner.
3. Use Balance Ball® only on smooth surfaces. Do not use ball if deep scratches or gouges exist.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as demonstrated in the workout program.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

CAUTION: DO NOT place Balance Ball® in contact with woodwork, wood furniture or painted walls for any period of time. Damage to finish may occur.

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