



ULTIMATE SWIVEL Balance Ball® Chair

INFLATION DIRECTIONS:



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.

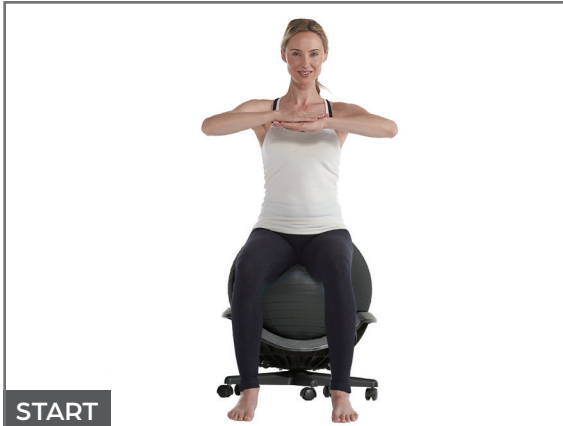
SIDE BEND STRETCH



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.

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.

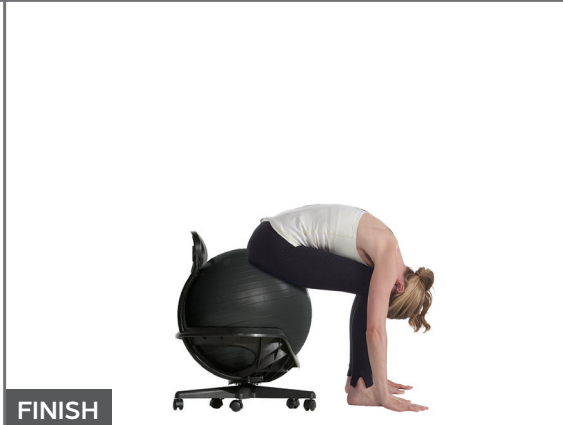


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SEATED FORWARD BEND



START



FINISH

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.

EXTENDED WIDE LEG, SEATED FORWARD BEND



START



FINISH

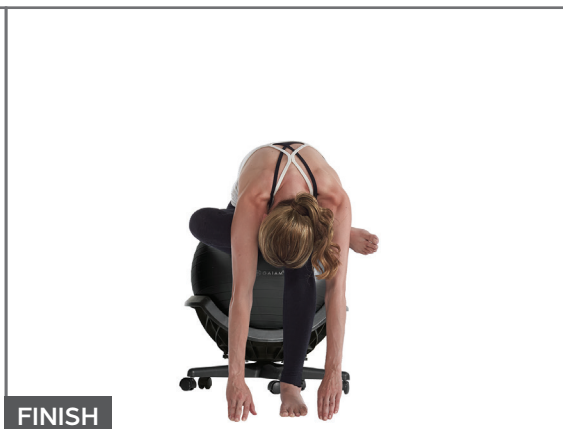
START: Begin in Positive Seated Posture with legs extended forward, feet hip-width apart and heels on the floor.

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.

SEATED HIP STRETCH



START



FINISH

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.