1-Leg Squat Hold

Stand with one foot on top of center of dome. Point toes straight ahead, bend knee and position over toes. Lower buttocks while bending slightly forward at the hips. Position arms straight out from sides of shoulders with head and shoulders aligned. Keep back straight and abdominal muscles tight. Hold for 20-60 seconds.



2-Leg Squat Hold

Stand with feet hip
width apart on top of dome.
Point toes straight ahead, bend
knees and position over toes.
Lower buttocks while bending
slightly forward at the hips.
Position arms straight out in
front of shoulders with head and
shoulders aligned. Keep back
straight and abdominal muscles
tight. Hold for 20-60 seconds.



Call our toll-free number or visit our website for more information on SPRP products or to receive your SPRP catalog.

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www.spriproducts.com

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EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise
 3-5 times without the Jumbo Balance Dome.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform an equal number of exercise repetitions with each leg to avoid the development of muscle and joint range of motion imbalances.
- Perform each exercise with good control through a full range of motion.
- Perform each exercise a maximum of 2-3 times per week.
- If over-challenged and unable to perform an exercise for (8) repetitions or for a specified hold time with good control, rest for a longer period of time between exercise sets or eliminate the use of balance dome for a period of time.
- If under-challenged following the completion of an exercise for (12) repetitions or for a specified hold time, rest for a shorter period of time between exercise sets or turn the Balance Dome over and stand on flat surface.

GENERAL CARE

- Keep away from sharp objects and surfaces.
- Be sure to check the dome for proper inflation before each use. To inflate simply remove the plug from the flat-side of the dome and inflate by mouth, with hand-held pump, or with air compressor. Re-insert plug flush with the surface of the dome to avoid air leakage.
- Avoid over-inflation of the Jumbo Balance Dome.
- Avoid excessive bouncing or jumping on the Jumbo Balance Dome.

SPRI

JUMBO BALANCE DOME

INSTRUCTION SHEET

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below prior to using the Jumbo Balance Dome!

- Do not place the dome on slick or slippery surfaces.
- Always perform general warm-up activities prior to performing the Jumbo Balance Dome exercises.
- Perform only the exercises as shown on this sheet, or other SPRI[®] produced informational resources.
- Mimic all exercises without the dome until proficiency is achieved with each exercise.
- Wear appropriate footwear while perform ing exercises.
- If necessary, place hand on wall or back of chair for added support while performing the Jumbo Balance Dome exercises.
- Perform exercises in a slow, controlled manner.
- Discontinue any exercise that is uncomfortable or causes pain.
- Consult your physician before beginning any type of exercise program.

2-Leg Squat

Start: Stand with feet hip width apart on top of dome. Point toes straight ahead with knees slightly bent. Position arms straight along sides of body with feet and shoulders aligned with hips.

Finish: Slowly bend knees and lower buttocks while bending slightly forward at the hips. Keep knees over feet, hands directly below shoulders, back straight, and abdominal muscles tight. Hold 1-2 seconds and return to start position.



1-Leg Squat

Start: Stand with one foot on top of center of dome. Point toes straight ahead with knee slightly bent. Position arms straight along sides of body with feet and shoulders aligned with hips.

Finish: Slowly bend knee and lower buttocks while bending slightly forward at the hips. Keep knee over foot, hands directly below shoulders, back straight and abdominal muscles tight. Hold 1-2 seconds and return to start position.



Straight Leg Dead Lift

Start: Stand with one foot on top of center of dome. Point toes straight ahead with knee slightly bent. Position arms straight along sides of body, slightly bend non-exercising leg with foot of exercising leg and shoulders aligned with hips.

Finish: Slowly bend forward at the hips and waist while reaching down and forward in front of exercising leg with opposite hand. Keep legs straight, knee over foot of exercising leg, back straight, and abdominal muscles tight. Hold 1-2 seconds and return to start position.



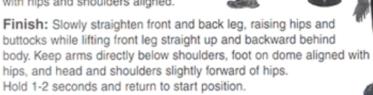
Front Lunge Lift

Start: Stand with one foot in front of body on top of center of dome and opposite foot behind body with heel off floor hip width apart. Bend legs while lowering hips and buttocks until thigh of front leg and shin of back leg are parallel to the floor. Position arms along sides of body with hips and shoulders aligned.

Finish: Slowly straighten front leg, raising
hips and buttocks while lifting back leg up and
forward until knee is in front of hip with foot directly below knee. Keep arms
straight along sides of body, foot on dome aligned with hips and shoulders
and knee slightly bent. Hold 1-2 seconds and return to start position.

Back Lunge Lift

Start: Stand with one foot behind body on top of center of dome with heel up and opposite foot in front of body flat on the floor hip width apart. Bend legs and lower hips and buttocks until thigh of front leg and shin of back leg are parallel to the floor. Position arms along sides of body with hips and shoulders aligned.



Side Lunge Lift

Start: Stand with one foot away from side of body on top of center of dome and straighten leg, while bending opposite leg and positioning foot on floor directly below same side hip. Lower hips and push buttocks backward until knee of bent leg is directly over toes. Keep arms straight directly below shoulders, toes pointing straight ahead with hips and shoulders square.

Finish: Slowly lift bent leg up and inward over dome, raising hips and buttocks while squeezing inner thighs and balancing on straight leg on top of dome. Keep arms directly below shoulders, knee of bent leg in front of opposite hip with foot directly below knee, and head and shoulders aligned with hips. Hold 1-2 seconds and return to start position.

