

MINDBODYFUTURE

HOW TO GET GREAT RESULTS FROM YOUR EXERCISE BALL

GUIDEBOOK



MAKE USE OF MIND BODY FUTURE'S EXERCISE BALL TODAY

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Important Information

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CHAPTER 1

How to Get The Best Results When Using Your Mind Body Future Exercise Ball

Be extra careful you do not under or over inflate your Exercise Ball as this will lower its overall performance during use. If the ball is too soft, you will sink into it and if it is over inflated, the ball will not correctly mold into your body shape.

1

Use the mini pump and measuring tape provided to inflate the Exercise Ball to 80 per cent of the stated size and then leave it for 24 hours to allow the material to settle. This will allow the ball to breathe, expand and stretch!

2

After 24 hours, inflate the Exercise Ball to its full size. You can identify your ball size from the packaging which came with your ball.

3

To lock in the air after the ball is completely inflated, insert the provided plug into the hole and press firmly.

4

Remove the air stopper plug with ease from your Exercise Ball by using the plug removal tool provided. Do not use sharp objects to remove the plug.

5

For best performance clean your Exercise Ball from time to time to prevent build-up of sweat, dirt and dust. Use a soft cloth and mild soapy water to gently clean the surface of your ball. Do not use chemical cleaners as this may damage your Exercise Ball. Always wash your ball on a clean and dry floor. Dry the surface with a dry towel afterwards.

CHAPTER 2

Mind Body Future Exercise Ball FAQ

? What is an Exercise Ball?

💬 The exercise ball was originally developed for rehabilitation purposes and throughout the years it became more and more popular as a fitness product. Many of the exercises were initially developed to strengthen those returning to exercise with an injury.

? What are the benefits of using the Exercise Ball?

💬 The exercise ball is now an essential tool for sportsmen and women. Whether your goal is increased co-ordination, mobility, balance, strength or conditioning, the exercise ball will help you achieve them.

Performing exercises on the ball requires the use of additional muscles in order to keep the ball stable. These kinds of exercises are considered to be functional, meaning the exercises have a direct relationship with normal every day or sporting movements. These exercises recruit supporting muscle groups and help train the body for real life activities. Training functional movements allow your body to perform everyday tasks easier.

Some benefits of using the Exercise Ball include:

—
Use of many muscles simultaneously

—
Helps prevent injuries

—
Uses all three planes of motion equally

—
Improves stability

—
Core muscles are actively engaged

—
Improves overall posture and body position

—
Complete activation of muscles

? What is Core Training and why is it important?

- Core training is designed to strengthen your core muscles which include your abdominal muscles, back muscles and muscles around the pelvis. All of which are essential for protecting your spine from damage.

If you are experiencing issues with your balance, stability or movement, then the Exercise Ball can help rehabilitate and strengthen these muscles by performing the ball exercises at a low intensity. Exercising on an unstable surface such as the exercise ball recruits' activity from your weak core muscles to complete the movement.

? Can I use this as a replacement for my office chair?

- Yes. If you spend most of your day sitting down, then replacing your home or office chair with the exercise ball allows you to be more aware of your posture. This encourages active sitting, the opposite of passive sitting, which is sitting in a fixed position.

Active sitting requires you to perform numerous mini movements to keep the ball stabilised, helping you maintain the correct posture and preventing back pain. Sitting on the ball activates the core muscles required to maintain balance. Besides working your core muscles, the ball also reduces stress on the spine. The human body was never intended to be so immobile and active sitting can help prevent potential issues that may arise from sitting in one position for too long.

? How does the Exercise Ball work?

- Each exercise can be progressed in terms of difficulty by adjusting body position, increasing resistance, or modify the speed of the exercise performed.

? What is the ideal ball size for my height?

- 4'11" to 5'4" height: 55 cm ball
5'4" to 5'11" height: 65 cm ball
5'11" to 6' 7" height: 75 cm ball

? What is a Birthing Ball?

-
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-
-
- Birthing Balls are essentially Exercise Balls proven to be an essential tool for assisting natural childbirth. It can be used during pregnancy, birth and beyond. To help prepare your body for birth, it is recommended to spend time every day sitting upright on your Exercise Ball. Doing this will improve your posture, help open up the pelvis and hips, encouraging optimal fetal positioning.

—

Reduces back pain experienced during pregnancy

—

Helps maintain correct posture during pregnancy

—

Helps to open the pelvis

—

Aids with relaxation, reducing stress and anxiety

—

Helps you cope with contractions during labour

—

Assists with performing pelvic floor exercises

—

Provides balance in the pelvis during labour to allow the baby to settle into position

? I've inflated my Exercise Ball and it does not look like it is 65cm?

-
-
-
-
- After inflating your ball to 80% of its stated size, make sure to leave it for 24hrs to allow the material to expand. After 24hrs, inflate the ball to its stated size.

? I'm allergic to latex. Does the Exercise Ball contain any latex?

-
-
-
-
- There is no latex contained within the Exercise Ball. It is made from eco friendly PVC and free of phthalates.

? How do I know when to stop inflating the Exercise Ball?

-
-
-
-
- You will find a measuring tape inside your box to help you inflate your ball to the correct size. No more second guessing the size of your Exercise Ball!

CHAPTER 3

Exercise Ball Safety **Do's & Dont's**

To reduce the risk of serious injury, read the following important precautions before using the Exercise Ball.

- ✔ ***Consult a physician before performing any exercise program.***
- ✔ ***Use the Exercise Ball on a clean, level, non-slip surface. Make sure that there is plenty of room around the Exercise Ball.***
- ✔ ***Keep the Exercise Ball away from sharp objects, extreme heat/fire, and direct sunlight.***
- ✔ ***Check the ball regularly for any damage like large scratches or tears.***
- ✔ ***Don't use the ball outside where there are sharp objects around like rocks or sticks.***
- ✔ ***Do not allow young children to use the Exercise Ball without adult supervision.***
- ✔ ***Keep pets away from the Exercise Ball.***
- ✔ ***Never kick the Exercise Ball.***
- ✔ ***If you feel pain or dizziness while using the Exercise Ball, stop immediately.***
- ✔ ***Do not use harsh chemicals or abrasive cleaners on the Exercise Ball.***
- ✔ ***Please do not use this product other than for its intended purpose.***



CHAPTER 4

Exercise Ball Exercise

STRETCHES, UPPER BODY, CORE AND ABS, LOWER BODY

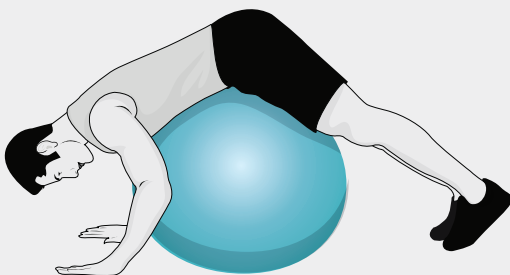
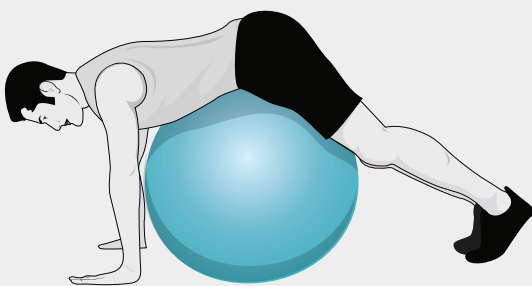
When first using the Exercise Ball you may find it challenging due to its spherical shape, requiring some extra balance and coordination.

Generally, you will find that the further away the ball is from your core (the body), the harder it is to balance properly. For example, if you do a push up on the ball, it is much easier if the ball is under your thighs because the ball is closer to your abs, hip and buttocks. With the ball at your feet it is further away from the center of your body and you will find it harder to maintain your balance.

Here is a list of useful workouts you can perform using your Exercise Ball. Before starting your workout, you should do at least 2-3 stretches to prevent injury. Then, do 1-2 exercises per body part.

Bodyweight exercises should be performed in 1-3 sets with 12-15 reps per set. Free weight exercises (aka ones with dumbbells) should be performed in 2-4 sets with 8-12 reps per set.




STRETCHES

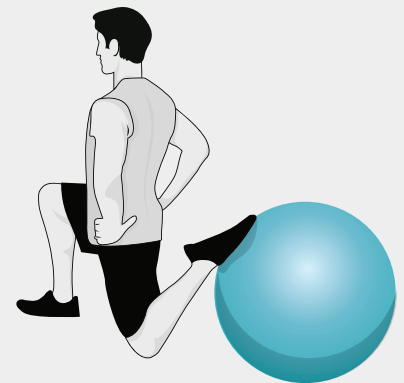
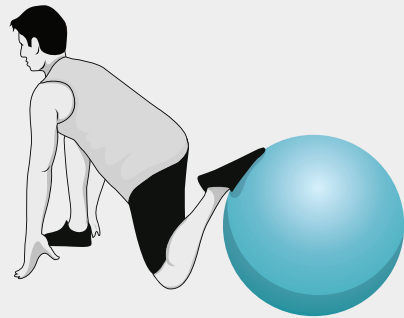


BACK STRETCH



- Lie on the ball with your abdomen over the center with arms straight, both hands and feet on the ground.
- Bend the elbows, squeeze your glutes, and lift your torso upwards until you feel a stretch in your back. Return to starting position to complete one rep.

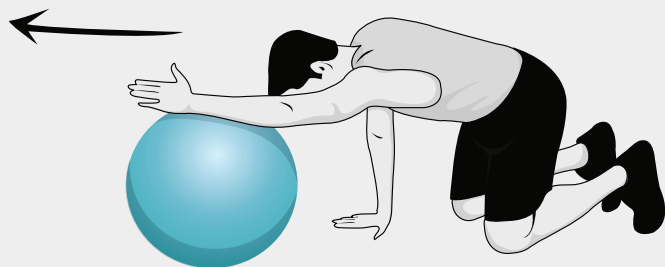
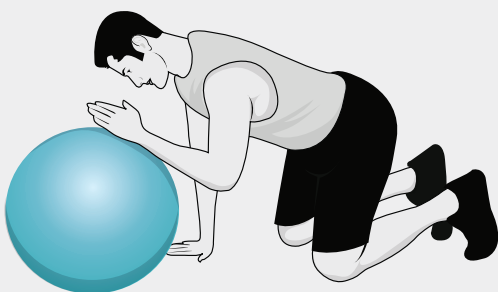
QUAD STRETCH

-  Kneel on the floor with the ball behind you. Put your palms flat on the floor so that they are behind your shoulders.
-  Then, put the top of your left foot against the ball.
-  Bring your right leg in front of you and keep your knee bent at a right angle. Slowly lift your hands off the floor and put them on your waist. As you do this, straighten your torso and hold this position for 20-30 seconds. Then switch sides and repeat to complete one rep.





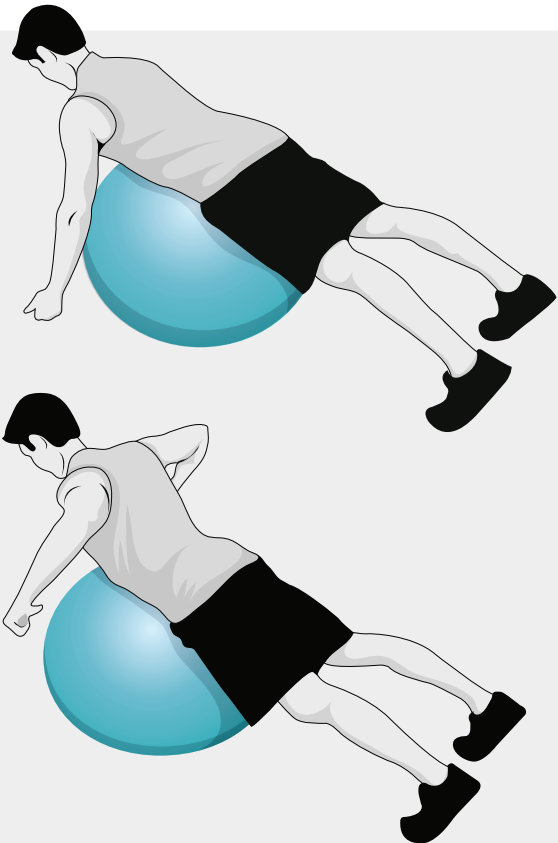
LAT STRETCH

-  Begin in a kneeling position on your hands and knees. Rest your right forearm and side of your wrist on top of the ball.
-  Roll your arms forward and then bring it back in as if pulling something forward. Then, switch arms and repeat to complete one rep.

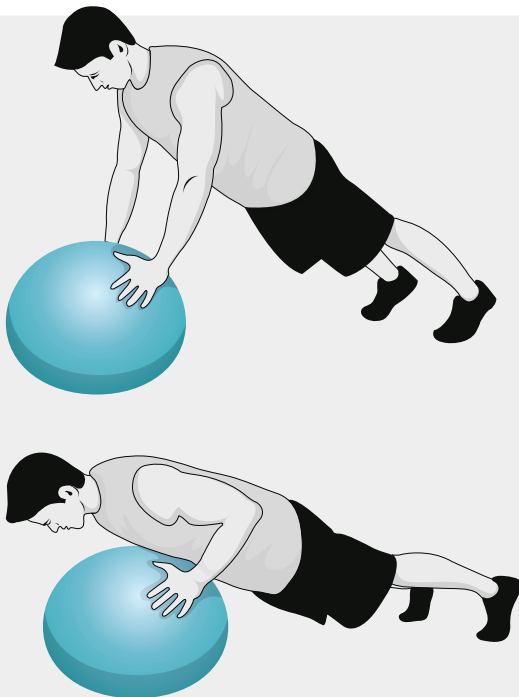


EXTENSION STRETCH



-  Lay with your abdomen on the ball with legs spread wide and toes on the floor. Bring your arms in front of the ball with hands curled into fists.
-  Take a deep breath and as you exhale, lift your upper torso so that your chest comes off the ball and raise your arms by bending your elbows. Inhale and return to starting position to complete one rep.



UPPER BODY



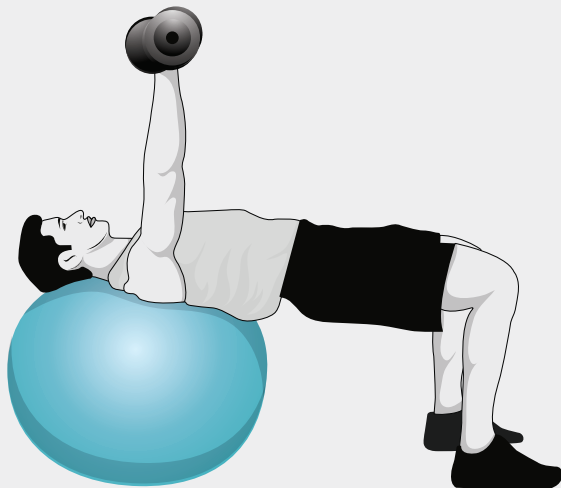
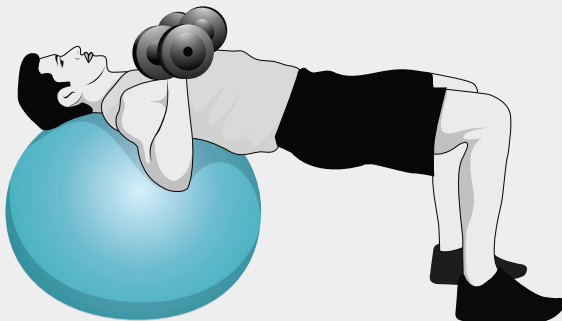
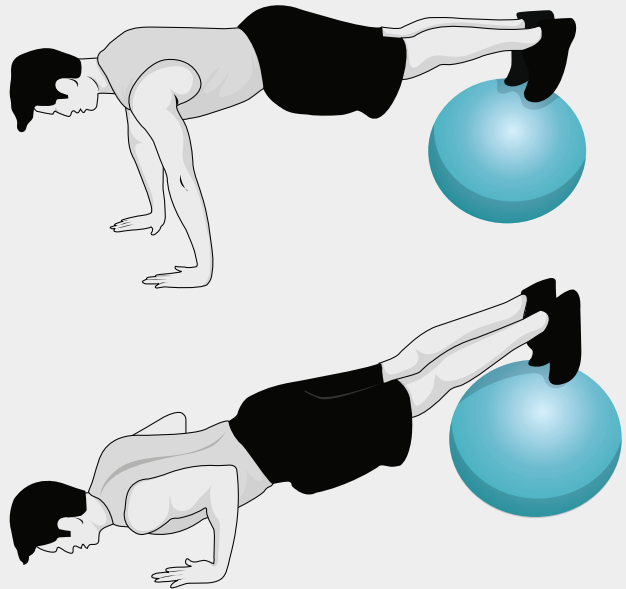
PUSH-UP

-  Put your hands shoulder width apart on the ball and extend your legs backwards so that your toes are supporting your body.
-  Bend your elbows until your chest touches the ball and then extend them to bring yourself up to complete one rep.

Tip! Try squeezing your hands together when you are going up and down, as if you are holding someone.

DECLINING PUSH UP



- Balance yourself by keeping your legs straight, toes on the ball and hands on the ground whilst keeping your back straight. Have your arms straight and hands beneath your shoulders.
- Bend your elbows to bring yourself lower to the ground and extend them again to bring yourself back up to complete one rep.

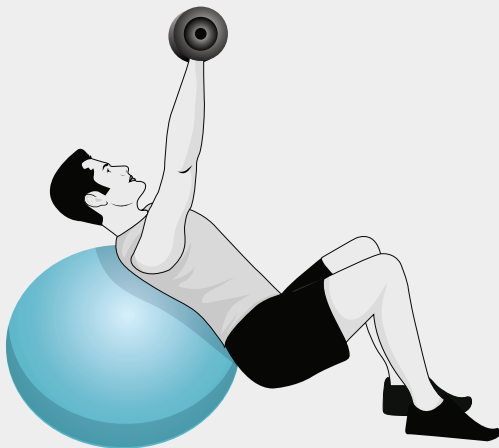
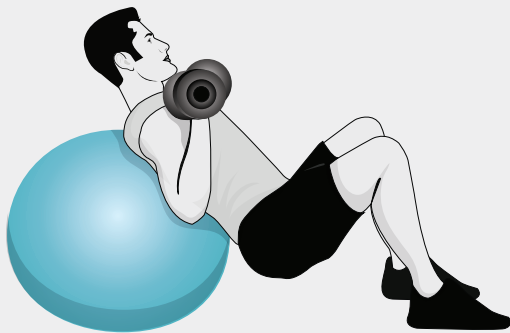
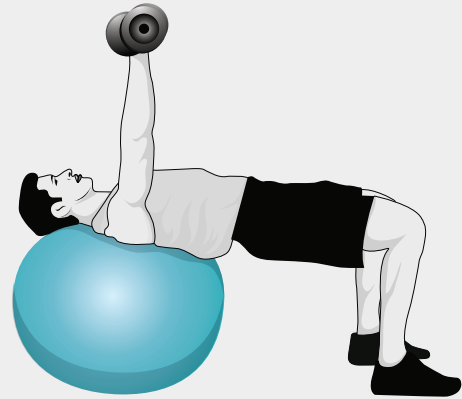
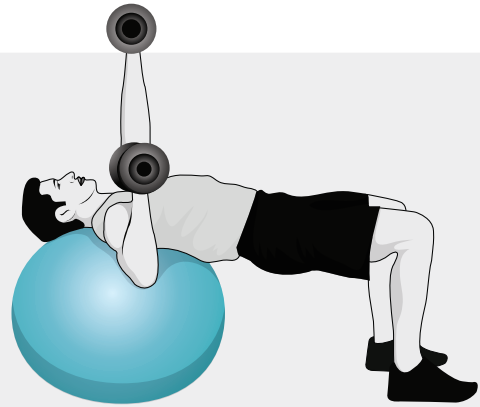


CHEST PRESS



- Lay with your upper back on the ball and knees at a right angle with feet flat on the floor. Keep your back straight and hold dumbbells in both your hands. Keep the weights parallel with your chest, forearms perpendicular to your body, and elbows bent.
- Extend your elbows and straighten your arms to move the weights upwards. Bring up both dumbbells until both arms are straight and parallel, then gently bring back down to complete one rep.

ALTERNATING PRESS

-  Lay with your upper back on the ball and knees at a right angle with feet flat on the floor. Keep your back straight and hold dumbbells in both your hands. Keep the weights parallel with your chest, forearms perpendicular to your body, and elbows bent.
-  Extend your right elbow and straighten your arm to move the weight upward while keeping your left hand in its starting position. Bring them back down and then switch arms to complete one rep.

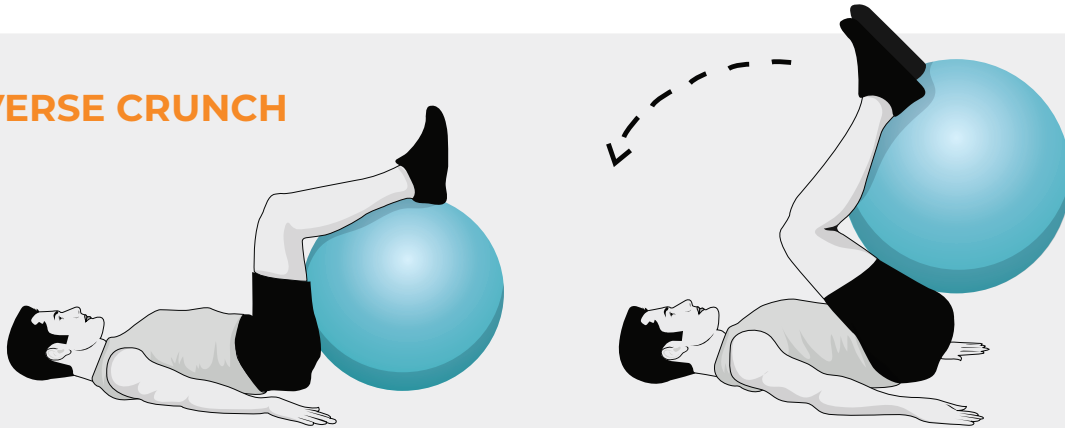


INCLINE PRESS

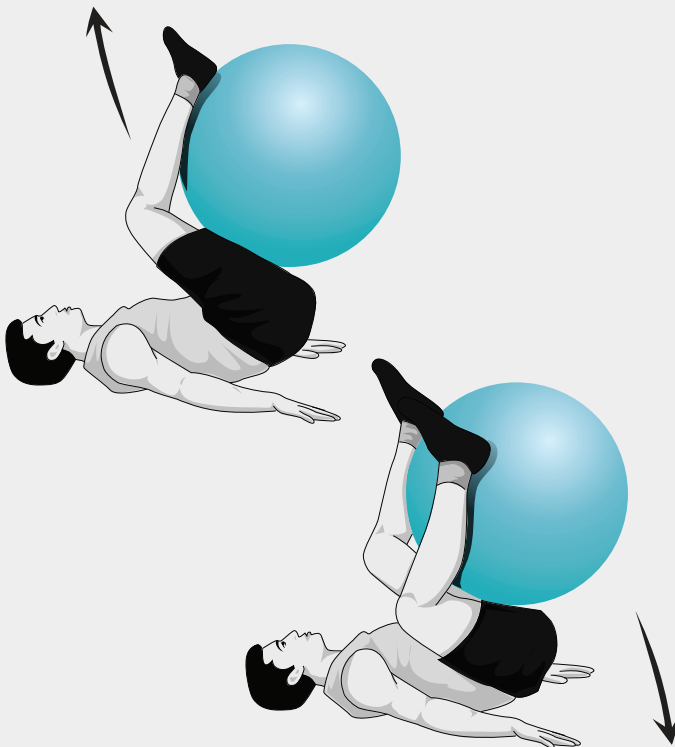
-  Sit upright on the ball with feet flat on the floor. Walk your feet forward until the ball is positioned under your upper back region. Then, position your hips so that your body is at a 45-degree angle to the floor. Keep your fists parallel with your chest, forearms perpendicular to your body, and elbows bent.
-  Extend your elbows and straighten your arms to move the weights upwards. Bring up your dumbbells until both arms are straight and parallel to complete one rep.

CORE AND ABS

REVERSE CRUNCH



- Lie on the floor with legs and calves on top of the ball, arms on your sides, and palms on the floor.
- Clench the ball with your feet and legs, pulling your knees to your chest while contracting your abs. Hold this for a few seconds and then slowly bring the ball back to the ground to complete one rep.

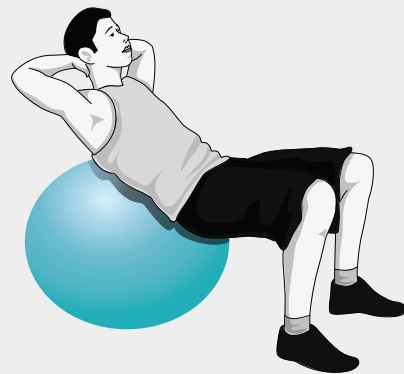
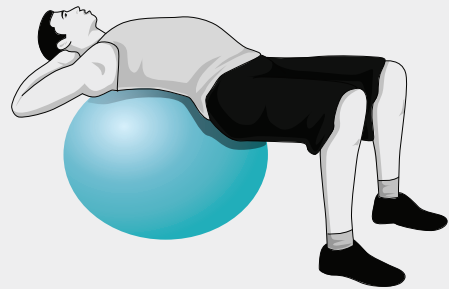


REVERSE CRUNCH TWIST

- Lie on the floor with legs and calves on top of the ball, arms on your sides, and palms on the floor.
- Clench the ball with your legs and rotate your hips to the right so that it lifts slightly off the floor. Hold that position for a few seconds and keep your abs contracted. Return slowly to the floor and complete the exercise on your left side to complete one rep.

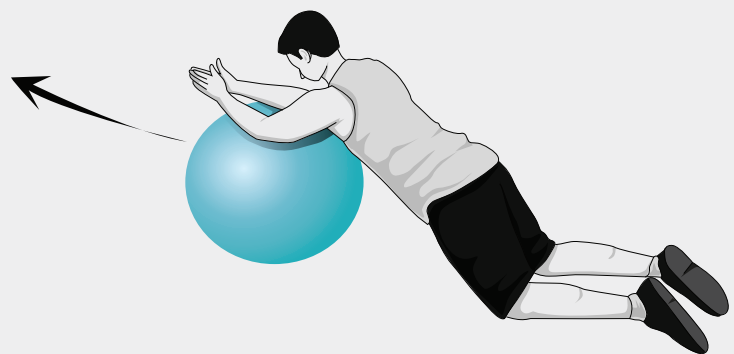
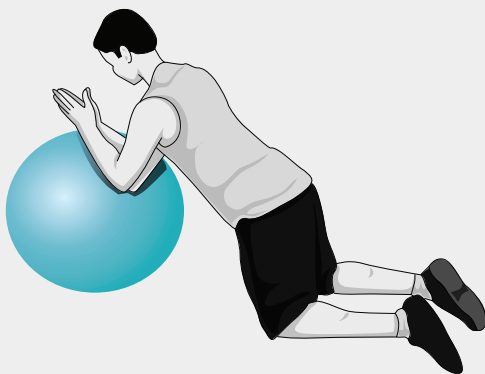
CRUNCH

- Lie on the ball with your back over the ball. Keep your knees bent and feet flat on the floor shoulder width apart. Your upper torso should be hanging off the top of the ball and arms should be crossed at the chest or behind the head. Lower your torso and keep your neck straight.
- Perform the exercise by flexing the waist, contracting the abs, and curling the shoulders until you bring your upper body upward. Then lower in a controlled manner to complete one rep.



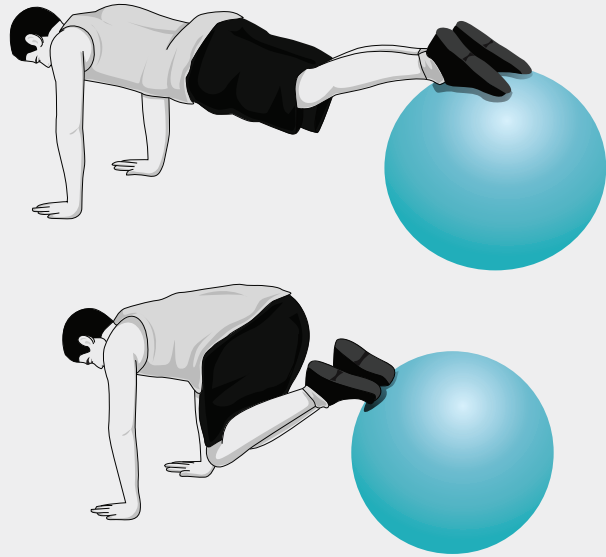
ROLL-OUT

- Kneel in front of the ball and put your forearms on top of it with your hands together.
- Extend your arms forward to roll the ball and use your abs to keep both the ball and your body steady. Then roll it back towards you to complete one rep. Keep your back straight throughout.



KNEE TUCK

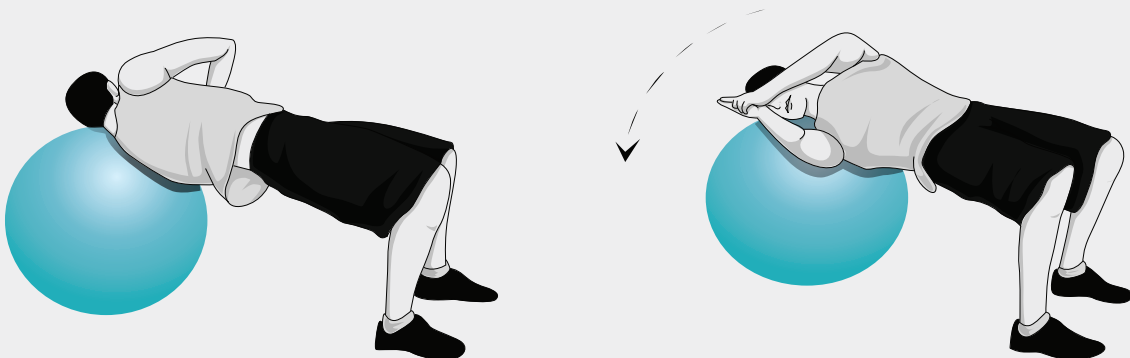
- Begin in a push-up with straight arms, hands on the floor beneath the shoulders, and toes on the ball.
- Bring your knees into your chest until they are under your hips. Extend your knees backwards to complete one rep.




LOWER BODY

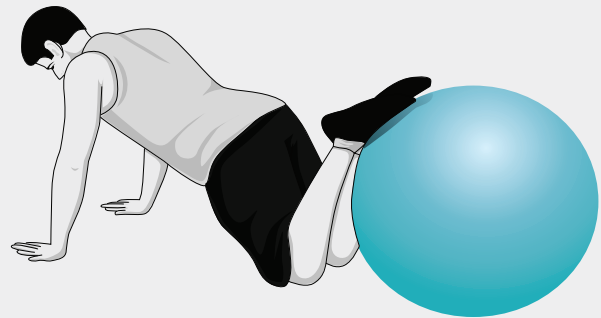
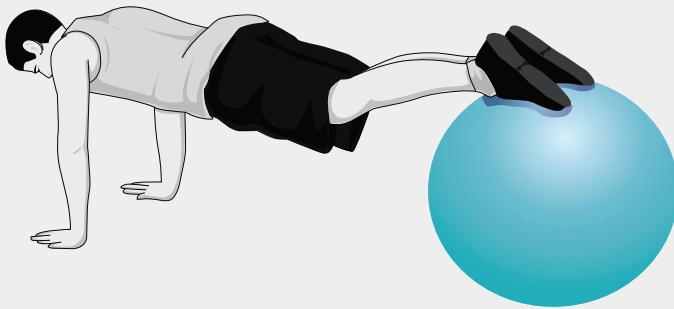
RUSSIAN TWIST


- Lie down with your upper back on the gym ball, arms straight above your chest and hands together.
- While keeping your arms straight, rotate your torso to the right and lower your hands until they get as close to the floor as they can. Pause briefly and then twist to the left and pause again. Return to the starting position to complete one rep.




PLANK

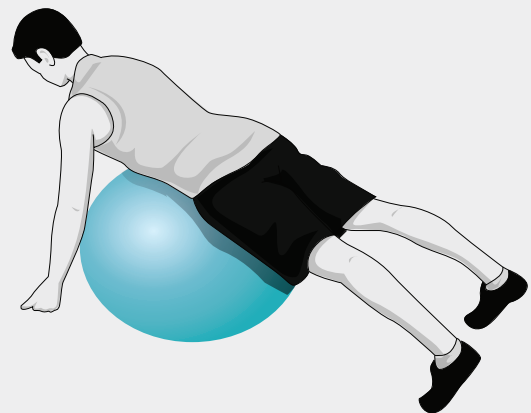
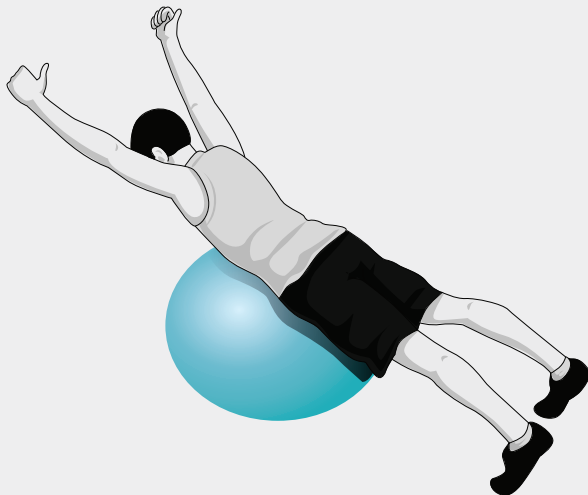
 Begin in a low plank position with feet and shins on the ball and forearms flat on the floor.




 Keep your body as a straight line and engage your core as you hold this position.

Y-RAISE

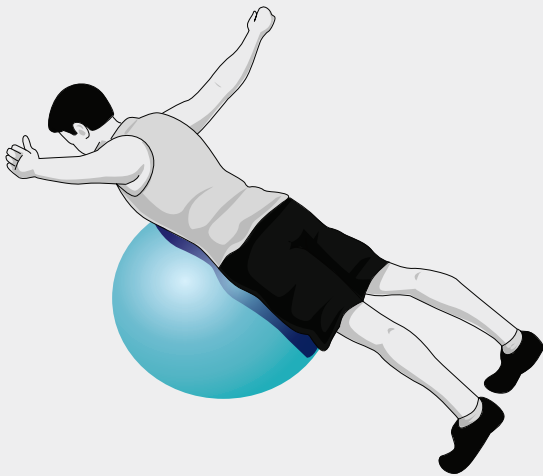
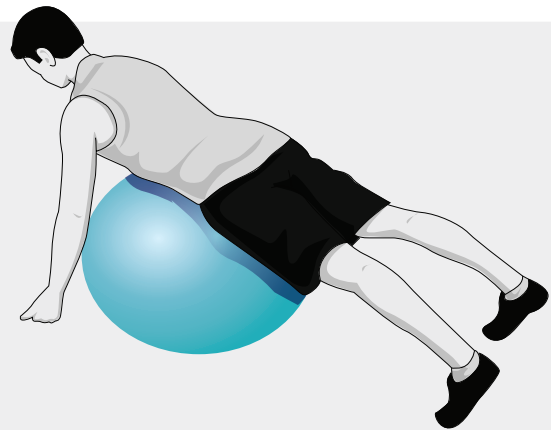
 Lie face down with your abdomen on the ball, legs straight with toes planted on the floor and your chest off the ball. Your arms should hang straight down from your shoulders and palms should be facing out.



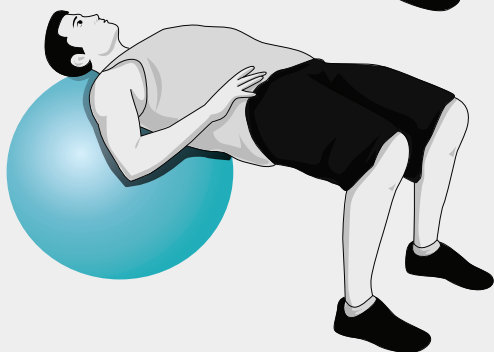
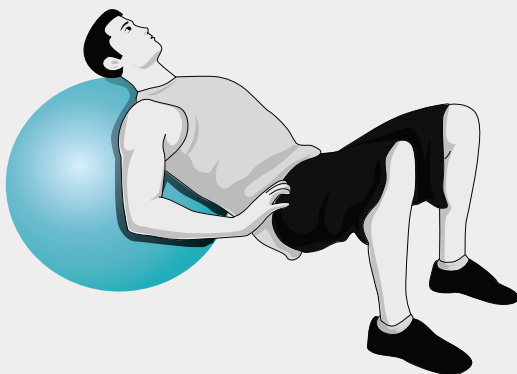
 Lift your arms up at a 30-degree angle until they form a Y shape or until they are in line with your body. Hold this for 1-2 seconds and then bring back to the starting position to complete one rep.

T-RAISE

- Lie face down with your chest on top of the ball and back straight. Your arms should hang straight down from your shoulders and palms should be facing out.

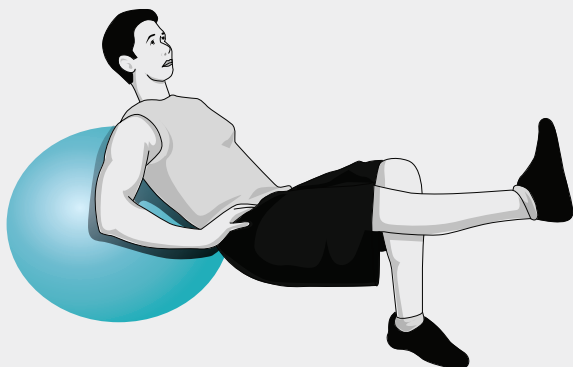


- Pull your shoulder blades together, brace your core, and lift your arms to the side until they are parallel with the floor. Hold this for 1-2 seconds and then bring back to the starting position to complete one rep.



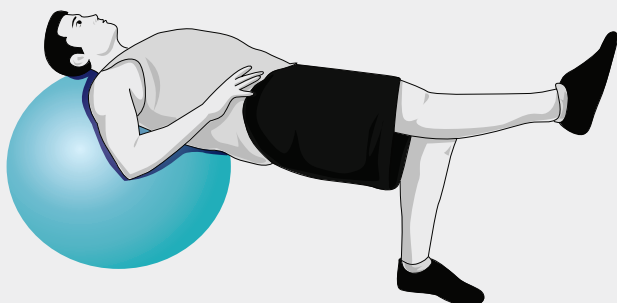
HIP RAISE

- Crouch with your back to the ball and rest your upper back, neck, and head on the ball. Put your hands on your hips and feet flat on the floor, with knees bending at a near right angle.
- Push your hips upward and hold for a few seconds. Then, slowly bring them back down to complete one rep.

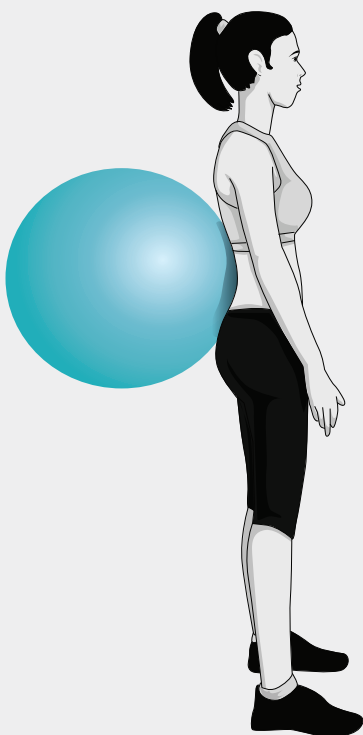


ONE LEG RAISE

Lean against the ball with your back against the surface of the ball, both feet flat on the floor and hands on your hip. Once balanced, raise your right leg straight and keep your left knee bent.



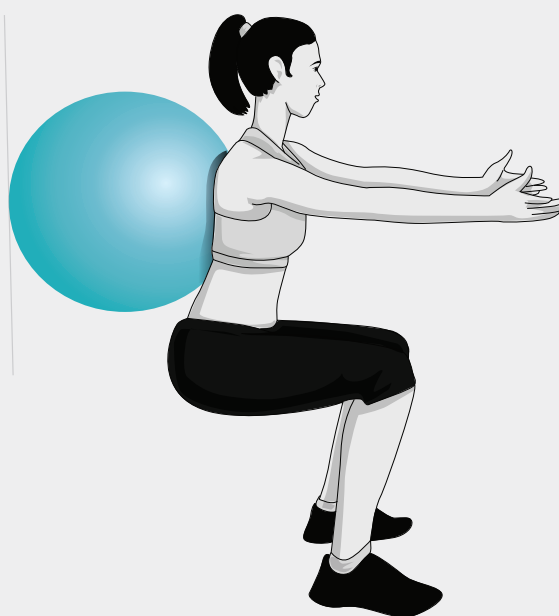
Push your hips up and keep your leg straight and elevated. Pause for a few seconds and lower your body to the starting position. Switch legs and repeat to complete one rep.



SQUAT

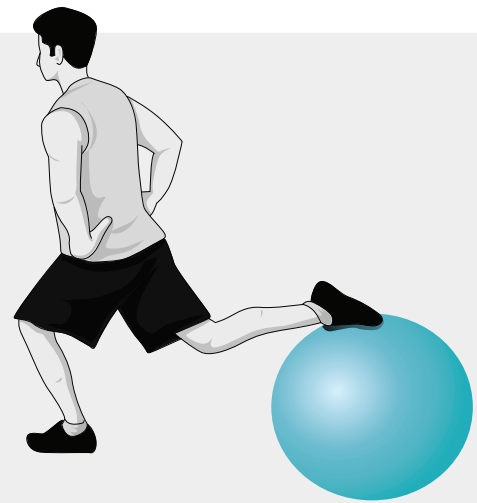
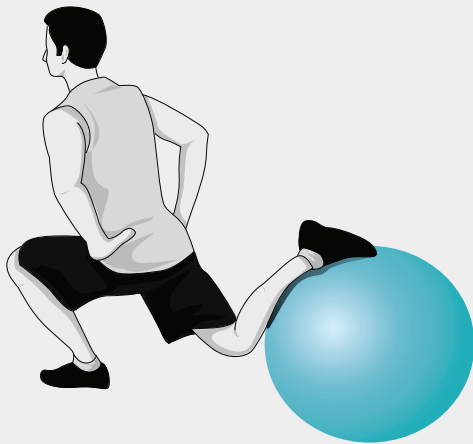
Position the ball against a wall and with the ball at the base of your spin, lean into the ball.

Squat down until the balls rolls up to your shoulders, then stand up to complete one rep.

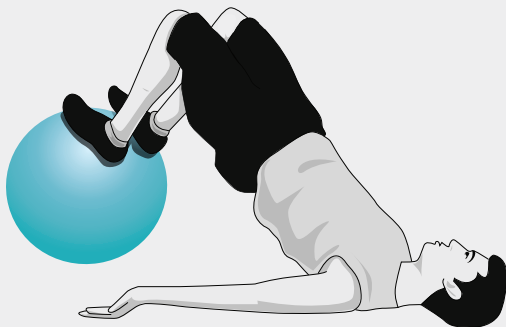
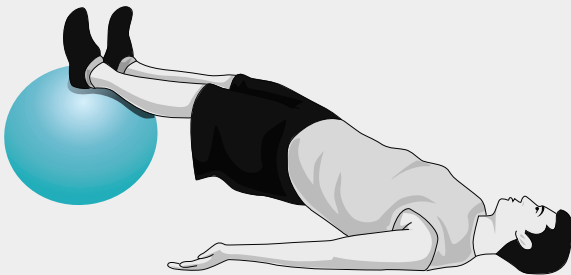


SPLIT LUNGE

Put the top of your right foot on the top of the ball and your left foot flat on the floor with toes facing forward. Put your hands on your hips and keep a straight back.



Slowly bend your knees and lower your body down, then return to the starting position. Switch legs and repeat to complete one rep.



HAMSTRING CURL

Lie on the floor with your arms flat and stretched out wide, with lower calves and heels laying near top of the ball.

Use your glutes and abs to lift your hips from the floor and stabilise yourself with your arms. Exhale and bring your knees in towards your hips so that the bottoms of your feet are touching the ball. Hold this position for a few seconds, inhale, and then straighten your legs again to complete one rep. Keep your hips up for the duration of this move.