



Anti Burst Gym Balls

Manufactured to a high standard the Dynamic Anti Burst Gym Ball is versatile and easy-to-use designed with portability, durability and easy storage in mind. Anti-burst material load tested to 250kg

Available in 3 sizes: 55cm, 65cm, 75cm

Pump included

Great for physical therapy, athletic training, general exercise, improving core stability and balance

Excellent exercise for any age and fitness level

Washable and easy to care for

INFLATING instructions:

Only inflate the ball with the included air pump

Do not inflate the ball beyond the maximum diameter marked on the box

Inflating the ball beyond the maximum diameter may result in personal injury and/or permanent damage to the ball

CAUTION:

Keep ball away from fire, heat and sharp objects

Only fill with air

Always seek professional advice before commencing any fitness program

Some exercise you can do with the gym ball

Single-Leg Bridge

Lie face-up on floor behind ball with knees bent and feet on ball and arms on floor by sides. Lift hips so body forms a straight line from shoulders to knees.

Slowly lift and extend one leg straight up. Lower leg, then return to start. Repeat for 30 seconds. Switch sides. Repeat.

Pike

Start in plank position with palms on floor and shins on ball. Draw hips forward and up (ball will roll under toes) until butt is in line with shoulders. To modify, bend knees if needed. Pause, then slowly return to start. Repeat for 30 seconds.

Crab Toe Touch

Sitting on ball, walk feet forward until ball rolls just below shoulder blades. Place fingertips behind head with elbows bent out to sides to start. Lift and extend left leg as you reach right hand to touch toes. Switch sides; repeat. Continue alternating sides for 1 minute

Push-Up on Ball

Lie with your abdomen on an exercise ball and walk your hands forward on the floor until the ball rests under your thighs. Pull your navel in toward your spine, bending your elbows. Lower your upper body to the floor. Hold this position for three seconds, and then push up so your elbows are straight but not locked. Keep your head in line with your spine and your abs engaged through this exercise ball workout move. Repeat for 1 minute.

Ball Pass

Lie on your back holding an exercise ball and lift your feet so your shins are parallel to the floor. Lift your head, neck, and shoulders, and place the ball between your legs. Lower your legs and reach your arms back. Come back up and grab the ball. Continue to pass the ball back and forth from your hands to your legs and perform this exercise ball workout move for 30 seconds.

Weight Press

Lie on your back with your heels on the exercise ball. Hold lightweight dumbbells just above your chest with your palms facing forward. Press the weights straight up over your shoulders as you exhale. Hold the position for three counts, then lower the weights. Repeat for 1 minute.