

FITNESS GUIDE

PUSH-UP

- A. Place your hands so you are steady on the ball, assume push-up position. Your back should be straight to your ankles and your head.
- B. Push your arms straight then lower your body until your chest touches the ball. Quickly push yourself up in the starting position.

CRUNCH

- A. Lay down on your back. Make sure that your hips, lower back and shoulders are touching the ball. Place your hands behind your head and pull your elbows back.
- B. Raise your upper body toward your pelvis. Slowly release your body to the starting position and repeat.

PUSH-UP WITH FEET

- A. Start in the push-up position. Place your hands on the floor and your shins on the ball. Make sure your body is parallel to the floor.
- B. Lower your upper body until your chest touches the floor. Quickly push up to the starting position.



PELVIC LIFT

- A. Lay down on your back. Rest your feet and lower legs on the ball. Place your arms horizontally at a slight downwards angle with your palms on the ground.
- B. From your hips push up so that your body is straight with your shoulders and your knees. Pull your heels close to your body and roll the ball close to your lower back. Lower your hips and repeat the set.

KNEE TUCK

- A. Start in the push-up position. Place your arms on the floor, keep your arms slightly wider than your shoulders and place your shins on the ball. Keep your body parallel to the floor.
- B. Bring the ball forward to your chest using your legs. Return to the starting position.

SUPERMAN

- A. Lie down with your core touching the ball. Flatten your back and make sure your chest is not on the ball. Your palms should be facing in with your arms straight.
- B. Raise your arms to a 35 degree angle. Your body should be forming a "Y". Pause then slowly return to the starting position. Try to hold the position for about 3-4 seconds. If this is too much do as many repetitions as possible while keeping good form.

SIZES

65cm if you're 5'6 to 5'11" tall

55cm if you're 5' to 5'5" tall

How To Use Pump

To inflate: Attach vinyl hose to black nozzle. Place vinyl hose into ball then press down on the cordon top to pump air into ball.

To deflate: Attach vinyl hose to red nozzle.

ExerFlex FITNESS BALL

PBLX
PURE BODY LOGIX

purebodylogix.com

Warning: Do Not Overinflate, misuse or abuse may reduce the fitness balls anti-burst technology. Do Not: play outside, don't not Kick or play hand ball with this item. This is not a playground item. This fitness ball holds up to 850 lbs do not go over that weight. Do Not use shape items to remove plug from bag, simply push down around plug and pull up with fingers. Fitness balls are not recommended to be used with extra/free weights.

Over- inflated ball Can Burst during use and cause serious injury. Use the tape to measure provided to ensure ball is inflated to the correct size. Do Not: inflate pass 65cm. READ AND CLOSELY FOLLOW INFLATION INSTRUCTIONS PROVIDED. ALWAYS Consult your doctor before beginning any exercise program. To prevent serious injury always check your equipment for worn or damaged parts before each use. Do Not use if damaged! Do Not: inflate your fitness ball when the room temperature is greater than 90 degrees F/ 32 degrees C OR less than 65 degrees F/ 18 degrees C. This product is not attended for use with minors always use under adult supervision. To avoid danger of suffocation, keep any plastic bags and all small parts such as plugs, and parts from pump away from babies and children. Do not use in cribs, beds, carriages or playpens. Thin films may cling to nose and mouth and prevent breathing or become a choking hazard.