



# How to get the best results from your Gym Ball



To help you get the best use out of your new Core Balance Gym Ball we have written this e-Book with tips on how to care for your product and exercises you can perform using the ball.

## Please read these instructions prior to use.

- ◆ Gym Balls are an exercise aid and must always be used with correct technique.
- ◆ Always consult your doctor prior to commencing any new exercise programme.
- ◆ Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- ◆ If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- ◆ The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using a Gym Ball.



## Product Specific Safety

- ◆ Before use, ensure that the Gym Ball is in a safe operating condition. Inspect it for any signs of wear and tear. If damage is apparent, do not use the item.
- ◆ Do not attempt to repair any damages.

## Do's and Don'ts of Using a Gym Ball

- ✓ Do check the surrounding area for objects which could puncture the gym ball or cause injury if you lose your balance.
- ✓ Do use the gym ball in a large, open area such as the centre of a room.
- ✓ Do use the gym ball on a dry, flat surface.
- ✗ Don't over-inflate the gym ball. Deflating it slightly makes it easier to use.
- ✗ Don't stand on the gym ball or attempt to stand on it.



## About the Gym Ball

Gym balls are large inflatable balls which can be easily incorporated into your daily workout routine. Their size makes them very unstable to sit, lie or lean on, which requires constant engagement of your core muscles to keep you balanced. As well as developing your core strength and balance, they're a fantastic way to improve your posture and flexibility.

## How to inflate your Gym Ball

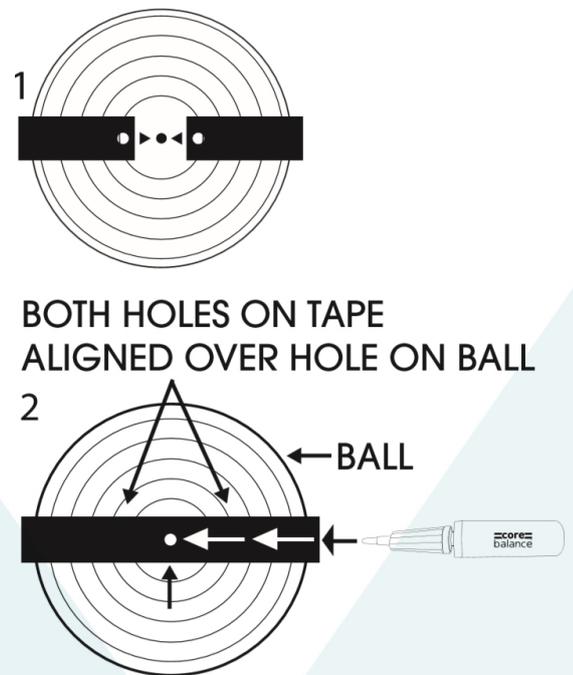
1. Wrap the measuring tape around the ball with the holes overlapping the air hole.

2. Insert the pump nozzle through both ends of the measuring tape into the air hole of the ball. Inflate the ball with the hand pump to approach the size of full inflation.

**NOTE:** Do not fully inflate your ball at this stage – leave it 10cm less than its maximum diameter. Remove pump and insert plug into air hole. Leave for 24 hours to allow the ball to stretch.

3. Resume inflating the ball until the measuring tape fits around the circumference of the ball indicating that it is full inflated.

4. Remove the pump and insert the plug into the air hole.



## Exercises

The following exercises have been chosen because they demonstrate the versatility of gym balls and the many ways you can use them to target different muscle groups.

### 30-Minute Sit

Yes, this exercise is as simple as it sounds. The subtle yet constant engagement of your core makes it an easy and effective way to improve your balance, posture and flexibility.

1. Sit on the centre of the ball with your feet flat on the floor.
2. Remain seated for 30 minutes.
3. Once you feel comfortable sitting on the ball, try lifting one foot off the floor and holding it there for a few seconds, before doing the same with the other foot.
4. Once you have got comfortable lifting one foot at a time, try balancing on the ball with both feet off the floor.



## Push Ups

Push ups are a great way to build upper body strength and work your triceps, pecs and shoulders. Performing them with a gym ball will give your core an extra boost.

1. Kneel down so that you're facing the gym ball and place your hands on top of it.
2. Slowly roll yourself forward onto the gym ball so that the lower half of your body is resting on top of it. Place your hands on the floor to support your upper body weight.
3. Ensure that your palms are flat on the floor, your legs are straight and the gym ball is positioned directly underneath your shins.



4. Bend your elbows and bring your upper body down, just as you would with a conventional push up. The key is to keep your lower body as balanced as possible.



5. Once your elbows are at a 90-degree angle, hold your position for a second or two without moving. Push yourself back up to your starting position to finish.
6. Start by doing 5-10 reps, before progressing to 10-20 reps as your ability improves.

## Hamstring Curls

Strengthen and tone your upper thighs and lower legs whilst developing your core strength and balance.

1. Lie flat on the floor with your arms extended alongside you and the back of your calves positioned on the ball.



2. Lift your glutes off the floor by driving your hips as high as possible.



3. With your shoulders flat on the floor, slowly pull the ball towards you with your feet so that your feet are on top of the ball and your knees are bent at a 90-degree angle.



4. Push the ball back out so that it's positioned beneath your calves again.
5. Start by doing 5-10 reps, before progressing to 10-20 reps as your ability improves.

## Supine Leg Twists

As well as developing your core, this exercise works your spinal flexors and rotators, including the front abdominal wall and obliques, to improve your flexibility.

1. Lie flat on the floor with your arms extended alongside you.
2. Place your legs flat on the floor on either side of the ball.



3. Gently squeeze your legs to grip the ball and then raise it about 30cm off the ground.



4. Slowly twist your legs so that your right leg is positioned towards the front of the ball and your left leg is positioned towards the back.



5. Pause at the end of the twist, then twist again so your legs are reversed.



6. Start by doing 5-10 reps, before progressing to 10-20 reps as your ability improves.

## Gym Ball Crunches

Using a gym ball for ab crunches tones, sculpts and strengthens your abdominals far more effectively than doing them on an exercise mat.

1. Start by sitting on the ball with your feet flat on the floor and shoulder width apart.
2. Slowly roll out so that the gym ball is positioned under your hips and lower back.
3. Place your hands behind your head for support with your elbows pointing to the sides.



4. Crunch your torso towards your knees, raising your chest upwards. Pause when the middle of your back loses contact with the ball to avoid flexing your back too far.



**5. Return to the starting position and then repeat. Do 5-10 reps, before progressing to 10-20 reps as your ability improves.**

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