

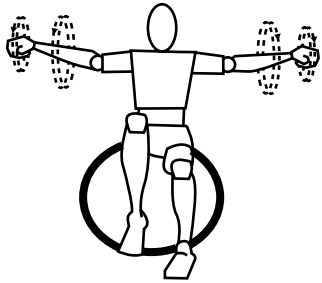
ExerBall™ - Exercise Ball Instructions

GENERAL INSTRUCTIONS:

1. Toss the ExerBall™ to determine the exercise and the number of repetitions.
2. Select the appropriate size exercise ball.
3. Do the exercise indicate on one dice for number of repetitions indicated on the second dice.

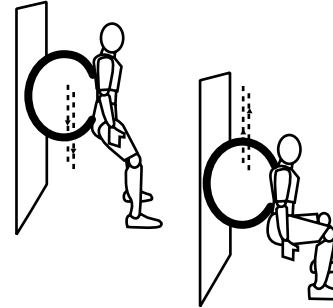
HEIGHT:	RECOMMEND BALL DIAMETER
Under 4'8"	40 to 50 cm (15.7" to 19.7")
4'8" to 5'3"	50 to 60 cm (19.7" to 23.6")
5'4" to 5'10"	60 to 70 cm (23.6" to 27.6")
5'10" and up	70 to 85 cm (27.6" to 33.5")

Arm Circles



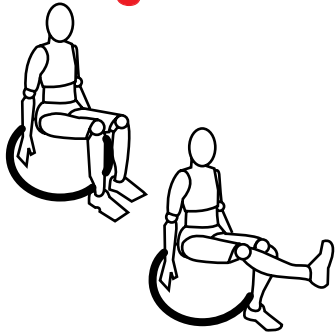
1. Sit on the ball.
2. Carefully raise on foot of the ground and extend both arms out horizontally.
3. Rotate both arms in a circular motion. Each complete rotation counts as one repetition.

Wall Squat



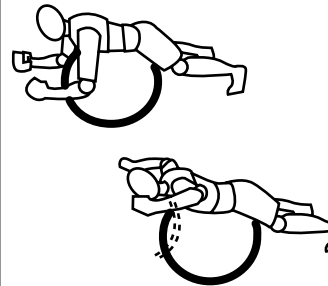
1. Bend your knees slightly and position a ball between your lower back and a wall.
2. Lower your body until your thighs are horizontal.
3. Hold for 2 to 3 seconds.
4. Return to your original position.

Leg Raise



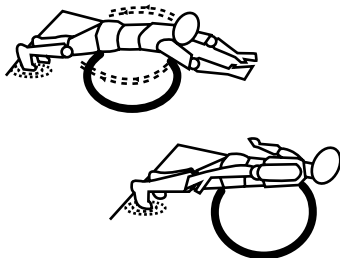
1. Sit on the ball with both feet on the floor and your arms at your side and gently touching the ball.
2. Slowly extend one leg out and hold for 2 to 3 seconds, then lower the leg to the floor.
3. Complete the required number of repetitions with one leg, then repeat for the other leg.

Wing Flap



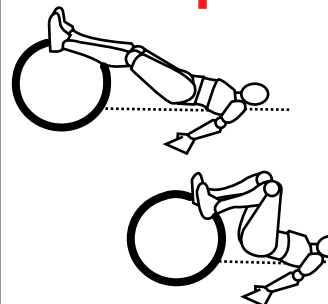
1. Lie face downward on the ball with the ball centered around the upper stomach and your toes on the ground.
2. Maintain the body in a straight line.
3. Bend your arms to form a 90 degree angle.
4. Start with your elbows pointing down and raise arms until your elbows are in line with your chest.
5. Each flap counts as a repetition.

Horizontal Swim



1. Lie face downward on the ball with the ball centered around the upper stomach and your toes on the ground.
2. Maintain the body in a straight line.
3. Lift your arms above your head and touch your thumbs together. Take one long stroke until your hands or arms touch your sides.
4. Each stroke counts as a repetition.

Backward Sit-up



1. Lie face up on the floor with your arms spread outward for balance.
2. Lift your legs such that your heels are resting on top of the ball. Lift your buttocks off the floor so that your body is in a line.
3. While your body is off the floor, draw the ball towards you until your thighs are at about a 90 degree angle to your body. Hold for 2 to 3 seconds and then roll the ball away to return to the starting position.