

## Inflatable Exercise Balls

**AL-63424**



maximum load:		300 lb / 136 kg
size (in / cm)	color	Standard ball
11.8 / 30	blue	<b>AL-63424-12</b>
17.4 / 45	yellow	<b>AL-63424-18</b>
21.6 / 55	orange	<b>AL-63424-22</b>
25.6 / 65	green	<b>AL-63424-26</b>
29.5 / 75	red	<b>AL-63424-30</b>
33.5 / 85	blue	<b>AL-63424-34</b>
37.4 / 95	red	<b>AL-63424-38</b>
41.3 / 105	blue	<b>AL-63424-42</b>
47.3 / 120	orange	<b>AL-63424-48</b>
59.1 / 150	yellow	<b>AL-63424-59</b>

Inflatable exercise balls are used to improve balance, coordination, flexibility, strength and even just for fun. Balls are used by therapists as an aid for vestibular movement and equilibrium therapy, by fitness professionals as an aid for stretching and strength programs, as seats, and even by pregnant women in birthing classes. The balls have a non-slip PVC vinyl surface that is ribbed for extra security. The balls may be “under” inflated to give a soft, mushy feel or fully inflated for a firm, bouncy feel. See sizing chart (below) to choose proper size ball. Standard balls can support up to 300 lb (136 kg)

## Precautions

- Perform exercises in a slow and controlled motion, in an open area.
- Maintain proper posture throughout exercise session.



## CAUTION

- Consult your healthcare professional before beginning your rehabilitation or exercise program.
- For use under professional supervision or direction.
- Balls are not puncture-proof and may cause serious bodily injury.
- Inspect ball for defects before each use.
- Exercise away from sharp objects that might puncture the ball or cause you injury. Remove sharp objects (i.e. rings) before you begin using your ball. Keep sharp objects away from ball.
- Use ball on soft surface (exercise mat).
- Keep away from heat sources and direct sunlight.
- DO NOT bounce on the ball. Bouncing on the ball significantly increases the effective weight the ball must support.

## Sizing

Suggested ball diameter for use during seated activities.

<b>suggested</b>	
<b>ball diameter</b>	<b>user height</b>
45 cm / 17.7 in	under 56" / under 142 cm
55 cm / 21.6 in	57-63" / 144-160 cm
65 cm / 25.6 in	64-72" / 162-183 cm
75 cm / 29.5 in	73-79" / 185-201 cm
85 cm / 33.5 in	over 80" / over 203 cm

## Inflation

Ball size reflects diameter at maximum inflation. For best results, use an electric inflater to inflate the ball to its approximate size. Wait 24 hours, then finish the inflation process using a manual inflation pump. Do not over-inflate. You may under inflate for a soft, mushy feel.

## Some Popular Ball Uses Include

Function	Instructions	Comments
Sitting (active sitting)	Assume seated position on ball. Maintain proper posture and balance.	The act of sitting still on an inflatable ball requires energy and endurance, and is fatiguing.
Abdominal Curl	Assume seated position on ball. Walk feet forward until lower back is in contact with ball. This is the starting position. Slowly curl upward, tightening abdominal muscles. Relax to starting position.	Strengthening abdominal muscles with the abdominal curl exercise. Be sure to curl upward and relax back in a smooth, controlled motion.
Oblique Abdominal Curl	Begin by lying on your back with knees bent, ball on abdomen, and one hand supporting your head and neck. Using your other hand, roll ball diagonally across body up to knees as you lift your head and shoulder.	Once again, move in a slow and smooth motion. Switch hand positions so that you get the workout from both sides.
Lower Abdominal Crunch	Begin by lying on back with ball wedged in under your bent knees. Grip ball with legs by squeezing lower leg toward buttock and lift ball toward chest.	