

Mini Stability Ball

Includes
5 Exercises:



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Available in three sizes:
7.5" (19 cm) **blue**
10" (25 cm) **lime**
12" (30 cm) **orange**

Achieve a full-body workout and improve your posture by using the Mini Stability Ball. This lightweight and portable mini ball, provides an unstable base of support, designed to activate your deepest stabilizing muscles.

Side Stretch



Targets: Abdominals

Starting position: Sitting with both legs bent to one side, Mini Stability Ball against opposite hip with torso resting on ball. Bottom arm straight on Mat, top arm straight out to side.

INHALE Relax body all the way over ball reaching top arm overhead.

EXHALE Return to starting position.

Complete 5 repetitions on each side.

Ab Prep



Targets: Abdominals

Starting position: Leaning back against Mini Stability Ball, with ball at mid-back. Spine in a neutral position, neither arched nor flat. Knees bent and hip-distance apart. Hands behind head.

INHALE Prepare.

EXHALE Release upper torso back over ball in extension.

INHALE Curl head and upper torso forward.

Complete 8-10 repetitions.

Obliques



Targets: Obliques abdominals

Starting position: Leaning back against Mini Stability Ball, with ball at mid-back. Knees bent and hip-distance apart. Hands behind head.

INHALE Prepare.

EXHALE Rotate upper torso toward one side.

INHALE Return to starting position.

Complete 5 repetitions on each side alternating.

Swan Dive



Targets: Upper back and shoulders

Starting position: Lying on stomach on Mat. Legs turned out and shoulder distance apart. Arms straight, reaching overhead and resting on Mini Stability Ball.

INHALE Keep abdominals tight and lift head and upper torso off Mat rolling ball toward body.

EXHALE Return to start position.

Complete 8-10 repetitions.

Obliques Roll Back

Targets: Abdominals and shoulders

Starting position: Sitting with legs bent and feet hip-distance apart. One hand resting on Mini Stability Ball slightly behind torso.

INHALE Prepare.

EXHALE For three counts, rotating torso to side with ball, and curve lower back toward Mat. Roll ball further away with each count.

INHALE Return to starting position.

Complete 5 repetitions on each side.



WARRANTY, CARE AND USAGE FOR MINI STABILITY BALL

The Mini Stability Ball can be used to facilitate a large number of Matwork exercises. Constructed of durable PVC, its non-slip textured surface helps sustain body/ball positioning while performing static or rolling ball moves. Used in conjunction with the Mini Stability Ball Workout DVDs, it helps challenge balance, control and coordination and increase strength, flexibility and alignment.

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Maintain control of the Mini Stability Ball at all times while exercising.
- Do not try to kneel or stand on the Mini Stability Ball.
- Keep sharp objects away from the Mini Stability Ball.
- Do not use the Mini Stability Ball if it appears worn, or damaged.
- Do not allow children to use or be around the Mini Stability Ball without adult supervision.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Use the Mini Stability Ball only for intended exercises.
- Follow exercise guidelines presented on one of the many Merrithew exercise DVDs or manuals.