

Toning Balls

Includes
15 Exercises:



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These exercises can be performed with the 1, 2 or 3 lb models of Toning Balls.

Merrithew™ Toning Balls™ are small, hand-held, weighted balls that are appropriate to add to every exercise routine. Alone or in pairs, these lightweight, pliable balls can bring a new dimension to upper-and lower-body moves as well as target the all-important core. Add variety, increase challenge, build endurance and develop strength with these straightforward tools.

Hundred



Starting Position: Lying on back on mat, imprinted position; legs bent in tabletop position, upper torso flexed with arms reaching by sides holding Toning Balls, palms up.

INHALE Five counts pulsing arms.

EXHALE Five counts pulsing arms.

Complete 10 sets.

Half Roll Back



Starting Position: Seated, knees bent and together; arms reaching overhead holding Toning Balls.

INHALE Prepare.

EXHALE Curve lower back toward mat and reach arms forward to shoulder height.

INHALE Return to vertical, reaching arms overhead.

Complete 5-8 repetitions.

Ab Prep



Starting Position: Lying on back on mat, feet shoulder-distance apart, spine in a neutral position, neither arched nor flat; hands resting on Toning Balls.

INHALE Prepare and nod head slightly.

EXHALE Curl upper body off the mat without pressing lower back down and roll balls along mat.

INHALE Lower body to mat and roll balls back.

Complete 5-8 repetitions.

Single Leg Stretch



Starting Position: Lying on back on mat, imprinted position, upper torso flexed; legs in tabletop position, holding one Toning Ball with both hands.

INHALE Prepare.

EXHALE Keep upper torso lifted and reach one leg out on diagonal.

INHALE Begin to switch legs.

EXHALE Reach opposite leg out on diagonal.

Complete 5-8 repetitions.

Rolling Like a Ball



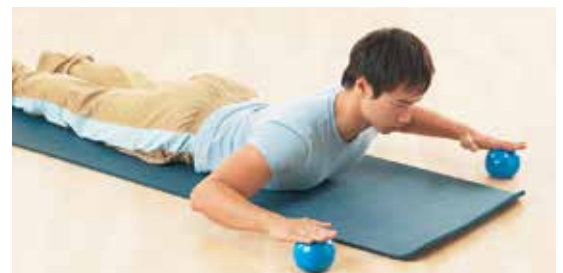
Starting Position: Seated on mat, just back of sit-bones; spine rounded, knees flexed with feet off the mat; holding Toning balls in each hand, elbows flexed and arms lifted.

INHALE Increase curve in lower spine and roll back onto shoulders, opening elbows out to sides.

EXHALE Roll forward to balance, bringing elbows forward.

Complete 5-8 repetitions.

Breast Stroke Prep



Starting Position: Lying on stomach on mat, legs long and together, hands by shoulders resting on Toning Balls.

INHALE Prepare.

EXHALE Lift head and shoulders off mat.

INHALE Straighten arms, rolling balls away.

EXHALE Flex elbows, rolling balls in.

INHALE Return to starting position.

Complete 5-8 repetitions.

Ab Prep with Biceps



Starting Position: Lying on back on mat; feet shoulder-distance apart, lower spine in a neutral position, neither arched nor flat; upper torso flexed off mat, holding Toning Balls, palms up.

INHALE Prepare.

EXHALE Keep torso lifted and flex elbows to bring balls to shoulders.

INHALE Keep torso lifted and extend elbows to reach balls away.

Complete 5-8 repetitions.

Obliques Roll Back



Starting Position:

Seated on mat, spine as tall as possible; knees flexed, arms reaching forward holding Toning Balls, palms up.

INHALE Prepare.

EXHALE Curve lower back and rotate torso to one side reaching that arm back.

INHALE Return to front, reaching arm forward.

Complete 5-8 repetitions.

Obliques



Starting Position: Lying on back on mat; feet shoulder-distance apart, spine in a neutral position, neither arched nor flat; hands resting on Toning Balls.

INHALE Prepare.

EXHALE Curl upper torso up off mat and rotate to one side keeping elbows wide.

INHALE Return to starting position.

Complete 5-8 repetitions on each side.

Spine Twist



Starting Position: Seated on mat as tall as possible, legs crossed, elbows flexed by sides, hands holding Toning Balls, palms up.

INHALE Prepare.

EXHALE Rotate torso to one side reaching opposite arm forward.

INHALE Return to starting position.

Complete 5-8 repetitions on each side.

Knee Stretches Prep



Starting Position: on all fours on mat, spine in a neutral position, eyes looking down at mat, hands resting on Toning Balls.

INHALE Reach one arm forward and one leg back.

EXHALE Pull knee in toward chest and elbow in toward knee.

INHALE Reach arm forward and leg back.

EXHALE Return to starting position.

Complete 5-8 repetitions on each side.

Hip Rolls



Starting Position: Lying on back on mat, knees flexed with Toning Balls under soles of feet, spine in a neutral position, neither arched nor flat, hands by sides.

INHALE Prepare.

EXHALE Peel spine up off the mat from the tailbone until resting on the shoulders.

INHALE Stay.

EXHALE Roll spine down to mat from rib cage to tailbone.

Complete 5-8 repetitions.

Standing Rotation

Starting Position:

Standing, feet hip-distance apart, knees slightly flexed, torso hinged forward, spine flat; arms reaching forward, holding Toning Balls.

INHALE Keep eyes looking forward and reach one arm out and back.

EXHALE Quickly return torso to the front and bring arms together.

Complete 5-8 repetitions on each side.



Side Bend Prep



Starting Position: Sitting on one hip, knees flexed and together, resting on one hand, other hand by side holding Toning Ball.

INHALE Prepare.

EXHALE Squeeze legs together and lift hips, reaching arm overhead.

INHALE Slowly lower to mat, lowering arm.

Complete 5-8 repetitions on each side.

Starting Position: Seated on mat as tall as possible, legs crossed, hands resting by sides on top of Toning Balls.

INHALE Reach one arm overhead.

EXHALE Side bend to one side rolling the ball away.

INHALE Return to vertical keeping arm overhead.

EXHALE Lower arm to side.

Complete 5-8 repetitions on each side.



WARRANTY, CARE AND USAGE FOR TONING BALLS

The Merrithew™ Toning Balls add resistance to Matwork routines and intensify exercises to target desired muscle groups. Easy to integrate into aerobic activities, Yoga and Pilates classes, these soft, weighted balls are filled with sand, and fit comfortably in the palm of the hand. They can be used in tandem with the complete line of Toning Ball DVDs, and are available in 1, 2 or 3 lb versions.

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.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Toning Ball at all times while exercising.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Keep sharp objects away from the Toning Ball.
- Use the Toning Ball only for intended exercises.