



BOSU[®]
BALLAST[™] BALL



OWNER'S MANUAL



For maximum effectiveness and safety,
please read this Owner's Manual and view
the Video before using your BOSU[®] Ballast[™] Ball.

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9/24/07

IMPORTANT SAFETY INFORMATION

! WARNING

YOU AND OTHERS CAN BE SERIOUSLY INJURED OR KILLED IF WARNINGS ON THE EQUIPMENT, IN THIS OWNER'S MANUAL AND VIDEO ARE NOT FOLLOWED.



- 1) Before starting this or any other exercise program, consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems, back problems or balance impairments. If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.
- 2) Start out slowly and progress sensibly.** Progress at a pace that is comfortable for you. The Ballast™ Ball Workout is designed so that you can begin with the easiest variation of each exercise and progress to more difficult variations when you are ready.
- 3) Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.
- 4) Warm up** before any exercise program by doing 5 to 10 minutes of graduated, low level, rhythmic muscle movement, followed by stretching, as further explained on page 10 of this manual.
- 5) Inspect the equipment.** Before EACH use, visually inspect the equipment including wear and embedded foreign objects. Replace your Ballast™ Ball immediately if it has any splits, nicks or worn areas on it's surface. Never use the equipment if the equipment is damaged or not functioning properly.
- 6) Use care when getting on and off the equipment. Never attempt to stand on the Ballast™ Ball,** as you risk serious injury and possibly death by doing so.
- 7) Use this equipment only for the intended use** as described in this manual and video. Do not modify the equipment or use attachments not recommended by the manufacturer.

- 8) Have plenty of clearance behind and in front of your equipment.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance both in front of and behind your equipment.
- 9) Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes. Do not use this equipment with bare feet or when wearing only socks or stockings.
- 10) This equipment is not for use by children.** To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:
- Keep children out of rooms where you have your exercise equipment.
 - Store exercise equipment in a room that can be locked.
 - Know exactly where your children are when you work out.
 - If you have small children at home, don't wear headphones while you work out.
 - Talk to your kids about the dangers of exercise equipment.
- 11) Breathe naturally,** never holding your breath during an exercise. Avoid over training, you should be able to carry on a conversation while exercising.
- 12) Cool down after an exercise session,** with 3 to 5 minutes of moderate to mild intensity exercise, followed by stretching, as further explained on page 10 of this manual.
- 13) Handicapped or disabled people must have medical approval before using this equipment** and should be under close supervision when using any exercise equipment.
- 14) Follow the exercise technique guidelines in this manual and the accompanying video.** Correct exercise technique will help you get the results you want and keep you exercising safely. Do not use your Ballast™ Ball until you have read this manual completely.
- 15) The multi-dimensional load (MDL) inside the ball provides increased stability.** However, the Ballast™ Ball is still unstable. Be sure to follow the exercise instructions and never engage in any exercise or movement that you do not feel comfortable performing. If in doubt, be cautious and choose a less challenging modification.
- 16) Wipe sweat off the Ballast™ Ball.** Be sure to keep the surface of your ball dry to prevent slipping.
- 17) Never remove the plug from the ball near your face.**

**Go to www.fitnessquest.com • or call 1-800-497-5831
for replacement labels, manuals or video(s).**

INTRODUCTION

Congratulations and thank you for purchasing the BOSU® Ballast™ Ball! You are about to embark on a fun and fulfilling journey toward better health and fitness with this wonderful product.

The Ballast™ Ball will give you a unique and effective total body workout that can easily be done at home or at the gym. The exercises are designed to help you get in shape fast and prepare you for better movement capabilities in daily life. Regular exercise with the Ballast™ Ball will help you improve your balance, coordination, and functional strength. Whether for sports, recreational activities or general fitness, the Ballast™ Ball can help you look, feel and perform better.

The Ballast™ Ball is easy to use, regardless of your current fitness level. It has been designed so that you can start with easy exercises, and then gradually progress to more difficult ones as your fitness level and balance improve. Whether you are a first time beginner or an experienced athlete, the Ballast™ Ball is versatile enough to provide a workout that is both effective and fun!

It is important that you take a few minutes and read through this Owner's Manual. You will learn safety tips, how to correctly perform Ballast™ Ball exercises, and how to integrate the Ballast™ Ball workout into your total fitness program. As you familiarize yourself with the exercises in this manual, focus on performing each exercise with precision and proper technique. Enhancing the quality of your movements will yield the greatest results.

If, during the course of using your Ballast™ Ball, you have any questions about the program, please contact Customer Service Specialists at the phone number or web address listed below. We encourage you to write us with your comments and suggestions. As always, it is our goal to provide you with complete satisfaction. After all, your success is our success too!

Sincerely,


Karla Williamson, Customer Service

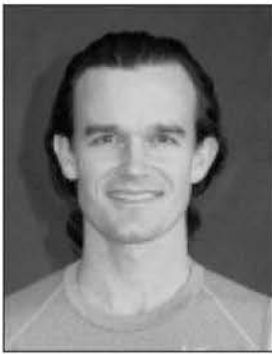
BOSU® Ballast™ Ball, Customer Service Department
273 Fitness Quest Plaza, Canton, Ohio 44750-1001

1-800-321-9236 Monday–Friday, 8:30am to 8:00pm, Eastern Standard Time
www.bosu.com

Please do not call above number for Parts. See Ordering Replacement Parts on Page 8.

IMPORTANT: This owner's manual is the authoritative source of information about your BOSU® Ballast™ Ball. Please read it carefully and follow all the instructions.

This product is intended for home use ONLY. All warranties are void if used commercially.



A MESSAGE FROM THE INVENTOR

I first began training extensively with stability balls in 1998. I had actually begun training (or perhaps “playing” is a better word) with a stability ball in 1987, when my father first bought one. The stability ball prompted me to really focus on balance training to improve functional strength.

My experiences with the traditional stability ball first led me to invent a new training device called the BOSU® Balance Trainer. The BOSU® Balance Trainer (which unlike any stability ball, is safe to stand on*) opened the door to many new balance training applications and has met with great success all over the world.

Today I am proud to be launching this new innovation in stability ball training. It is my strong belief that this simple innovation marks the next major step forward in the evolution of stability ball training. This manual gives you the information you need to begin utilizing this exciting new development and take your training to a higher level.

The Ballast™ Ball provides something new and different - a stability ball with varying degrees of instability and increased resistance when lifting. The multi-dimensional load (MDL) inside the ball provides what we call stabilization factor that not only makes stability ball training easier and more convenient, but also increases the stability ball's usefulness as an exercise tool.

I have personally used Ballast™ Balls to effectively work with professional athletes, as well as first time exercisers. In all of these cases, the Ballast™ Ball has enabled these people to make greater progress than would have been possible with an unweighted stability ball.

Some exercises in the video may look familiar if you have previously exercised with an unweighted stability ball. However, you will find that indeed they are now different because of the MDL in the ball, the stabilization factor and the added resistance it provides. Rather than haphazardly doing an exercise, you will be able to shift more focus to the control of your movements and HOW you perform any given exercise. Certain exercises that were simply not possible, or seemed to be too intimidating, will now be within reach.

It is my joy to share with you the incredible feeling of body awareness and control that this new approach provides. I firmly believe that when we move better, we live better.

****Never attempt to stand on the Ballast™ Ball, or any stability ball, as you risk serious injury and possibly death by doing so.***

THE EVOLUTION OF STABILITY BALL TRAINING

The stability ball is one of the most versatile pieces of exercise equipment used today and can be found in most gyms and physical rehabilitation centers all over the world. The popularity of the stability ball did not occur overnight. Rather, it has been growing steadily for more than forty years.

Stability ball training as we know it today began in the 1960's in Switzerland. At that time, an Italian toy maker named Aquilino Cosani started making large vinyl balls for Swiss physical therapists to use in place of the stability ball's ancestor, the soft beach ball. The new vinyl balls provided a better training tool and facilitated better balance reactions and movement patterns than the earlier soft beach balls.

Over the years, many attempts have been made to increase the stability of the ball. Balls have been molded with "stabilizing" rubber legs. Numerous manufacturers have created an array of stabilizing base units on which to rest the ball. All of these solutions, however, have an inherent problem. The ball must remain fixed in one position for it to remain stable. The increased stability tends to be an "all or nothing" solution, negating many of the benefits of the instability of the ball in the first place. These solutions have been less than ideal which is why they are not extensively used in training.

The Ballast™ Ball marks the next major step forward in the evolution of stability ball training. MDL, which stands for **Multi-Dimensional Load**, provides unique advantages over all other stability balls. This simple, yet profound, innovation not only increases the convenience of using the ball, but also significantly expands its useful applications.



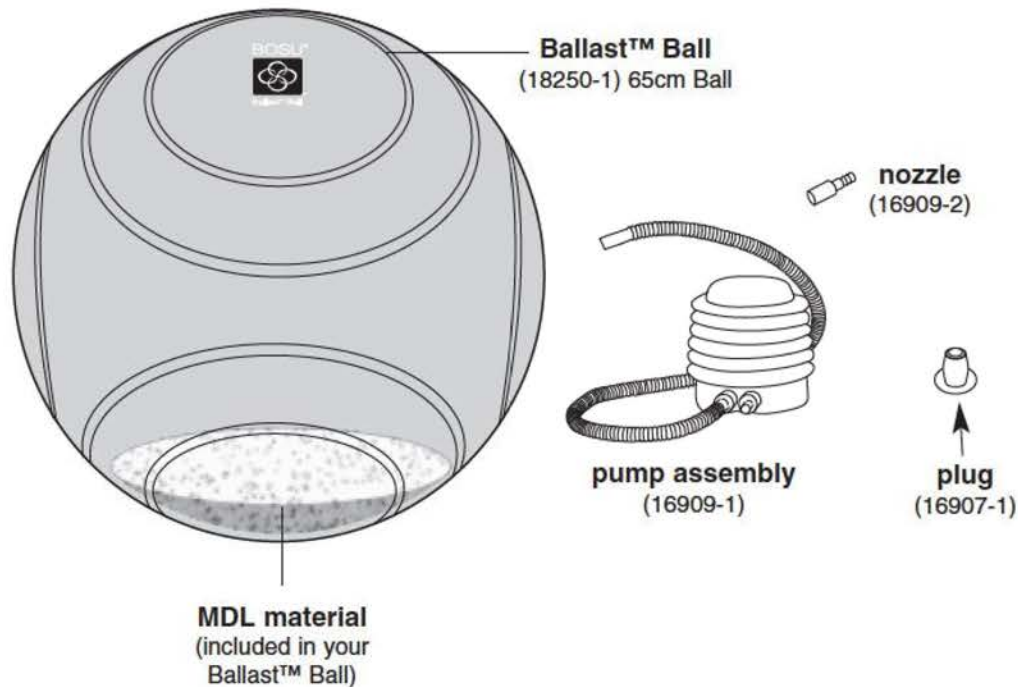
SPECIFICATIONS & PARTS

Your Ballast™ Ball comes complete with 2-1/2 lbs. of MDL material (included in your Ballast™ Ball), pump, large plug, instructional DVD and owner's manual.

The Ballast™ Ball is a brand new kind of stability ball made with high quality burst resistant material. MDL stands for Multi-Dimensional Load. Incorporating Multi-Dimensional Load (MDL) inside the ball enhances the convenience, ease and utility of stability ball training.

The 2-1/2 lbs. of MDL material consists of a specially formulated mixture of dynamic material that both optimizes the rate of flow (internal shifting of MDL) inside the ball and provides enhanced audible feedback for lifting and shifting exercises. The MDL material allows you to dramatically improve the quality of your movements.

The unique six-sided design on the Ballast™ Ball also enhances its functionality by allowing you to easily set up proper alignment and positioning for many exercises.



ORDERING REPLACEMENT PARTS

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831, Monday through Friday, 8:30am to 8:00pm, Eastern Standard Time.

IMPORTANT: You must have your serial number, date of purchase and this manual ready when calling for parts.

Serial #: _____ Date _____

CARE & STORAGE

Your Ballast™ Ball has been carefully designed to require minimal maintenance. To ensure this, we recommend that you do the following:

Treat your Ballast™ Ball with care and avoid sharp or abrasive objects that can scuff or puncture the vinyl material. Always check the surrounding area for anything sharp before using the Ballast™ Ball.

Keep your Ballast™ Ball clean. Wipe sweat, dust or other residue off the ball with a towel after each use. Water and mild soap may also be used to clean your Ballast™ Ball.

Do not store your inflated Ballast™ Ball in direct sunlight (such as outside or near windows) or near heat sources (such as inside a parked car). Direct sunlight or excessive heat can cause your ball to deform.

Do not over-inflate your Ballast™ Ball. Inflate it no larger than its specified size of 65 centimeters or 25 inches off of the floor.

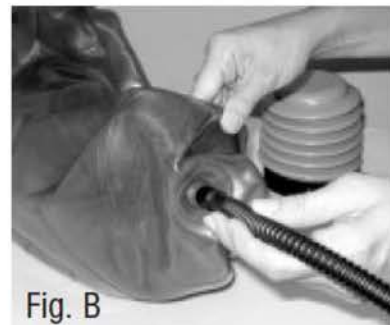
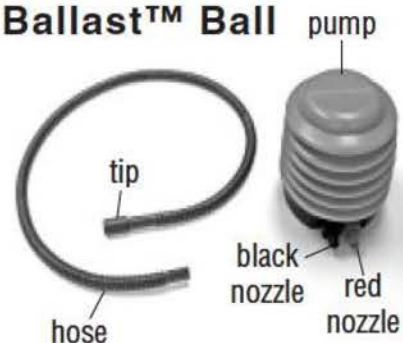
STABILIZING FACTOR & THE UNIQUE ADVANTAGES OF MDL

The increased stability created from the Multi-Dimensional Load is called the stabilizing factor. One of the major advantages of MDL is the nature of the stability it provides. The stabilizing factor is at its lowest during the initial movements of the ball, when the MDL material is essentially laying flat. This provides you with a relatively high degree of challenge that promotes balance, core stability, and coordination. The stabilizing factor continually increases to its maximum value as the ball rolls out of center and the MDL begins to tilt & shift inside the ball. From a training standpoint, this is an ideal situation. You have the benefits of training in an unstable environment with the increased convenience and utility of stabilizing factor created from the MDL inside the ball.

GETTING STARTED

inflating your pre-filled Ballast™ Ball

1. Remove the Pump from it's wrapping.
2. Attach the end of the hose without the Tip onto the Black Nozzle on the pump. Fig A
3. Remove the plug from the Ballast™ Ball. BE CAREFUL not to let any of the MDL material escape from the ball. If any material does accidentally escape, insert it back in the ball through the valve before inflating.
3. Insert the tip into the ball and inflate your Ballast™ Ball to about 80% of it's fully inflated size. At 80% inflation, the ball should be quite soft. Allow it to sit overnight or for several hours at this inflation level before fully inflating it. This will insure maximum burst resistance qualities of the Ballast™ Ball. Fig B
4. Be careful not to over-inflate your Ballast™ Ball. The top of your fully inflated ball should be no higher than 65 centimeters/25 inches from the floor.



setting up

Make sure your Ballast™ Ball is set on a non-slip, level surface with adequate clearance space around you. If working out on a wood or other hard surface, a mat or folded towel can provide padding for exercises that are performed with the knees or hands in contact with the floor. When working out on a carpeted surface, no additional padding should be needed.

warming-up and cooling down

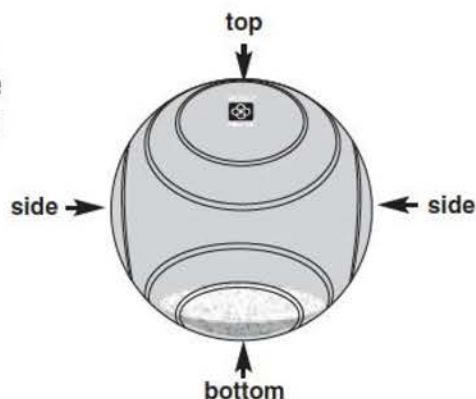
A warm-up is an important and productive part of the Ballast™ Ball Workout. It will give your nerves and muscles a chance to acclimate, which will enhance skill, performance and perception of personal success and may reduce the risk of injury. Five to ten minutes of graduated, low-level, rhythmic, large muscle involvement is essential for creating a safe and effective warm-up. A sample warm-up for the Ballast™ Ball workout could consist of a gentle seated bounce (as demonstrated in the DVD Workout), gradually progressing to a dynamic bounce with a directional change of position around the ball. Rehearse the mechanics of the Squat from seated and the Alternating Forward Lunges with Ball Lift exercises to raise core temperature and prepare the lower and upper body for the workout challenge to come. This dynamic warm-up may be followed by 5 - 10 minutes of gentle stretching as shown on pages 15 and 16 of this manual.

Cooling down for 3 - 5 minutes at the end of the workout will return your body safely to a pre-exercise state. An active cool down of moderate to mild intensity exercise means that you continue exercising at a level that is lower than the higher intensity segments of the workout. This level will facilitate blood flow through the vascular network (including the heart) during recovery. Gentle stretching for 5 - 10 minutes at the end of your workout is a great way to bring your body back to its pre-exercise state. Follow the stretch routine shown on pages 15 and 16 of this manual.

Ballast™ terms and techniques

NEUTRAL BALL POSITION

The Ballast™ Ball is designed with 6 sets of concentric circles to help define the top, bottom and 4 sides of the ball. The set of circles with the logo in the middle defines the top of the ball and the set of circles with the plug in the middle defines the bottom of the ball. You can use this design to identify three different **Neutral Ball Positions (NBP)**, which can increase the effectiveness of many exercises by providing a more precise point of reference for body placement and for starting and ending exercise positions.



standing NBP



FIG. A

To lift the Ballast™ Ball in Neutral Ball Position, place your hands in the center of each of the opposite pairs of side circles and lift the ball up until your elbows are bent approximately 90 degrees. Remember to always lift by bending your knees and using your legs. Now, gently pull the ball into your body so that the circles closest to you lightly press against your abdomen. Be sure that your shoulders maintain neutral position by pulling your shoulder blades back, or retracting your scapulae. Avoid hunching your shoulders forward, or protracting your scapulae, as this will cause poor posture. Also avoid leaning back. Maintain good posture of the body with your shoulders aligned over your hips and ankles and keep your knees slightly bent. See FIG. A.

seated NBP

Sit with your hips squarely on top of the ball and your feet about hip width apart on the floor. Keep your shoulders aligned over your hips and your knees over your ankles. Be sure that your shoulders maintain neutral position by pulling your shoulder blades back, or retracting your scapulae. Keep the abs contracted slightly and avoid leaning forward or back. See FIG. B.



FIG. B

NBP on the floor

To place your Ballast™ Ball in Neutral Ball Position on the floor, set it down with one set of circles facing directly up, one set of circles facing front, and the side circles arranged squarely with your body. You may have to tilt or slightly shake the Ballast™ Ball and shift the load to adjust it so that your ball rests in neutral position. See FIG. C.



FIG. C

LIFTING & SHIFTING TECHNIQUES

Lifting and shifting techniques involve holding the Ballast™ Ball while intentionally manipulating the movement of the MDL inside of the ball. Read through and rehearse each lift and shift before beginning the workout. These lifting and shifting techniques are demonstrated during the exercise routines in your DVD.

smooth shift

A smooth shift is characterized by the unbroken flow of MDL inside of the ball. Continually move the ball in various directions while keeping the load moving smoothly at the bottom of the ball. The audible feedback should be continuous and smooth.

wave shift

Hold the ball in neutral ball position and move the ball in small, fast circles. Keep the MDL moving continuously around the inside perimeter of the ball without pausing, stopping or disrupting its flow.

impact shift

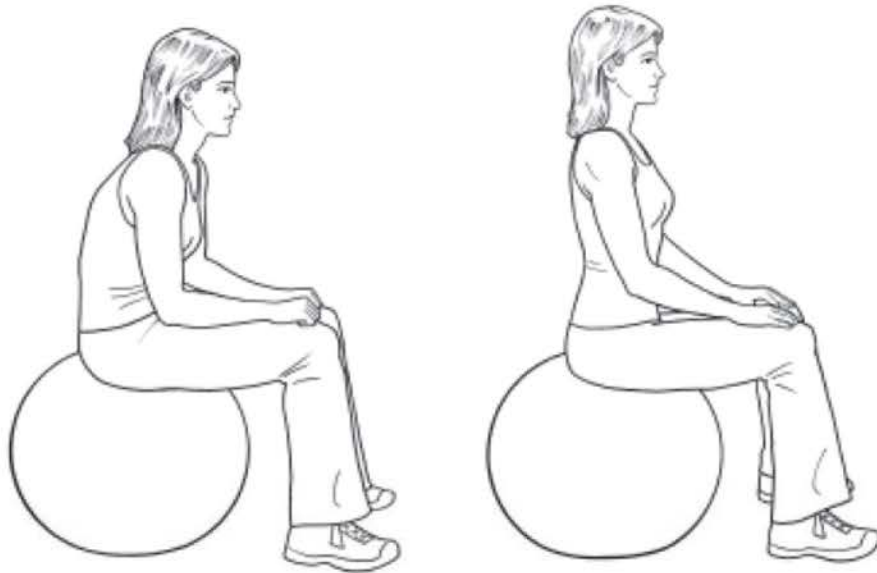
An impact shift involves movement of the ball that causes the MDL to suddenly or abruptly drop from top to bottom or bottom to top. The audible feedback should be broken by a pause or stop in movement of the MDL.

no-shift

A no-shift includes any movement that keeps the MDL from moving anywhere inside of the ball. There shouldn't be any detectable audible feedback.

HOW TO FIND OPTIMAL POSTURE ON THE BALL

It is a commonly held belief that sitting on a ball will improve or optimize posture. This certainly can be true but is not necessarily the case. In fact, as the illustrations below indicate, merely sitting on a ball does not necessarily require ideal posture as one can easily resort to poor habits. An effective way to find optimal posture while sitting on a ball is to engage in gentle bouncing. Bouncing on the ball tends to promote ideal posture. Your body will naturally seek optimal alignment of the spine, which provides the most comfortable position in which to bounce.



Bouncing on the Ballast™ Ball can be done with varying degrees of intensity depending upon your comfort level. **Do not round or flex your spine while bouncing.**

GENERAL EXERCISE GUIDELINES

If you are just starting an exercise program with your Ballast™ Ball, choose a time of day that's good for you to work out and then stick to it closely. You should choose a time when you feel energetic, when interruptions are few, and when you have not eaten for approximately two hours.

Practice each exercise until you are very clear on correct technique. When following the DVD workout, begin with the easier variation of each exercise and progress to the more challenging variations only when you feel ready.

Using muscle fatigue and proper technique as a guide, start with fewer repetitions and increase them when you can complete an exercise comfortably and correctly. It is more important to perform the exercises with good technique than it is to complete the suggested number of repetitions.

Start your program with two Ballast™ Ball workouts per week. If you'd like to add workouts, gradually build up to every other day of the week. It is important to have one day of rest between challenging workouts.

KEEPING YOUR WORKOUT MOTIVATING

You can maintain motivation and keep your interest high by remembering these simple tips:

Set goals for yourself that are challenging and realistic. You may wish to break your larger goals down into small, measurable goals. For example, your first week goal may be to acclimate to the BOSU® Ballast™ Ball and complete the warm-up exercises, demonstrated in the DVD, 2 to 3 times. In the second week, you might progress by completing the warm-up and Segment I. Week-by-week you will slowly progress toward the goal of completing all of the workout segments.

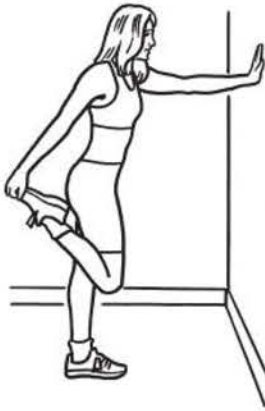
Celebrate your successes – even the small ones! If you meet your goals each week, reward yourself with something healthy that recognizes each milestone along the way to better health and fitness.

Take setbacks in stride. If you get off schedule, or don't achieve the goals you set for yourself, don't stress about it – just get back on track! Review your program to make sure your goals are realistic, and make any adjustments you think are needed.

WARM-UP & COOL DOWN STRETCHES

When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.

1. Quadriceps Stretch



Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.) Hold the stretch for 20 to 30 seconds. Repeat for the other leg.

2. Calf and Achilles Stretch



Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles. Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow. Hold for 20 to 30 seconds. Repeat for the opposite arm.



4. Back Stretch

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go. Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist. Hold for 20 to 30 seconds. Repeat for the opposite leg.

6. Buttocks, Hips and Abdominal Stretch



Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back. Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your hands on your ankles. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh. Hold for 20 to 30 seconds and release.



8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region. Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

THE BOSU® BALLAST™ BALL WORKOUT

AB CURL

Begin in Seated Neutral Ball Position. Placing your hands on the sides of the ball, walk your feet forward with small steps while simultaneously leaning back slightly. Allow the ball to roll up your back. Continue until your low and mid back are fully supported by the ball. Stop when the torso is in a slightly inclined or supine position. Place your hands behind your head for support. See FIG. 1a. Slowly curl your trunk, letting your shoulders and upper back lift off the ball. Pull the bottom of the ribs down toward the top of the hip bones. See FIG. 1b. Pause at the end of the motion. Then, slowly lower back to the starting position. Keep your neck in line with the spine throughout the movement and avoid pulling on the head or the neck. Perform 8 - 20 repetitions to fatigue. To return to a seated position, curl your trunk slightly forward and walk your feet backward toward the ball until you are seated upright again.



FIG. 1a



FIG. 1b

INCLINE SIDE-TO-SIDE ROLL

Begin in Seated Neutral Ball Position. Placing your hands on the sides of the ball, walk your feet forward with small steps while simultaneously leaning back slightly. Allow the ball to roll up your back. Continue until your low and mid back are fully supported by the ball. Stop with the torso in an inclined position and the feet hip width apart. Clasp your hands in front of the chest with the elbows extended. See FIG. 2a. Keeping the feet flat on the floor, roll the body to one side, leading with the arms. As you roll, one hip and shoulder will lift slightly off the ball. See FIG. 2b. Pause at the end of the motion, and then slowly roll through the center and to the opposite side. Keep the side-to-side rolling motion smooth and slow. Contract the abs to stabilize the torso. Perform 8 - 20 repetitions to fatigue. To return to a seated position, come back to a centered position, curl your trunk slightly forward and walk your feet backward toward the ball until you are seated upright again.

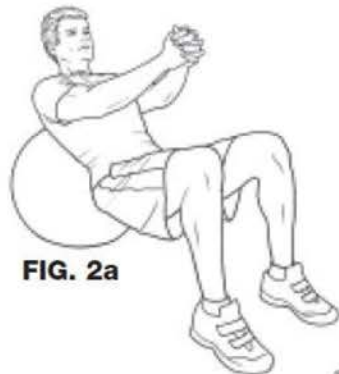


FIG. 2a



FIG. 2b

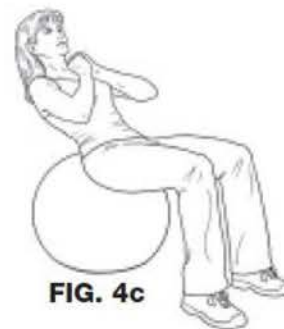
SQUAT TO SUPINE

Begin with the ball in Neutral Ball Position on the Floor. Stand in front of the ball with your feet approximately hip width apart and the heels a few inches from the ball. See FIG. 3a. Extend your arms in front of you at chest height, palms down. Bend your knees, lowering your hips until your buttocks touch and engage firmly with the ball. See FIG. 3b. Keeping your feet flat on the floor, bend your elbows and bring your hands toward your chest. Feel the ball under your hips. Lean back until your torso is in an incline position (beginner) or almost parallel to the floor (advanced). See FIG. 3c. Pause at the end of the motion, then roll up to a seated position with the arms extended at chest height. Extend the knees while simultaneously pressing down with the arms and return to the starting position. For more stability, reach behind your body and place one hand on the ball while performing the squat, and keep one hand on the side of the ball while leaning back. Perform 8 - 20 repetitions to fatigue.



INFINITY CIRCLES

Begin in Seated Neutral Ball Position. Reach forward with your arms in front of you, palms facing towards each other. See FIG. 4a. Reach to one side and begin to rotate your torso clockwise. See FIG. 4b. Continue to circle and bend your elbows in close to your body as you lean back slightly until your torso is in an incline position (beginner) or almost parallel to the floor (advanced). See FIG. 4c. Pause at the end of the motion, then reach forward and sit up with the arms extended at chest height. Repeat the circle, moving the torso in the opposite direction. Perform 8 - 20 repetitions to fatigue.



BRIDGE

Begin in Seated Neutral Ball Position. See FIG. 5a. Placing your hands on the sides of the ball, walk your feet forward with small steps while simultaneously leaning back slightly. Allow the ball to roll up your back. Continue to roll out until the ball is under your head and shoulders and your torso is level like a table top. Keep your hips lifted and contract your gluteal muscles. Place your fingertips on the floor on either side of you to assist with balance (beginner) or place your hands on your hips for more balance challenge (advanced). See FIG. 5b. Hold this position for 6 -10 seconds. To return to a seated position, let your hips drop slightly, curl your trunk forward, and walk your feet backward toward the ball until you are seated upright again. For an advanced variation, hold the bridge position, lift one foot off the floor and extend your leg at hip height. See FIG. 5c. Hold for 6 - 10 seconds. Return the lifted foot to the floor, then lift the opposite foot. After holding for 6 - 10 seconds, place that foot back on the floor, and walk your feet backward until you return to a seated position.



FIG. 5a



FIG. 5b



FIG. 5c

SUPERMAN

Begin with the ball in Neutral Ball Position on the Floor. Kneeling behind the ball on the floor, lean forward and place your abdomen on the ball. Roll forward until your knees are off the floor, tucking your toes under. Place your hands on the floor just in front of the ball for balance (beginner) or hug the ball (advanced). See FIG. 6a. Inhale, roll the ball slightly forward by straightening your legs, and reach overhead with your arms. See FIG. 6b. With the ball centered under your abdomen, hold and balance in this "superman" position for 6 - 10 seconds. Exhale, bend your knees and roll back to the starting position. Contract your abs to brace the core, and breathe while holding the position. Perform 8 - 20 repetitions to fatigue. To return to the starting position, roll back on the ball, lower your knees to the floor, then stand upright.



FIG. 6a



FIG. 6b

OPPOSITE ARM/LEG RAISE

Begin with the ball in Neutral Ball Position on the Floor. Kneeling behind the ball on the floor, lean forward and place your abdomen on the ball. Place your hands on the floor in front of the ball and walk forward until your legs are straight, with the toes touching the floor. Center the ball under your pelvis so that your weight is distributed equally between your upper and lower body. See FIG. 7a. Inhale and lift your right leg up until it is parallel to the floor or lower. Then lift your left arm until it is parallel to the floor or lower. See FIG. 7b. Hold and balance in this position for 3 - 5 seconds. Exhale and lower your arm and leg simultaneously back down onto the floor. Repeat this arm/leg raise with the opposite leg and arm. Perform 8 - 20 repetitions to fatigue (one lift on each side equals one repetition). For a more advanced variation, lift the arm and leg simultaneously to the balance position. To return to the starting position, roll back on the ball, lower your knees to the floor, then stand upright.

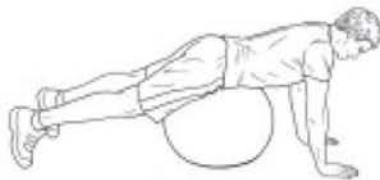


FIG. 7a



FIG. 7b

SUPINE BALL LIFT

Begin with the ball in Neutral Ball Position on the Floor. Sit on the floor and grip the ball between your ankles. Lie back and place the elbows on the floor, keeping the lower back in a neutral position, not rounded or arched. See FIG. 8a. Holding the ball between your ankles, lift your feet off the floor a few inches. See FIG. 8b. Keep your back straight, and use your ab muscles to stabilize by bracing your core before you lift your legs. Perform 8 - 20 repetitions to fatigue. To return to the starting position, lower your feet down to the floor.



FIG. 8a



FIG. 8b

SUPINE HIP LIFT

Begin with the ball in Neutral Ball Position on the Floor. Lie on your back on the floor and place your legs up on the ball about hip width apart. Place your hands on the floor at your sides, palms facing down. Keep your knees bent and the ball close to your hips (beginner) or fully extend your legs (advanced). See FIG. 9a. Contract your gluteal muscles and lift your hips up off the floor. See FIG. 9b. Pause at the end of the movement, then lower your hips back to the floor. Perform 8 - 20 repetitions to fatigue. Keep your upper body weight centered across your shoulders. Do not put weight on the back of your neck. To return to a starting position, place your feet on the floor, one at a time, prop up on your elbows and roll up to a seated position.



FIG. 9a



FIG. 9b

ALTERNATING FORWARD LUNGES WITH BALL LIFT

Begin in Standing Neutral Ball Position with your feet about hip width apart. Hold the ball in front of your torso with the elbows bent about 90 degrees. See FIG. 10a. Step forward with one leg into a lunge position, aligning your front knee over your ankle. Continue to bend the knees, lowering your hips toward the floor and lifting your back heel. Rest the ball on the front thigh. See FIG. 10b. Holding this lunge position, lift the ball over your head and slightly in front of your body. See FIG. 10c. Lower the ball back to rest on your thigh, then push off your front foot and step back to the starting position. As you lift and lower the ball, tighten your ab muscles, using core bracing to stabilize and balance. Perform 8 - 20 repetitions to fatigue (one lunge on each side equals one repetition).



FIG. 10a



FIG. 10b



FIG. 10c

LATERAL BALL PUSH

Begin with the ball in Neutral Ball Position on the Floor. Stand with the ball just to the right of your right leg. Balance on your left leg and lift your right leg off the floor, placing the outside of your right foot against the side of the ball. See FIG. 11a. Contracting your abs to assist with balance, push the ball sideways to the right, letting your foot travel across the back of the ball. See FIG. 11b. Take your foot off the ball and step sideways on the floor with your right foot, then bring your left foot to meet your right so you're standing with the ball just to the side of your left leg. See FIG. 11c. Use your arms, moving freely with the lateral push, or keep your hands on your hips. Repeat the lateral push on the opposite side. Perform 8 - 20 repetitions to fatigue (both sides equal one repetition).



FIG. 11a



FIG. 11b



FIG. 11c

ROLLING LAT PULL & TRICEPS PRESS

Begin with the ball in Neutral Ball Position on the Floor. Stand behind the ball with your feet separated about hip width apart and the knees slightly bent. Hinge forward at your hips and place your fists on the ball at the outside of the top set of concentric rings. See FIG. 12a. Roll the ball forward, moving from the fists onto your forearms and elbows. See FIG. 12b. Keeping the abs contracted, pause at the end of the movement. Then, roll backward until your weight is centered between your feet and forearms. See FIG. 12c. Continue to extend your elbows and press back to the starting position. Perform 8 - 20 repetitions to fatigue. As you roll forward on the ball, rest your abdomen on the ball (beginner) or keep your torso lifted off the ball (advanced).



FIG. 12a



FIG. 12b



FIG. 12c

TRICEPS PRESS-UP

Begin with the ball in Neutral Ball Position on the Floor. Kneeling behind the ball on the floor, lean forward and place your abdomen on the ball. Place your hands on the floor in front of the ball and walk the hands forward until the ball rolls under the hips. Leave your toes touching the floor, knees bent (beginner) or walk your hands further forward until your feet lift off the floor (advanced). See FIG. 13a. Keeping your hands about shoulder width apart on the floor, then bend your elbows and lower the forearms to the floor. See FIG. 13b. Press your palms against the floor and extend your elbows to the starting position. Perform 8 - 20 repetitions to fatigue. Keep your core braced and your neck straight throughout the exercise.



FIG. 13a



FIG. 13b

SQUAT FROM SEATED

Begin in Seated Neutral Ball Position. Extend your arms out in front of you, palms facing down. See FIG. 14a. Slowly extend your knees and hips, moving from a seated to a standing position. As the legs extend, simultaneously lower your arms to your sides. See FIG. 14b. Slowly flex the knees and hips, lowering back to the seated position on the ball. For more stability, reach behind your body and place one hand on the ball while performing the squat. Perform 8 - 20 repetitions to fatigue. For a more advanced variation of this exercise, bring one foot slightly forward of the other, in a staggered stance position, while in the seated position. See FIG. 14c. Press to the standing position and back to the seated squat with more weight centered on the back leg. See FIG. 14d. Perform 8 - 20 repetitions to fatigue, alternating sides.



FIG. 14a



FIG. 14b



FIG. 14c



FIG. 14d

SQUAT WITH TORSO ROTATION

Begin in Neutral Ball Position on the Floor. Stand in front of the ball with the feet approximately hip width apart and the heels a few inches from the ball. See FIG. 15a. Extend your arms in front of you at chest height, palms down. Bend your hips and knees, lowering your hips until they “hover” over the ball. See FIG. 15b. Continue lowering until the hips contact the ball. Simultaneously, rotate your torso and arms to one side. Finish rotating in the seated position on the ball. See FIG. 15c. Rotate your torso back to center, arms extended in front of the chest. Press up to the starting position, lowering the arms to your sides. Perform 8 - 20 repetitions to fatigue.

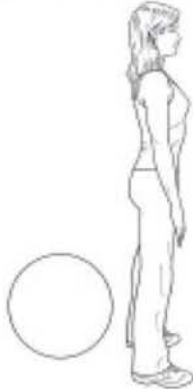


FIG. 15a



FIG. 15b



FIG. 15c

AROUND THE WORLD BALL CIRCLES WITH LUNGES

Begin in Neutral Standing Ball Position. Separate your feet about shoulder width apart or slightly wider. Bend the right knee, keeping the left leg straight and right knee aligned with your toes. As you lunge to the right, circle the ball to the right, rotating your arms so the right hand is on top of the ball and the left hand is on the bottom of the ball. See FIG. 16a. Straighten both legs as you circle the ball overhead, keeping the hands on the sides of the ball. See FIG. 16b. Complete the move by lunging with the left knee, keeping the right knee straight and circling the ball around to your left. As you lunge, rotate the left hand on top of the ball and the right hand on the bottom of the ball. See FIG. 16c. Bend both knees as you continue to circle the ball down and back to the center of the body. Then, begin the lunge again on your right. Keep your arms bent (beginner) or straight (advanced), depending on comfort. Perform 8 - 20 repetitions to fatigue circling the ball in one direction, then repeat the circling and lunging in the opposite direction.



FIG. 16a



FIG. 16b



FIG. 16c

YOUR TOTAL FITNESS PROGRAM

A Total Fitness Program is more than just exercise. It is a “fitness for life” plan that goes hand-in-hand with an overall, healthy lifestyle. This includes regular check-ups, healthy eating habits and exercise for the rest of your life.

A total fitness program consists of four parts:

1. Aerobic or cardiovascular exercise to burn calories.
2. Strength conditioning exercises to tone and shape your muscles, increase your metabolic rate and strengthen your bones.
3. Stretching exercises to keep you moving freely and help prevent injuries.
4. A diet that is safe, sensible and healthy. (Refer to the enclosed Eating Plan Booklet.)

Today, fitness research recommends both aerobic exercise and strength conditioning to achieve the best results and balanced fitness. By improving your aerobic fitness you will strengthen your heart and lungs, improve your stamina and endurance. Strength conditioning adds lean muscle to your body. This increases your body's calorie-burning ability by increasing your metabolism. As a result, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning, you can burn more fat and calories when compared with aerobic exercise alone.

The BOSU® Ballast™ Ball workout can enhance your Total Fitness Program by integrating balance training into aerobic and strength exercises, as well as stretching. You should also make healthy, low-fat eating a big priority.

CONSULT WITH YOUR PHYSICIAN about an eating plan that's right for you. Healthy eating habits and exercise will help you reach your goal. We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

WORKOUT CHART

DATE												

Ab Curl

Incline Side-to-Side Roll

Squat to Supine

Infinity Circles

Bridge

Superman

Opposite Arm/Leg Raise

Supine Ball Lift

Supine Hip Lift

Alternating Forward Lunges with Ball Lift

Lateral Ball Push

Rolling Lat Pull & Triceps Press

Triceps Press-up

Squat from Seated

Squat with Torso Rotation

Around the World Ball Circles with Lunges

REPETITIONS

**WORKOUT
CHART**

											DATE
											<i>Ab Curl</i>
											<i>Incline Side-to-Side Roll</i>
											<i>Squat to Supine</i>
											<i>Infinity Circles</i>
											<i>Bridge</i>
											<i>Superman</i>
											<i>Opposite Arm/Leg Raise</i>
											REPETITIONS
											<i>Supine Ball Lift</i>
											<i>Supine Hip Lift</i>
											<i>Alternating Forward Lunges with Ball Lift</i>
											<i>Lateral Ball Push</i>
											<i>Rolling Lat Pull & Triceps Press</i>
											<i>Triceps Press-up</i>
											<i>Squat from Seated</i>
											<i>Squat with Torso Rotation</i>
											<i>Around the World Ball Circles with Lunges</i>



Dedication to Quality

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

Save your sales receipt.
(You may wish to staple it
into this manual.)