



The Oxygenfit™ Product Manual

Body Ball

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REAL RESULTS FOR REAL WOMEN



Oxygenfit™ Body Ball

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We wish to thank you for your purchase of your Oxygenfit™ Body Ball. Our Body Balls provide an excellent means to increase your core stability, muscular strength and endurance, coordination, balance, flexibility and posture. And just as important, exercising with a Body Ball is fun, exciting and challenging! Due to the Body Balls' unique exercise platform, your entire body will be challenged to stabilize, balance, control and react to changes in weight distribution, movement patterns and exercise options. The Oxygenfit™ Body Ball provides you a full-body workout!

To challenge the musculoskeletal and nervous systems even further, add the use of other Oxygenfit™ products while on the Body Ball. For more information about Oxygenfit™ products, please visit: www.oxygenfit.com.

Oxygenfit™ Body Ball

Failure to read and follow the safety instructions stated in the Oxygenfit™ Body Ball Manual, Poster* and in the DVD may result in possible serious injury or death. Children must be supervised by an adult familiar with the proper use of this product and all accessories. (*Bonus Poster on line download at: www.oxygenfit.com/myworkoutmanual - your personal password is: [getoxygenfit12007](http://www.oxygenfit.com/myworkoutmanual))

The following guidelines should be observed when using this product:

- Read all instructions carefully before using.
- Always consult your physician before participating in any physical activity
- Inspect the Oxygenfit™ Body Ball for leaks, blisters and other damage prior to each use.
DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY!
- Do not use the Oxygenfit™ Body Ball for purposes other than as directed.
- Neither manufacturer nor distributor assumes any liability for accidents or damages that may occur with the use of this product.
- Manufacturer makes and/or issues no warranties with regards to this product, expressed or implied, and expressly disclaims all implied warranties, including but not limited to, the implied warranties of merchantability or fitness for a particular purpose.

Oxygenfit™ Body-Ball

Safe Use the Oxygenfit™ Body Ball

- Read all instructions carefully before using.
- Avoid using the Oxygenfit™ Body Ball on uneven surfaces and/or near sharp objects.
- Always consult your physician before participating in any physical activity.
 - Obtain clearance from your physician if you are NEW to exercising.
 - Maintain caution and physician's recommendations if you have pre-existing conditions and/or injuries, especially balance impairments, weakness and/or poor coordination.
 - Pregnant women MUST receive clearance from their physician before using the Oxygenfit™ Body Ball. Women with complicated pregnancies should refrain from use of the Oxygenfit™ Body Ball.
- Perform a proper warm-up of muscles, tendons, ligaments and joints prior to using the Oxygenfit™ Body Ball
- Do not over exert yourself when using the Oxygenfit™ Body Ball.
 - Progress at a safe and gradual rate through the exercises to ensure acclimatization to the product.
- Follow the exercise techniques recommended in the Oxygenfit™ Body Ball Poster* and on the DVD to ensure proper body mechanics, alignment and safety with use of the product.
- Stop exercising immediately and consult your physician if you experience pain or tightness in your chest, difficulty breathing, irregular heartbeat, or if you feel faint, nauseous or dizzy.

Oxygenfit™ Body-Ball

Recommendations for choosing the proper sized Body Ball

- When sitting on a firm, properly inflated Body Ball, allow the hips and knees to relax at a 90-degree angle, while your back remains in a neutral position.
- The following suggestions are general guidelines for proper fit. There may be individual differences due to variations in leg and trunk lengths:

| Body Ball size | User's height (inches) | Inflation Diameter* |
|----------------|------------------------|---------------------|
| 55 cm | 5'-5'7" | 21 inches |
| 65 cm | 5'8"-6'1" | 25 inches |

* Approximate inflation diameter measurements.

Inflation Guidelines

- Always consult your physician before participating in any physical activity.
- Inflate the ball with a hand/foot pump or air compressor.
 - DO NOT OVER-INFLATE the Body Ball, as this may cause the ball to burst.
- When inflated to the correct diameter, insert the stem into the hole of the ball.
- To prevent air leakage, make sure that the head of the stem is flush with the exterior of the ball.
- It is normal for the ball to have "folds" or "creases" when initially inflated.
- Warning – Do Not Inflate your Ball if the temperature is below 68°F/18°C or Above 90°/32C

Oxygenfit™ Body-Ball

Cleaning and Maintenance

- Clean the Oxygenfit™ Body Ball with water and/or mild soap. Clean regularly to maintain sanitation and comfort when using the product.
- Avoid using harsh chemical cleansers, which may damage the surface of the Body Ball.

How to Use

- Choose the proper sized Body Ball and inflate to appropriate diameter and desired firmness.
- Use an exercise mat to increase traction for feet or hands while exercising with the Body Ball.
- When sitting on the Body Ball, begin with feet approximately shoulder width apart for increased stability and balance. As your balance and stability increase, narrow the stance.
- Perform all of your exercises in a slow and controlled manner to properly execute desired movements and to maintain proper body alignment and muscle activation.
- Avoid the use of ballistic, dramatic movements when using the Body Ball.
- Follow the exercise progressions recommended in the Oxygenfit™ Body Ball Poster and in the DVD to reduce the risk of injury and to gain optimal training benefits.

sitting balance



set-up: Sit on ball with your feet shoulder width apart. Take a few minutes to get comfortable with the Body-Ball and to find neutral position. This means sitting tall with your abdominals lifted, shoulder blades pressed down and your pelvis is neither tilting forward or backward (see figure 1a).

movement: Extend your arms to the side and lift one foot a few inches off of the floor (see figure 1b). Hold for a few deep breaths and then repeat on the other side.

considerations: If you are just beginning, keep your feet wide. As you get more proficient on the ball, move your feet to a narrow stance. Avoid rounding your spine or slouching while sitting on the ball.



set-up: Walk your feet forward until only your head, neck and shoulders are on the Body-Ball. Squeeze your buttocks and press your hips toward the ceiling until they are level with your knees and shoulders. Place your arms at your sides (see figure 2a).

movement: Exhale and slowly extend one arm over head (see figure 2b). Return to starting position and repeat with other arm. Complete 12 reps.

considerations: Maintain neutral spine through the entire range of motion. Never allow your back to arch or let your hips sink toward the floor.

bridge with alternating arm

bridges with trunk rotation



set-up: Walk your feet forward until only your head, neck and shoulders are on the Body-Ball. Squeeze your buttocks and press your hips toward the ceiling until they are level with your knees and shoulders, reach your arms in front of you (see figure 3a).

movement: Exhale and rotate your spine to one side, keeping your arms straight and chest level (see figure 3b). Return to starting position and repeat in other direction. Complete 8 sets.

considerations: Maintain neutral spine through the entire range of motion. Never allow your back to arch or let your hips sink toward the floor. To make this move more challenging, try performing this exercise with an Oxygenfit Toning Ball or Sculpting Ball in your hands.



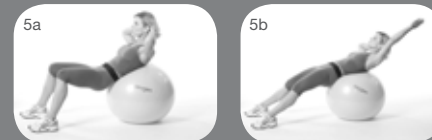
set-up: Lie with the Body-Ball under your lower back, feet shoulder width apart. Place your hands behind your head so that your thumbs are behind your ears and your head rests on your fingertips (see figure 4a).

movement: Exhale as you contract and pull in your abdominals, lifting your head, neck and shoulders (see figure 4b). Inhale as you lower back to starting position. Complete 2 sets of 12 reps.

considerations: Keep your elbows wide and neck and shoulders relaxed. Keep enough space between your chin and chest to fit an orange. Keep your feet flat on the floor and your knees bent at a 90 degree angle.

crunches

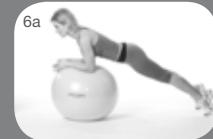
crunches with arm extension



set-up: Lie with the Body-Ball under your lower back, feet shoulder width apart. Place your hands behind your head so that your thumbs are behind your ears and your head rests on your fingertips, contract your abdominals and hold the crunch (see figure 5a).

movement: Exhale as you lengthen your abdominals, extend your right arm overhead and extend both legs (see figure 5b). Return to starting position and repeat and extend your left arm overhead. Complete 2 sets of 8 reps.

considerations: You should feel the contraction in your abdominals, not pain in your lower back. Never arch your back.



set-up: Place your forearms on the Body-Ball with your elbows directly under your shoulders and your feet on the floor (see figure 6a).

movement: Place your forearms on the Body-Ball with your elbows directly under your shoulders and your feet on the floor (see figure 6a).

considerations: Continue to breathe. Keep shoulder blades pressed down and abdominals pulled in. Keep your hips in line with your shoulders and knees.

plank on forearms

trunk extension with alternating arm reach



set-up: Place your hips and your hands on the Body-Ball and lift your chest (see figure 7a).

movement: Exhale as you extend one arm forward with your palm up (see figure 7b).

considerations: Keep your abs tight and your shoulder blades down.



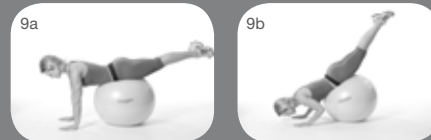
set-up: Drape your body over the Body-Ball with your hands on the floor and your knees bent (see figure 8a).

movement: Hold this position for 30 seconds and then release.

considerations: Relax and allow gravity to gently pull your shoulders and knees toward the floor.

drape stretch

reverse back extension



set-up: Place the Body-Ball under your hips, your hands on the floor under your shoulders, and extend your legs so that your feet lift off the floor (see figure 9a).

movement: Squeeze your buttocks as you slowly bend your elbows and lift your feet toward the ceiling (see figure 9b). Slowly lift back to starting position. Complete 8 reps.

considerations: Maintain neutral spine and control the movement in both directions.



set-up: Begin with your body over the Body-Ball and hands on the floor. Walk your hands forward until your thighs are resting on the ball (see figure 10a).

movement: Roll the ball forward as you bring your knees toward your chest (see figure 10b). Roll the ball back to starting position. Complete 12 reps.

considerations: Don't arch your back; always keep your abs pulled in. If you want to make the move more challenging, place the ball under your shins.

tucks

back and shoulder stretch



set-up: Kneel behind the Body-Ball with your arms extended in front of you and your hands on the ball (see figure 11a).

movement: Roll the ball to the right and hold for 30 seconds (see figure 11b). Roll the ball to the left and hold for 30 seconds.

considerations: Remember to keep your hips anchored and your shoulders squared to the floor.



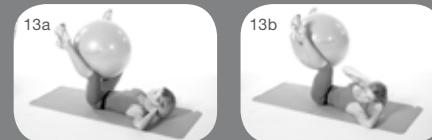
set-up: Begin lying on the floor with your feet on the Body-Ball, knees bent at a 90 degree angle and directly over your hips (see figure 12a).

movement: Exhale and press your feet into the ball as you squeeze your buttocks and lift your hips as high as you can without arching your back (see figure 12b).

considerations: Always keep your shoulder blades on the floor and your shoulders and neck relaxed. Exhale as you lift.

bridges with feet on ball

lying oblique twist with scissor



set-up: Lie on the floor with the Body-Ball between your shins and your legs above your hips. Place your hands behind your head (see figure 13a).

movement: Exhale as you lift your shoulder toward your opposite knee and at the same time rotate the ball with your hips (see figure 13b).

considerations: Keep your shoulders and neck relaxed. To make the move more challenging, lower the legs slightly.

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