

KNEE EXTENSION

Muscles Utilized: Abdominals, Quadriceps



1 START

Start by sitting on the center of the ball with abdominal muscles contracted, spine extended and arms resting lightly at your sides. Place each foot into each of the tubing handles.



2 END

Lift the right knee up and slowly extend out. Slowly bend the leg and lower back down. Now, lift the left knee up and slowly extend leg. Slowly bend the leg and lower the foot back down. Repeat 10 to 15 times then switch sides.

LEG ABDUCTION

Muscles Utilized: Outer Thigh and Hip Muscles



1 START

Place left side on ball, tubing handle on right foot. Bring left arm onto outside of the ball with hand on the floor and right hand on the ball. Straighten both legs out, gently press legs together.



2 END

Inhale, lift right leg. Pause, exhale, slowly lower. Do the same number on the other side. Bending the knees, carefully take the foot out of the tubing handle. Repeat 10 to 15 times then switch sides.



Inflatable Ball For Pilates with Base and Resistance Tubing

Fitness Guide

PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT

Before using check for wear or cuts on the tubing. If you find any, do not use the product. You can send it back to our Customer Service Department and we will send you a replacement tubing: *Sports & Leisure Customer Service, 4 Executive Plaza, Yonkers, NY 10701*

- Always wear sneakers or some type of shoe with a non-slip sole surface.
- Exercises should be done in a slow and orderly manner.
- Always consult a physician before performing any physical activity. Drink plenty of fluids before, during and after exercising.

INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence. Begin exercise with product. Perform 1–2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30–60 seconds between sets.
- If unable to perform 10 to 15 repetitions, start with less repetitions and slowly work your way up to desired goal. If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions to your sets or select a product that provides a greater amount of resistance.

Canada: ACI/StarCase Canada, Inc., 2616 Sheridan Garden, Oakville, Ontario L6J 7Z2
United Kingdom: StarCase (UK) Ltd., Berkeley Business Park, Wainwright Road, Worcester, WR4 9FA UK
United States: Sports & Leisure Technology Corp., 4 Executive Plaza, Yonkers, NY 10701

