



Kit includes:

Ball/Pump

- Tone, trim and tighten abdominal, lower back and leg muscles.
- Inflatable ball with inflator tube and plug.
- Two-way action pump provides quicker inflation.

2 Exercise Weights

- 4lb pair, 2lb each.
- Heavy-duty pliable weights help you increase your muscle tone and strength.
- Easy to grasp, weights fit in the palm of your hands for versatility and maneuverability.

2 Stretch Bands

- Increase flexibility, circulation and strength.
- Move deeper into stretches.
- Heavy-duty bands for full body toning.

Training DVD

- Full exercise program, including the use of the ball, exercise weights and stretch bands.



! The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.