

Xercise Ball™ Inflation Instructions

1. Remove ball from package. Check the ball for any damage that may have occurred during shipment. It is normal for the balls to have slight creases (fold marks) when first inflated. Make sure the ball is at room temperature before proceeding.
2. Enclosed you will find a plug and a plastic bike pump adapter. If you are using a bike pump, screw the bike pump connection on to the threaded end of the pump adapter prior to inflating. Some packages contain a hand-held pump which you can also use to inflate the ball. Air compressors can also be used. Simply hold the end of the compressor hose directly over the hole of the ball; no special attachments are needed.
3. The balls are inflated to size not pressure. To begin the inflation process, mark on a door or wall the recommended height of the inflated ball. **45cm: inflate to 16.5 in, 55cm: inflate to 21 in, 65cm: inflate to 25 in, 75cm: inflate to 29 in, and 85cm: inflate to 32.5 in.** Be sure to not over inflate the ball. Over inflation of the ball may compromise its integrity and performance.
4. It is recommended that you first inflate the ball to 50–70% capacity, let the ball sit for 2–4 hours, then complete the inflation process. As you inflate the ball, keep checking it against height mark to ensure inflation to the proper size. When the inflation process is completed, insert the plug. The plug should be flush with the surface of the ball to avoid air leakage.

SPRI Products, Inc. is committed to quality. SPRI® Xercise Balls™ come with a manufacturer's ninety (90) day warranty from the date of purchase.

Xercise Ball™ Care Instructions

1. Before each use, check the exercise area and your clothing for sharp objects that may puncture or damage the ball. Check the ball for gouges, holes or deep scratches.
2. Do not use the ball on abrasive surfaces.
3. Avoid exposing the ball to excessive sunlight or heat.
4. Do not allow the ball to come in contact with newspaper, photocopies, or other materials printed with black ink. The ink will permanently mark the ball.
5. The ball can be cleaned with a soft cloth and warm, soapy water. Do not use harsh, abrasive chemical cleaners that may scratch the ball.

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Exercise Instructions

- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
 - Rest approximately 30–60 seconds between each exercise set.
 - Perform every exercise through a full range of motion.
 - Perform an equal number of exercise repetitions on each side of body to avoid the development of muscle imbalances. (Applies only to select Xercise Ball™ exercises.)
 - If unable to complete (8) exercise repetitions through a full range of motion, increase rest time between exercise sets.
- OR-**
- If unable to achieve moderate to maximal muscular fatigue following the completion of (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets.
 - Perform each exercise a maximum of 2–3 times per week.
 - Allow 24–48 hours of complete rest between each Xercise Ball™ exercise session.

Call our toll-free number or visit our website for more information on SPRI® products or to receive your SPRI® catalog.

SPRI Products, Inc.
1600 Northwind Blvd.
Libertyville, IL 60048
800-222-7774

www.spriproducts.com

SPRI®

XERCISE BALL™

INSTRUCTION SHEET

IMPORTANT!

Please read the instructions below prior to using the Xercise Ball™!

- Before beginning each exercise session, check for wear on the ball.
- Avoid exposing the ball to rough or abrasive surfaces.
- Always perform general warm-up activities prior to performing Xercise Ball™ exercises.
- Perform only the exercises as shown in this sheet, or other SPRI® produced informational resources.
- Perform exercises in a slow and controlled manner.
- Avoid straining or holding breath while performing exercises.
- Always maintain proper body alignment while performing each exercise.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

Trunk Stretch

Start: Lie with your back and head supported on the ball. Bend both legs and position feet flat on floor, shoulder-width apart. Lower hips downward and lean against ball in a slightly inclined position.

Finish: Roll ball slightly backward while straightening legs and extending arms out to sides until a gentle stretch is felt along the spine and front of stomach. Hold 2–3 seconds and slowly return to start position.



Trunk & Chest Stretch

Start: Lie with your stomach on the ball. Bend arms, straighten legs, and position feet on the floor. Position elbows shoulder-width apart, feet hip-width apart.

Finish: Roll ball slightly to side while reaching one arm up and rotating head, trunk, and hips backward until a gentle stretch is felt along front of chest, shoulder, and trunk. Keep forearm of opposite hand on floor and pivot onto sides of feet. Hold 2–3 seconds and slowly return to start position.



with elbows in front of shoulders and hips directly above knees. Hold 2–3 seconds and return to start position.

Back & Shoulder Pull

Start: Kneel on the floor with knees hip width apart. Position ball in front of body, place hands on top of ball with palms facing inward. Lean body forward while bending at the hips.

Finish: Roll the ball forward and straighten arms on top of ball until upper body is almost parallel with the floor. Keep abdominal muscles tight,



lift upper body upward while pulling the ribs down toward the hips. Keep abdominal muscles tight and head aligned with upper body. Hold 2–3 seconds and slowly return to start position.

Trunk Side Bend

Start: Lie on your side on the ball with arms bent, fists of hands along side of head for support. Straighten both legs, position top leg in front of body and bottom leg behind body with feet on the floor and toes facing forward. Bend sideways at the waist and lower upper body and head toward the floor.

Finish: Push bottom hip into ball and slowly lift upper body upward while pulling the ribs down toward the hips. Keep abdominal muscles tight and head aligned with upper body. Hold 2–3 seconds and slowly return to start position.



***Modification:** Keep hips and shoulders parallel with the floor to increase resistance challenge.

Trunk Curl

Start: Lie with your low back on the ball. *Keep hips lower than shoulders. Bend legs, position feet flat on the floor slightly wider than hip-width apart. Place hands together on upper chest, directly below chin.

Finish: While keeping the ball stationary, tighten abdominal muscles, raise shoulders and chest upward, while pulling ribs down toward hips. Hold 2–3 seconds and slowly return to start position.



Trunk Extension

Start: Lie with your stomach and hips on ball, bend legs, and position knees and feet on the floor, hip-width apart. Place hands on the ball along sides of body. Position head at shoulder level.

Finish: Lift and raise head and shoulders until they are above the level of the hips. Pull shoulder blades down toward hips. Hold 2–3 seconds and slowly return to start position.



Finish: While keeping the ball stationary, press hips upward until hips and shoulders are parallel with the floor. Hold 2–3 seconds and slowly return to start position.

Hip Extension

Start: Lie with your neck and upper back on the ball. Keep chin up and head supported. Bend both legs, position feet hip-width apart and lower hips toward the floor. Keep knees directly above ankles. Cross arms on chest.



lifting hips upward until knees, hips, and shoulders are aligned. Keep the upper back and shoulders on the floor. Hold 2–3 seconds and slowly return to start position.

Hip Extension

Start: Lie on your back on the floor. Bend legs and position heels and lower legs on the ball with feet hip-width apart. Straighten arms and position hands on the floor with palms facing down.

Finish: Keep the ball stationary while

