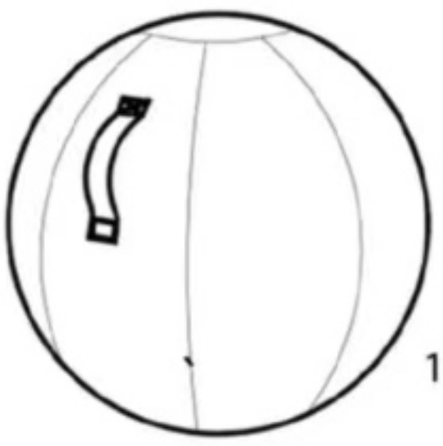


Yoga Ball

Ergonomic,
core strenghtening
antiburst yoga ball
with cover made from
100% polyester.

Using yoga ball instead of your office chair will increase your strength and improve your posture.
It will activate all your postural muscles; abdomen, pelvis and back.
Straight sitting will also improve your lung capacity.
Another benefit of sitting on the yoga ball is increased calorie burn

Assembly instructions

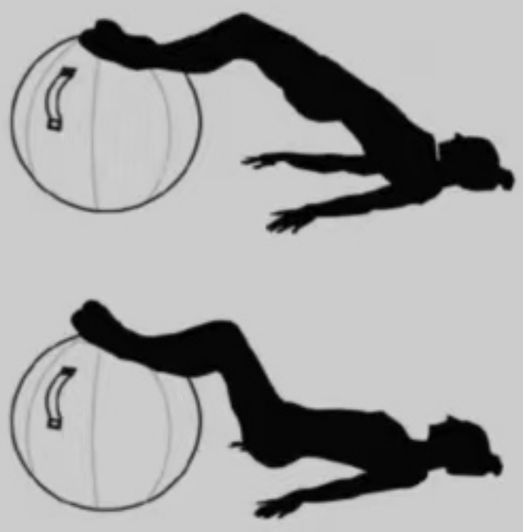
1. Insert the rubber ball into the cover orientating it so that the inflating hole shows through the center of the zipper opening.
2. Remove air plug with the provided plastic fork (do not use knife or any sharp tool instead).
3. Insert air pump tube into the pumping hole and inflate while holding it to remain in the zipper opening center through the pumping process.
4. Inflate to the point that the ball is firm, yet, soft enough to be able to close the zipper.
5. Remove the air pump tube and swiftly insert the air plug into the hole and push all the way down.
6. Close the zipper and secure the zipper rider into the little pocket at the end of it.

Care instructions
Cover is mashine washable. Do not tumble dry.

Children
Be mindfull of sharp corners if you let your child play with the ball.

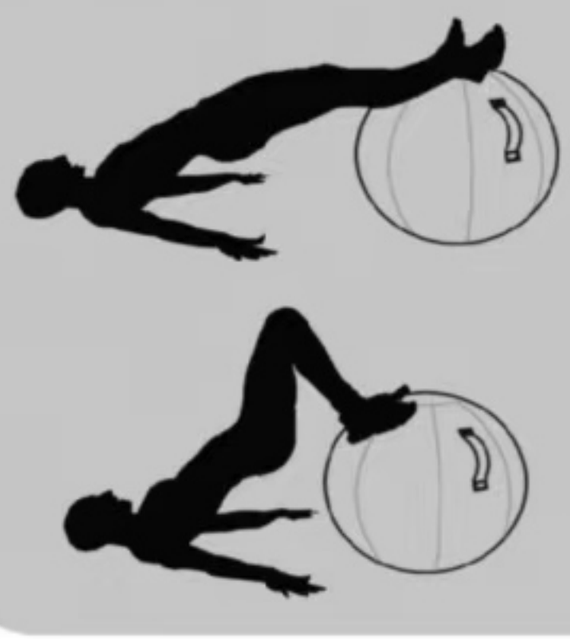
Advise
Consult your physician before starting any exercise.

YOGA BALL EXERCISES



Lay on the ground with your legs on the ball. Lift your hips from the ground and roll the ball with your feet in and up.

Repeat 10x3



Lay on the ground and place your legs on the ball. Position your legs into frog pose. Lift your hips while flexing your gluteus and booty muscles. Go down but do not let your booty touch the ground.

Repeat 10x3

Place the ball behind you on the lower part of your back while the ball is touching the wall. Lean into the ball and come down into the squat. Squeeze your gluteus and come up.

Repeat 10x3

Lay on the ground and place the ball in your hands holding them above your head. While holding the ball flex your abs and lift your legs . Transfer the ball from your hands in between your legs. Lower your legs together with the ball close as possible to the floor but still not touching it. Lift them while transfer the ball back into your hands.

Repeat 10x3