

virtu^{fit}

Balance Trainer Pro with Fitness Elastics

User manual



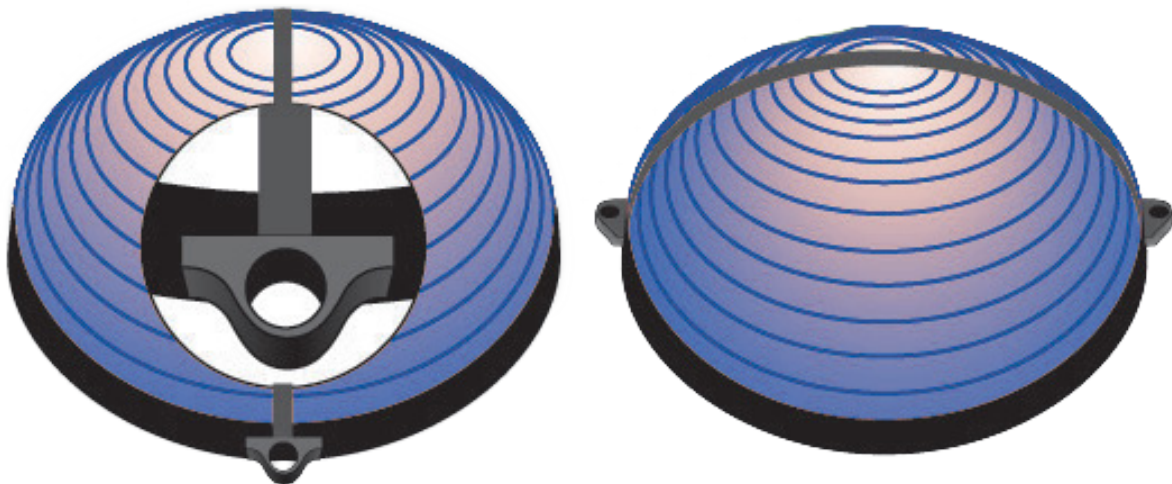
HOW TO INFLATE BALANCE BALL

NOTE: Do not excessively inflate the Balance Ball as this may distort the shape of the ball and cause the bottom side to balloon. This negatively influences the stability and function of the Balance Ball and could cause damage to the Balance Ball.

ATTACHING RESISTANCE TUBES

1. To avoid injuries, ensure that exercise tube is securely inserted
2. Quarter turn to left into fixation..

NOTE: DO NOT store in direct sunlight or near heat sources.



WARM UP - loosening and warming of muscles

Starting position: Standing

1. Step on Balance Trainer Pro.
2. Stabilize.
3. Slowly start marching.



BALANCING - *balance, co-ordination leg muscles*

Starting position: Standing

1. Find a stable position on top of the Balance Trainer Pro.
2. Slowly shift weight from toes to heels and back.
3. Repeat.

NOTE: *Keep torso stable and upright.*



LEG LIFT WHILE STANDING - *balance, co-ordination leg muscles*

Especially thighs and buttocks.

Starting position: Standing

1. Find a stable position on top of the Balance Trainer Pro.
2. Shift weight to one leg, raise arms (shoulder height) to the outside for support.
3. Spread and extend other leg to the outside and lower again.
4. Change legs and repeat.

NOTE: *Keep torso stable and upright.*



SQUATS - *leg muscles especially front and thighs*

Starting position: Squatting

1. Centre on Balance Trainer Pro, keep weight on heels.
2. Slowly lower buttocks and at the same time move arms (at shoulder height) to the front.
3. Keep low position for a short time, raise and retract arms.
4. Repeat.

NOTE: *Knees may not extend beyond toes. Keep back straight.*



UPPER BACK - *back muscles*

Starting position: Prone

1. Knees are slightly bent and rest on the floor.
2. When exhaling slightly raise upper body (straight back, hands loosely at the back of the head, elbows point up) and simultaneously turn sideways.
3. Keep this position briefly, inhale, lower upper body.
4. Change sides and repeat.



LEG LIFT LYING - *leg muscles, especially thigh and buttocks*

Starting position: Lateral

1. Lower arm rests on floor at a right angle.
2. Rest other arm on Balance Trainer Pro.
3. Legs, outstretched and parallel, toes are pulled up.
4. Slowly raise upper leg 20-30cm, lower again.
5. Change sides and repeat exercise.

NOTE: *Legs and upper body are in alignment when starting. Keep back straight. Pelvis may not tilt forward to backward.*



PUSH UP - *arm muscles, especially upper arm*

Starting position: Kneeling

1. Place the half dome side of the Balance Trainer Pro on the floor.
2. Start by kneeling in front of the Balance Trainer Pro. Hold onto the base edge. Wrists must be in line with shoulders and elbows outstretched.
3. With your weight resting on your toes stretch your legs.
4. Slowly bend arms and lower the upper body. Hold briefly.
5. Stretch arms and raise upper body. Hold briefly.
6. Repeat exercise.



NOTE: *Legs and upper body are in alignment when starting. Keep back straight and Balance Ball Pro centred and stable.*

BODY TENSION - *core muscles, especially abdomen and back*

Starting position: Prone

1. Stretch knees, toes touch the floor, propped up lower arms and elbows.
2. Pull belly button towards lumbar spine, tens abdomen: at the same time stretch arms forward and raise legs.
3. Hold position for 10 - 20 sec.



Variation: *Lift arms and legs separately and exercise alternately.*

NOTE: *Look at the floor, nose down. Avoid a hollow back.*