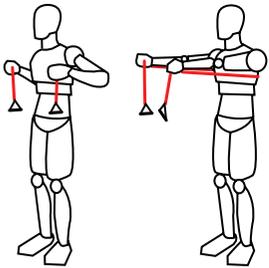


ExerBall™ - Resistance Tubing Exercises

GENERAL INSTRUCTIONS:

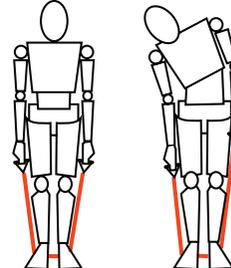
1. Toss the ball to determine the exercise and the number of repetitions.
 2. Select the appropriate level of resistance in the stretch tubing.
 3. Do the stretch tubing exercise and the indicated number of repetitions.
- If unable to complete all the repetitions, drop down to all resistance level and try again.

Chest Press



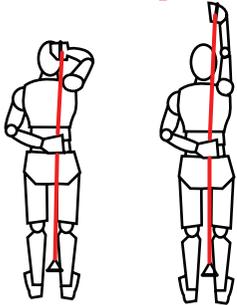
1. Wrap the tube around back, just below your underarms.
 2. Grasp tubing (not the handles) directly with both hands and push away from the chest until arms are fully extended.
 3. Return to original position.
 4. Repeat.
- * Resistance can also be varied by adjusting tube length.

Side Bend



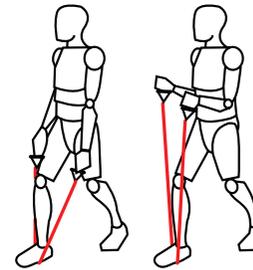
1. Grasp one handle in each hand and hold at sides.
2. With feet a few inches apart, step on tube with both feet.
3. Slowly lean body to one side, return to center position, then lean to the other side.
4. Repeat.

Tricep



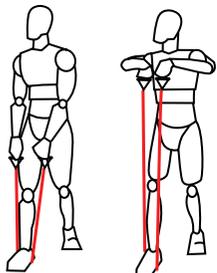
1. Grasp a handle behind your head with one hand.
2. With the opposite hand, reach behind your back and grab the tubing at about waist level.
3. Extend the arm with the handle upward to full extension.
4. Repeat all repetitions with one arm.
5. Switch arms and repeat all repetitions.

Curl



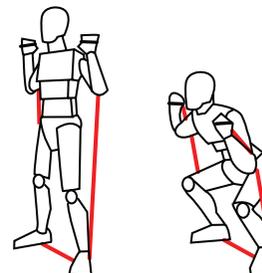
1. Grasp one handle in each hand and hold at sides with palms facing upward.
2. Extend one leg forward and step on center of tube.
3. Lift arms upward to about chest height.
4. Slowly lower arms back to original position.
5. Repeat.

Standing Row



1. Grasp one handle in each hand.
2. Extend one foot forward and place on top of the middle of the tubing.
3. With palms facing down, raise the arms to chest height.
4. Return to starting position.
5. Repeat.

Squat



1. Grasp one handle in each hand. With legs shoulder width apart, step on tubing with both feet.
2. Raise both arms to shoulders with tubing behind the arms and with palms up. This is the start position.
3. Squat down to a sitting position with thighs parallel to the ground. Return to starting position.
4. Repeat.