

# Xercise Ball™ Inflation Instructions

1. Remove ball, adaptor and plug 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. **WARNING:** Do not inflate when the temperature is lower than 64°F and greater than 90°F.
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 17 in.**  
**55cm: inflate to 21 in.**  
**65cm: inflate to 25 in.**  
**75cm: inflate to 29 in.**  
  
**Be sure to not over inflate the ball.** Over inflation of the ball may compromise its integrity and performance.
4. Do not fully inflate your ball immediately. First inflate the ball to 4 inches less than its specified height, insert the plug and leave for 24 hours prior to completing the inflation process. Check ball regularly while inflating to ensure proper height mark inflation size is achieved. When the inflation process is completed, insert the plug. The plug should be flush with the surface of the ball to avoid air leakage.

**WARNING:** With frequent and repeated use the Xercise ball can wear, and could need replacement over time. Follow ball care instructions and inspect ball for any surface damage before each use. Replace Xercise ball if any undue wear, tear, or damage is noted. Your ball is not guaranteed against scratches, cuts and/or punctures.

SPRI Products is committed to quality. SPRI® Xercise Balls™ come with SPRI'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, such as heaters, lamps, fireplaces, etc.
4. Do not allow the ball to come in contact with newspaper, photocopies, or other ink printed materials, as 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.
6. DO NOT patch or repair punctured balls.
7. Exhibit caution if using the ball in temperatures above 89°F and below 64°F as the ball may react differently.
9. **NOTE: Proper ball care and maintenance is essential to ensure product integrity, performance and longevity.**

## Xercise Ball Size Chart

Proper ball size is determined by the user's height. When seated on the ball, your hips and knees should be close to parallel with the floor. The following is SPRI's suggested size chart to determine which ball size is recommended for your height.

- 45cm** - 5' and under
- 55cm** - 5' – 5'7"
- 65cm** - 5'8" – 6'3"
- 75cm** - Over 6'3"

# Exercise Instructions

- Always maintain proper body alignment while performing each exercise.
- 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.

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**Disclaimer:** SPRI (A Gaia Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

**SPRI®** The leading manufacturer and distributor of health, fitness and wellness exercise products

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# Xercise Ball™ Safety Instructions

**DO NOT use your ball until you have read and understood this instruction/information in full. Keep this instruction sheet for future use.**

- User assumes the risk when using this product. Manufacturer/distributor shall not be held liable for any injury or damage that may occur while using ball.
- Before beginning each exercise session, check for wear or damage to ball.
- Avoid exposing the ball to rough or abrasive surfaces.
- Use the ball in an open space, away from objects that can cause injury or puncture ball.
- Always perform general warm-up activities prior to performing Xercise Ball™ exercises.
- Perform only the exercises as shown in this instruction sheet, or other SPRI® produced informational resources.
- Perform exercises in a slow and controlled manner.
- This product is not a toy. Professional or adult supervision recommended.
- Avoid straining or holding breath while performing exercises.
- Consult your physician before beginning any type of exercise program.
- Discontinue any exercise that is uncomfortable or causes discomfort and immediately consult with your health care professional.

**LOADING:** Your fitness ball has been tested to specific weight standards.

Professional Xercise Ball – 300lbs.\*  
Professional Plus Xercise Ball – 350lbs.\*  
Elite Xercise Ball – 500lbs.\*

*\* weights determined based on proper inflation of product.*



Finish position

### 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.



Finish 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.



### 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.

**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.



### 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.



### 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, with elbows in front of shoulders and hips directly above knees. Hold 2–3 seconds and 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.



### 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.

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



### 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 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.