



Exercise Balls Kit Quick Guide

SP0331

Thank you for your purchase of ODOLAND exercise ball kit. Please refer to this quick guide before you use it. This kit is especially designed for body building, and it also aims at providing people an easier way to keep fit and keep healthy.

Parameter

MODEL	DIAMETER	THINCKNESS	WEIGHT CAPACITY
Exercise Ball	25.6"/65cm	2mm	2200LBS/1T

MODEL	LENGTH	THINCKNESS	ESTIMATED LBS
Yellow	78.7"/200cm	0.02"/0.45mm	15 LBS
Red	78.7"/200cm	0.03"/0.55mm	25 LBS

Note: When using this production in exercise, the exercise bands will be stretched 2 times longer or more, but do not over stretch it.

3 Ways of Workout

1. Ball Only
2. Ball + Bands
3. Ball + Bands + Handles

Get Started with the Parts

1 The Handles

Before using handles, please make sure exercise band is secure for safety. Once safety secured, tie the exercise bands to the handles showed as pictures.



2 The Door Anchor

A. Open door.

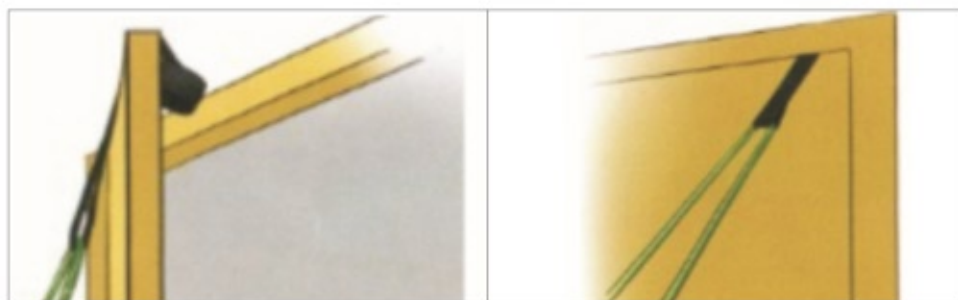
B. Insert the thick end of anchor through door on hinge side.

C. Close and lock the door, leaving the thin open ended side of anchor hanging through the door at desired height.

D. Pull on anchor to ensure that it is secure for safety.

E. Slide the handle through the anchor opening.

Note: Please make sure your door is steady enough.



Part 1: Core Workout

1 Forward Roll- Out

- A.** Kneel in front of the ball, place your forearms on ball, hands in loose fists. Back straight and abs contracted.
- B.** Slowly roll the ball away from you by straightening your arms. Extend as far as you can without allowing your hips to drop and hold the breath.
- C.** Stoop and keep abs curled. Use your abdominal strength to roll the ball back to starting position.
- D.** Do 1 group, each group for 2 reps.



2 Ball Booty Plank

- A. Stress your shank on the ball with feet aligned and bend your knees a little.
- B. Contract your abs and hip. Now your shoulder, hip and feet are at one line. Support with your upper back instead of neck, feeling the back and hip forcing.
- C. Do 3 groups, each group for 30 seconds.



3 Leg Lowers

- A. Place the ball between your knees and keep waist on ground.
- B. Contract your lower abs. Exhale and lift feet and butt away from the ground.
- C. Inhale and return to starting position.
- D. Do 1 group, each group for 15 reps.



4 Scissor Crunch

- A. Hold the ball tight in hands. Keep waist on ground, knees bend at 45 degrees.
- B. Exhale, keep lower body remains. Reach the ball to your knees and move it to one side of your thigh, keeping upper waist away from ground. Inhale and return to starting position.
- C. Exhale, keep lower body remains. Reach the ball to your knees and move it to another side of your thigh, keeping upper waist away from ground. Inhale and return to starting position.
- D. Do 1 group, each group for 20 reps.



5 Oblique Twists

- A. Place the ball under your back, step feet apart on the ground with waist contracting.
- B. Raise arms upwards and keep arms close. Twist to the left and then to the right, using your abs strength at sides.
- C. Do 1 group for 24 reps.



6 Bottoms up on the Ball

- A. Place the ball under your pelvis, support with hands, palms touching the ground. Keep feet apart, feeling your feet contracting.
- B. Exhale and raise your feet upwards at 45 degrees to ground. Inhale and return to starting position.
- C. Do 2 groups, each group for 15 times.



7 Tummy Tucks

- A.** Place the ball under your thigh, support with your hands, palms touching the ground. Back straight and abs contract.
- B.** Exhale and roll the ball to you by contracting abs. Knees are on the ball with butt lifting upwards. Inhale and return to starting position.
- C.** Do 1 group for 15 reps.



8 Plank

- A. Arms support on the ball. Head, shoulders, back, hip and feet are at one line.
- B. Breath freely, feeling abs contracting.
- C. Do 1 group for 20 seconds.



9 Abs Extension

- A. Place the ball under your waist. Stand feet apart and step on ground, keep abs relaxed and fingertips touching the ground.
- B. You can feel your abs contracting.
- C. Do 1 group for 40 seconds.



Part 2: Abdominal Workout

1 Back Extension

- A. Lay facing down with your abs on the ball. Back and feet straight, keep feet close with your toes touching the ground.
- B. Extend your hand forward and keep straight, with thumbs pointing upwards. Lift your torso up until your body forms a straight line.
- C. Do 1 group for 20 seconds.



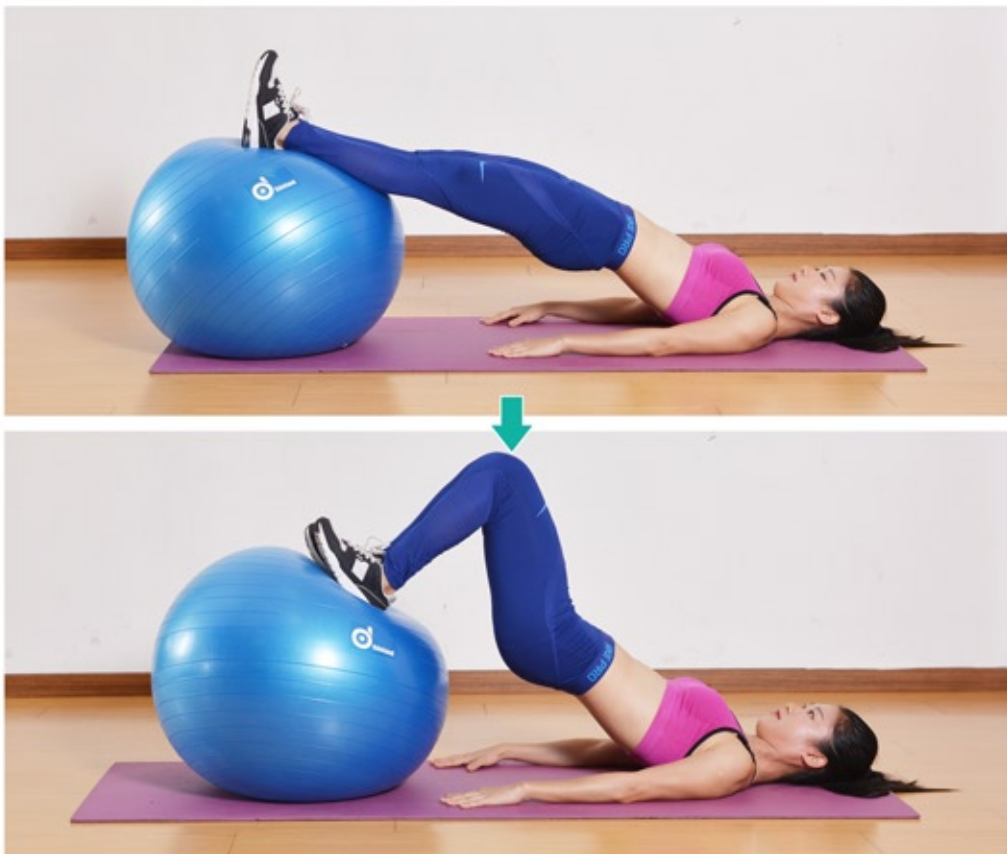
2 Plank

- A. Arms support on the ball. Head, shoulders, back, hip and feet are at one line.
- B. Breath freely, feeling abs contracting.
- C. Do 1 group for 20 seconds.



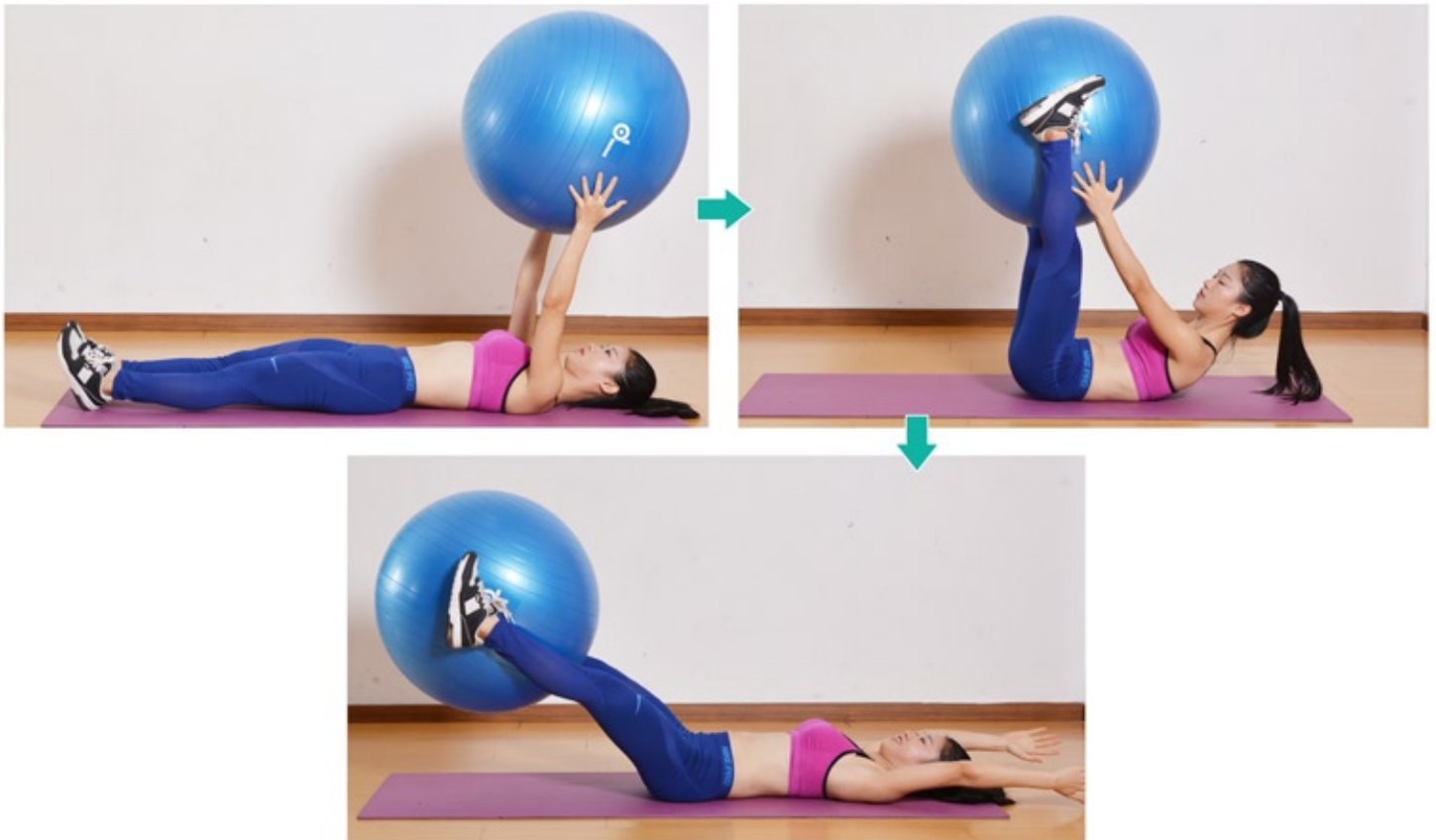
3 Leg Curls

- A.** Lay on your back with the ball under your feet, arms on ground. Bend your knees and lift your hips off the ground.
- B.** Exhale and raise your hip upwards. Then use your back thigh to force your shank upwards. Heels are on the ball, and your waist, hip and thigh are at one line.
- C.** Inhale and back to the starting position.
- D.** Do 2 groups, each group for 5 reps.



4 Stability Ball V-Pass

- A. Keep back straight and on the ground. Hold the ball overhead in hands, legs straight and away from ground.
- B. Exhale, lift and reach the ball to your feet. Inhale and let your hands and feet fall onto the ground. Ball is between your feet.
- C. Exhale, lift and reach the ball back to your hands. Inhale and return to starting position.
- D. Do 2 groups, each group for 12 reps.



5 Stability Ball Crunches

- A. Place the ball under your waist, keep hands closed. Stand feet apart with feet on the ground.
- B. Exhale, keep abs curled and lift your hands upwards. Inhale and return to starting position.
- C. Do 2 groups, each group for 10 reps



Exercise ball + Bands Workout

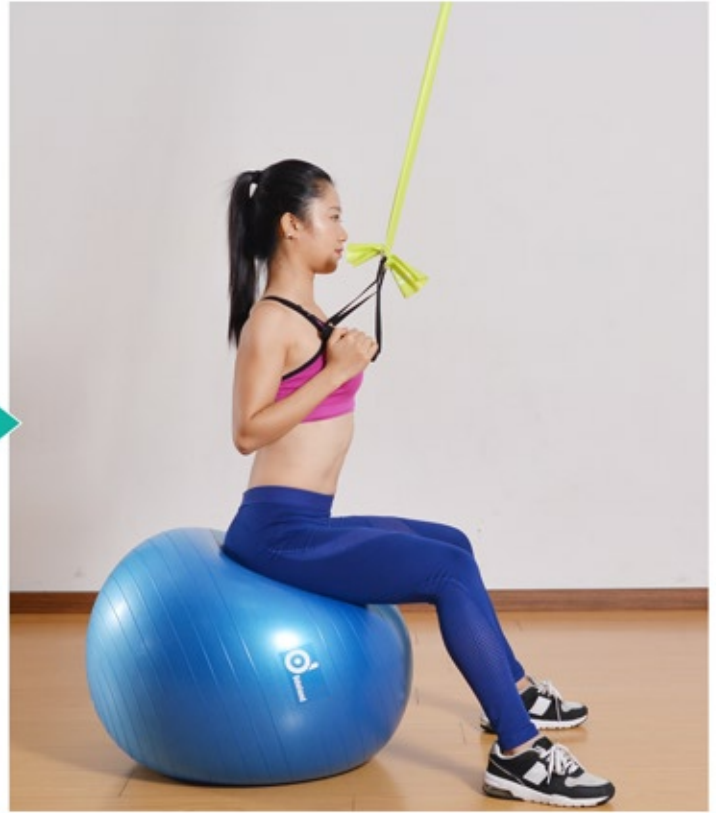
1 Rotation on Ball

- A. Fix the anchor at shoulder height. Place the ball 1 feet away from door.
- B. Sit on the top of ball, back straight, hip remained and feet at hip distance apart in ground. Grab handles together in both hands.
- C. Exhale and turn your upper body toward right. Inhale and return to the starting position.
- D. Repeat for 10 reps.



2 Boating

- A. Fix the anchor at your head height and sit on the ball with feet apart at your shoulder width. Back straight.
- B. Exhale and pull the band backward, feeling your back muscles contracting.
- C. Inhale and slowly return to starting position.
- D. Repeat 2 groups, each group for 12 reps.



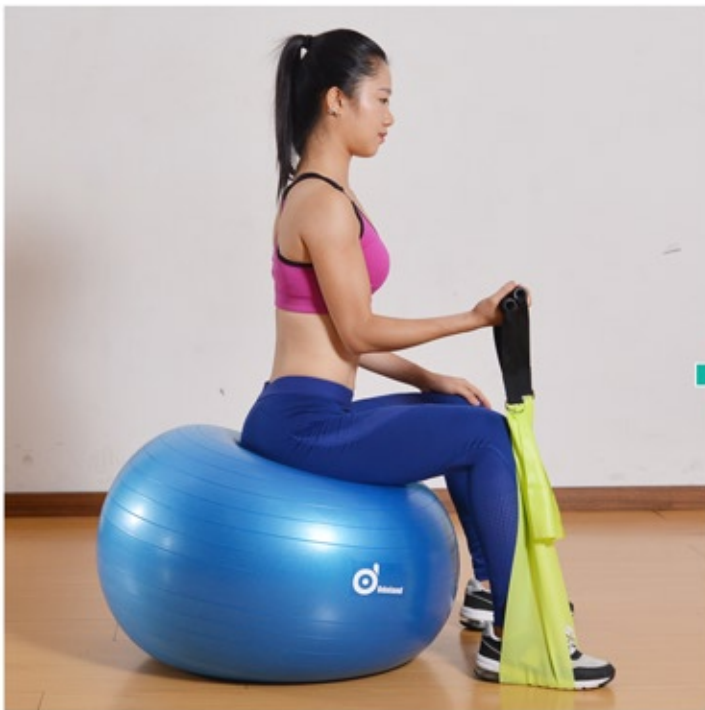
3 Back Pulling

- A. Fix the anchor at your abdominal height, and sit on the ball with feet apart at your shoulder width. Back straight.
- B. Exhale, then fully extend your arms upwards and keep elbows straight.
- C. Inhale and return to starting position.
- D. Repeat for 3 groups, each group for 10 reps.



4 One-Hand Pull-Up

- A. Sit on the ball with feet apart at your shoulder width. Place a band under your feet. Back straight. One hand grabs the bands.
- B. Exhale and pull the band backward at 45 degrees to ground.
- C. Inhale and back to the starting position.
- D. Do 12 reps.



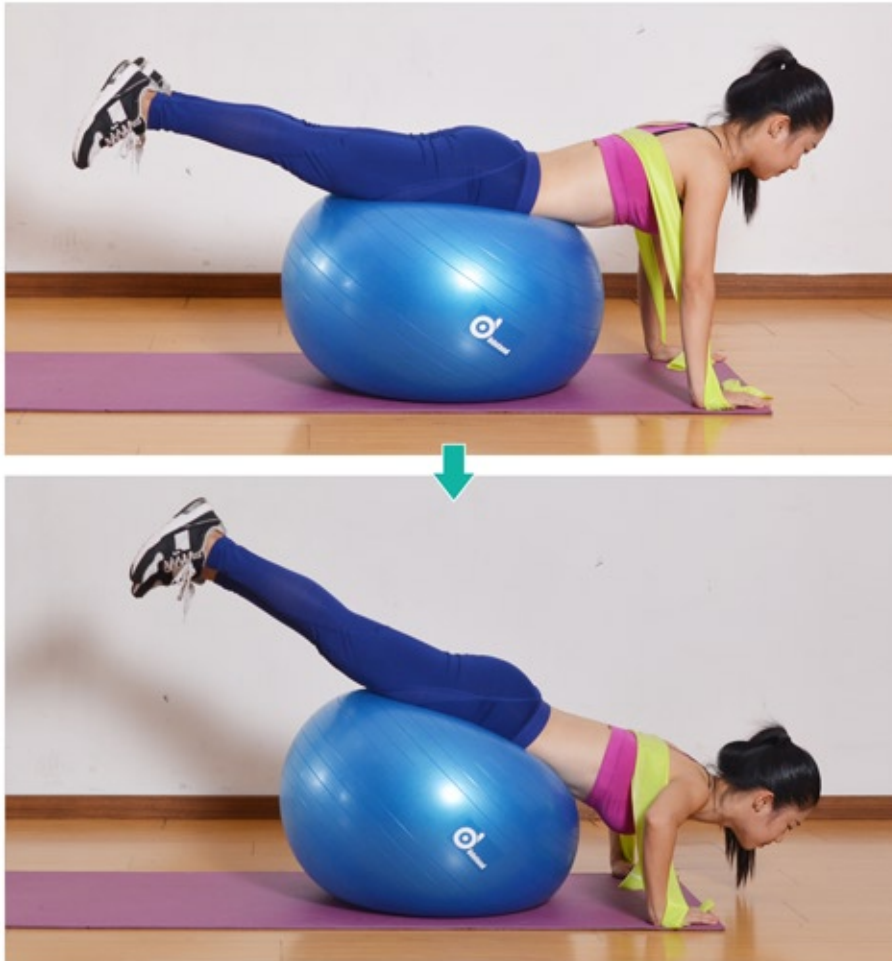
5 Kick back

- A.** Place the ball under your pelvic and support with your hands, palms touching the ground. Loop the band around your ankles.
- B.** Exhale, lift one of your leg, then inhale and return to starting position. Exhale, lift another leg, then inhale and return to starting position.
- C.** Do 2 groups, each group for 15 reps.



6 Push-up on Ball

- A.** Place the ball under your pelvis and support with your arms, palms touching the ground. Lift your legs upwards. Place the band on your shoulders, grab in hands.
- B.** Exhale and do a push-up. Inhale and return to starting position.
- C.** Do 1 group, each group for 8 reps.



7 Simple Extension

- A. Place the ball under your abs. Kneel on ground with feet apart, back straight.
- B. Place the band under the middle of ball, grab both ends and extend your hands upward to your shoulder height, making it parallel to ground.
- C. Do 1 group, each group for 30 reps.



Rehabilitation Exercise

1 Up Raise – Arm Recover

- A.** Sit on the middle of ball with back straight. Step your feet apart at your shoulder width. Place the band under your feet and grab in hands.
- B.** Raise your arm upwards and hold for seconds.



2 Neck Extension

- A. Sit on the middle of ball with feet apart much wider than your shoulder. Keep back straight, shoulder extended.
- B. Place the band on your neck. Grab the ends in both hands and keep elbows straight. Hold for desired seconds.





If you have any questions or good ideas, please click the link (www.iodoland.com) or send emails to our customer service (cs@iodoland.com).