



exercise band, tubing and balls

Inflatable Exercise Balls




SKU	size (in / cm)	color
30-1961	17.4 / 45	yellow
30-1962	21.6 / 55	orange
30-1963	25.6 / 65	green
30-1964	29.5 / 75	red
30-1965	33.5 / 85	blue



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About Cando® inflatable balls

Super-Duty Cando® balls are used to improve balance, coordination, flexibility, strength and even just for fun. Balls are used by pediatric and NDT therapists as an aid for vestibular movement and equilibrium therapy, by fitness professionals as an aid for stretching and strength programs, as seats, and even by pregnant women in birthing classes. The Cando® balls have a non-slip surface that is ribbed for extra security. The balls may be "under" inflated to give a soft, mushy feel or fully inflated for a firm, bouncy feel. See sizing chart (below) to choose proper size ball. Balls can support up to 600 pounds (275kg).

Precautions

1. Consult with your healthcare practitioner before starting any rehabilitation or exercise program.
2. Perform exercises in a slow, controlled motion, in an open area.
3. Maintain proper posture throughout exercise session.
4. Exercise away from sharp objects that might puncture the ball or cause you injury. Remove sharp objects (i.e. rings) before you begin using your ball.

Care for your new exercise ball

Treat your exercise ball well for years of use. Protect your ball from direct exposure to excessive heat. This includes radiators, direct sunlight, and other sources of heat. Always keep ball away from sharp objects. When inflating, follow the inflation guidelines (to the right).

Sizing

Suggested ball diameter for use during seated activities.

suggested	
ball diameter	body height
45cm	17.7in. under 142cm 56in.
55cm	21.6in. 143cm 57in. to 160cm 63in.
65cm	25.6in. 161cm 64in. to 182cm 72in.
75cm	29.5in. 183cm 73in. to 200cm 79in.
85cm	33.5in. over 200cm 80in.

Inflation


Ball size reflects maximum inflation. An electric inflator may be used to inflate the ball to its approximate size. Maximum size may be realized by finishing the inflation process using a manual pump after letting ball settle.


Some Popular Ball Uses Include

Function	Instructions	Comments
Sitting (active sitting)	Assume seated position on ball. Maintain proper posture and balance.	The act of sitting still on an inflatable ball requires energy and endurance, and is fatiguing.
Abdominal Curl	Assume seated position on ball. Walk feet forward until lower back is in contact with ball. This is the starting position. Slowly curl upward, tightening abdominal muscles. Relax to starting position.	Strengthening abdominal muscles with the abdominal curl exercise. Be sure to curl upward and relax back in a smooth, controlled motion.
Oblique Abdominal Curl	Begin by lying on your back with knees bent, ball on abdomen, and one hand supporting your head and neck. Using your other hand, roll ball diagonally across body up to knees as you lift your head and shoulder.	Once again, move in a slow and smooth motion. Switch hand positions so that you get the workout from both sides.
Lower Abdominal Crunch	Begin by lying on back with ball wedged in under your bent knees. Grip ball with legs by squeezing lower leg toward buttock and lift ball toward chest.	



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