

MINI BALL
Professional
Stability Ball
Burst Resistant



Safety Note

1. Do not pump / blow up the mini ball too hard i.e above its nominal size. If you feel dizzy while pumping / blowing up the ball, stop immediately and rest for awhile.
2. Keep ball away from prolonged exposure to direct sunlight.
3. Never use compressed air to pump up the mini ball.
4. Keep ball away from sharp, pointed or hot objects and surfaces.
5. Always check the condition of the ball for any damages before exercising.
6. Clean the mini ball by wiping it with a soft cloth, slightly dampened with water for optimum care.
7. You should always place a non-slip mat underneath the ball during exercises.
8. STOP EXERCISING IMMEDIATELY AND CONSULT A DOCTOR IF YOU EXPERIENCE ANY PAIN OR DISCOMFORT SUCH AS NAUSEA, DIZZINESS, EXCESSIVE SHORTNESS OF BREATH OR CHEST PAIN.

Mini Ball Crunch



Leg Raises



Chest Opener and Abdominal Stretch



Balancing Shoulder Bridge



Swan Dive



Inner Thigh Squeeze and Lift



Mermaid Side Bends



Back Lunge with Knee Raise



Curtsey Lunge with Side Leg Raise



Rolling Pistol Squat



Glute Kickback



Mini Ball Plank



Mini Ball Tricep Push Up



Mini Ball Burpees

