

***The Power Behind Performance®***

## **Therapy VersaBall®**

### **IMPORTANT INFORMATION PLEASE READ AND KEEP DISCLAIMER**

The following guidelines should be observed when using the Therapy VersaBall®.

- The maximum loading capacity on the Therapy VersaBall® is 500 lbs.
- Inspect your Therapy VersaBall® before each use. Look for any nicks, scratches, cuts, worn spots, or any other defect that may cause the ball to break during use.
- Do NOT use the Therapy VersaBall® if damage or other defects are found. Discard and replace immediately. Do not attempt to repair or patch a damaged ball.
- Therapy VersaBalls® are designed for indoor use. Do not use the ball outdoors.
- Children should only use the Therapy VersaBall® with adult supervision.
- Only use the Therapy VersaBall® in an open space away from furniture, walls, or other equipment. Inspect the floor surface for any small objects that could puncture the ball.
- Do not exceed the maximum or suggested weight capacity for your ball.
- Do not wear jewelry, rings, watches, belt buckles, or other sharp objects that could puncture the ball.
- Maintain optimal posture when exercising on the Therapy VersaBall®. To avoid possible back injury, do not bounce on the ball while bending or twisting the spine.
- Avoid exposing the Therapy VersaBall® to sunlight or water for a prolonged period.
- Keep the ball away from direct heat sources such as heaters and fireplaces.
- Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, a Therapy VersaBall® should be replaced every two years and is only intended for personal use.
- Always consult your physician before beginning any exercise program.

For more information about the Therapy VersaBall®  
or other training products, contact

Power Systems Inc.  
www.power-systems.com  
1-800-321-6975

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## Inflation Instructions

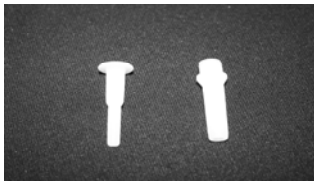
The Therapy VersaBall<sup>®</sup> must be measured when inflating to ensure the correct diameter of the ball. Use the chart below to determine the appropriate size for your ball.

**IMPORTANT:** Balls must be only partially inflated (80% full) and left unused for a period of 24 hours before first use. After the 24-hour waiting period, balls can be inflated to the maximum size and used. Failure to inflate properly can result in ball deformation.

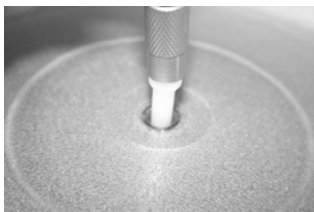
After determining the proper inflation levels for your ball, mark a line on the wall for each inflation level (the distance from the floor that you need your ball diameter to be). Hold a yardstick as level as possible on top of the ball while inflating. When the yardstick is level with the mark on the wall, your ball is inflated to its maximum diameter. Once the ball is properly inflated, fully insert the plug to seal the ball. Balls can be used slightly under inflated to fit the individual user; however, never over inflate the exercise ball. Never use sharp objects such as scissors or knives to remove the plug.

The centimeter size indicated on your ball refers to the **maximum** inflated diameter of the ball. Do NOT inflate the ball larger than the indicated ball size or the ball will become weaker, increasing the risk of ball failure/bursting.

User Height	Recommended Ball Size	Approximate Diameter at 80% of Maximal Inflation	Final Diameter After 24 Hours
5'1" to 5'7"	55 cm	44 cm or 17.5"	55 cm or 22.0"
5'8" to 6'1"	65 cm	52 cm or 20.5"	65 cm or 25.5"
6'2" to 6'7"	75 cm	60 cm or 23.5"	75 cm or 29.5"



Each ball comes with a plug and an adapter (left). The adapter can be screwed into the end of an electric air pump (right) or a manual or needle pump.



Insert the adapter into the ball and fill it with air. Remove the adapter and insert the plug into the ball when done (right).



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# Therapy VersaBall® Exercises

## Seated Stabilization



**Starting Phase:** Sit on the ball with the body erect, as if sitting on a chair. The feet should be positioned firmly on the floor about shoulder-width apart. Arms should be comfortably at the sides.

**Action Phase:** Beginners should continue to maintain this seated position for 45 to 60 seconds. As the user becomes more acclimated, increase the level of difficulty by moving the feet together, directly in front of the ball.

**Advanced:** While sitting on the ball, lift one foot off the floor and extend at the knee, holding the leg parallel with the floor while continuing to maintain an upright posture on the ball. Extend the arms out to the sides to help steady the body.



## Seated Mobility



**Starting Phase:** Sit on the ball with the body erect, as if sitting on a chair. The feet should be positioned firmly on the floor about shoulder-width apart. Arms should be comfortably at the sides.

**Action Phase:** Move the hips front to back and side as shown.



## Back Stretch

**Starting Phase:** Lie back on the ball so that the hips, spine, and base of the neck are in contact with the ball. The feet should be comfortably spaced with the arms resting at the sides of the body.



**Action Phase:** Extend the legs to rock back onto the ball. As you extend the legs, position the arms overhead to further stretch out the body and promote full extension of the spine. Continue to stretch until the legs are extended fully, with the feet remaining firmly on the floor. Hold the stretch for 15 to 30 seconds before flexing at the knee and slowly returning to the starting position.



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## Crunch

**Starting Phase:** Start by sitting forward on the ball so that primary contact is between the ball and the lower back/hips. The shoulder blades should be lightly contacting the ball at this time. Feet should be spaced about shoulder-width apart with the soles of the feet flat on the floor.

**Action Phase:** Perform a traditional crunch by contracting the abdominal muscles which will cause the upper body to curl upwards. Pause briefly when the abdominals are completely contracted then slowly lower back to the starting position. Continue to repeat movement for duration of the training set.

**Advanced:** Increase the level of instability by moving the feet closer together before performing this exercise.



## Seated Walk



**Starting Phase:** Start by sitting on the ball with the feet shoulder-width apart.

**Action Phase:** Walk forward and allow the seat to roll downward. The end of this phase should result in the back and hips being in contact with the ball with the seat just above the ground. Return to the seated position by walking backward.



## Chest Stretch

**Starting Phase:** Lie back on the ball so that the hips, spine, and shoulders are in contact with the ball. The feet should be comfortably spaced and the arms resting at the sides of the body.

**Action Phase:** Extend the arms out to the sides until a stretch is felt in the chest.



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