



The Power Behind Performance®

ACTIVE-X BALL

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

For more information on the Active-X Ball
and other training products and programming contact:

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

Copyright © 2005 by Power Systems Inc.

Rev B 10/07

DISCLAIMER

The following guidelines should be observed when using the Active-X Ball:

- The maximum loading capacity on the Active-X Ball is 150 lbs. or 68 kg. static.
- DO NOT SIT OR LIE on the Active-X Ball. Active-X Ball is not designed for the dynamic loads that accompany these activities.
- Inspect your Active-X Ball prior to 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** ball if damage or other defects are found. Discard and replace immediately. Do not attempt to repair or patch a damaged ball.
- Active-X Balls are designed for indoor use. Do not use the ball outdoors.
- Active-X Balls are not toys. Children should only use with adult supervision.
- Only use the ball in an open space away from obstructions.
- Do not exceed the maximum or suggested weight capacity for your ball. Exceeding the maximum weight capacity can result in sudden failure of the ball resulting in serious injury.
- Do not wear jewelry, rings, watches, belt buckles or other sharp objects that could puncture the ball.
- Maintain optimal posture when exercising on the ball.
- Avoid prolonged exposure to sunlight or water.
- 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, gym balls should be replaced every year if used in an institutional or commercial setting and every two years if used strictly for personal use.
- Always consult your physician before beginning any exercise program.

POWER SYSTEMS, INC. ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH USE OF THIS PRODUCT. POWER SYSTEMS WARRANTS THAT THE DESIGN OF THE ACTIVE-X BALL/STABILITY BALLS IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH ACTIVE-X BALL/STABILITY BALLS, THE INDUSTRY USING THE ACTIVE-X BALL/STABILITY BALLS AND AT THE TIME OF SALE, THE ACTIVE-X BALL/STABILITY BALLS SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE ACTIVE-X BALL/STABILITY BALLS OR THEIR SPECIFICATIONS OR DESIGNS, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF TITLE, MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

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

Active-X Ball

Exercise gym balls / stability balls offer a dynamic training environment for a variety of exercises at a variety of difficulty levels. Serious injury can occur when not used properly. Power Systems brand gym balls are intended for use only as described in the enclosed instructions. Other uses are not recommended. In addition to the enclosed instructions for use, please observe the following precautions each and every time before using your gym ball.

Inflation Instructions

The Active-X Ball maximal inflation is 12" or 30cm. Do NOT inflate the ball larger than 12" or 30cm or the ball will become weaker, increasing the risk of ball failure/bursting.

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.

Balls must be measured when inflating to insure the correct diameter of the ball. Mark a line on the wall the distance from the floor that you need your ball diameter to be. A size chart with conversions from centimeters to inches is provided below:

ACTIVE-X BALL MAXIMUM INFLATION	Approximate Diameter at 80% of Maximal Inflation	Final Diameter After 24 Hours
12" or 30cm	9.5" or 24cm	12" or 30cm

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.

Active-X Ball Exercises

Pectoral Isolations

Starting position: Place the ball between your hands, with arms straight out in front and parallel with the floor.

Action: Inhale and then exhale as you squeeze the ball between your hands for approximately 3 seconds. Relax, and then repeat 10 times.

Inner Thigh Squeeze

Starting position: Sitting in a chair with erect posture, position the ball between the knees and the lower thighs with the knees at a 90 degree angle.

Action: Inhale and then exhale as you squeeze the ball for approximately 3 seconds between your thighs. Relax, and then repeat 10 times.

Bicep Curl

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

Starting position: Place the ball between the hands, with the elbows extended and the arms nearly perpendicular to the floor, if standing. If seated, fingers should be pointing towards the floor or the arms should be at about a 45 degree angle from the torso.

Action: Inhale and then exhale as you squeeze the ball between your hands and bend your elbows, bringing the ball up to your chest. Inhale, as you lower the ball back to the starting position. Be sure to keep your elbows in, close to your torso, and contract your muscles and squeeze the ball through the entire movement. Relax when you return to the starting position. Repeat 10 times.

Tricep Extension

Starting position: Position the ball between your hands and then raise the ball towards the ceiling, where your arms are perpendicular to the floor. Keep your chin off of your chest.

Action: As you inhale, squeeze the ball between your hands and bend your elbows, bringing the ball down to touch the back of your head. Keep the chin off the chest and your elbows in close to your head and facing forward. Squeeze the ball through the entire movement. Exhale as you extend the elbows and relax at the top when reaching the starting position. Repeat 10 times.

Torso Rotations

Starting position: Sitting up straight with an erect posture, position the ball between your hands with the elbows flexed at about a 45 degree angle.

Action: Inhale and then exhale as you squeeze the ball between your hands and turn the upper body to the right, 45 degrees from the center (starting position). When reaching about 45 degrees from center, contract the oblique muscles, and then return to center, the starting position. Next, do the same movement to the left side. Continue to alternate sides, for a total of 10 repetitions.

Shoulder Press

Starting position: Position the ball between your hands with the elbows bent at about a 45 degree angle.

Action: Inhale and then exhale as you squeeze the ball between your hands and press the ball towards the ceiling, extending the elbows. Return to the starting position, relax, and repeat 10 times.