

The Power Behind Performance®

**Power VersaBall®
Guidelines, Exercises
and Inflation
Instructions**

For more information on the Power VersaBall®
and other training products and programming contact

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

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Power VersaBall®

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 Power VersaBall®.

- The maximum loading capacity on the regular Power VersaBall® is 5000 lbs. or 2273 kg. static and 2000 lbs. or 909 kg. dynamic.
- Inspect your Power VersaBall® 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.
- Power VersaBalls® are designed for indoor use. Do not use the ball outdoors.
- Power VersaBalls® are not toys. Children should only use with adult supervision.
- Only use the ball 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 ball. To avoid possible back injury, do not bounce on the ball while bending or twisting the spine.
- 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.

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Inflation Instructions

The Power VersaBall® is a unique stability ball that can be custom inflated from 55 to 75 cm to meet the needs of the majority of users. Please refer to the chart below for assistance in determining what size to inflate the Power VersaBall®.

IMPORTANT: Balls must be only partially inflated (80% full) and left unused for a period of 24 hours before first use. After 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:

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"

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.

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CAUTION: Always use a spotter when exercising with a stability ball. Failure to utilize a spotter can result in serious injury!

Crunch

START: Start by sitting forward on the ball so that primary contact is between the ball and the user's lower back/hips. The shoulder blades should be lightly contacting the ball at this time. Feet should be spaced about shoulder width in front of the user with the soles of the feet flat on the floor. Arms should be crossed over the chest with hands on the opposite shoulders.

ACTION: Perform a traditional crunch 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 prior to performing this exercise.



Bridge Hip Extensions

START: Lie against the ball so that the shoulders are in contact with the top of the ball. The feet should be spaced approximately shoulder width apart with the soles flat on the floor. The arms can be out from the body or at the sides. There should be a slight bend in the knees and hips.

ACTION: Extend the hips upwards until they are parallel to the floor. Hold the extension for 2 to 5 seconds, then slowly lower the hips towards the floor.

ADVANCED: Once in the bridge position, extend the leg of one leg lifting the foot off of the floor as illustrated.



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Single Leg Curl

START: Lying on the floor position one leg so that the lower portion of leg and heel are in contact with the upper portion of the ball when the leg is straight. The other leg should be positioned on the floor alongside the ball. The arms can be positioned comfortably anywhere along the side of the body. The closer the arms are to the body the more difficult the drill.



ACTION: Contract the abdominals, hip flexor and hamstring simultaneously to pull the heel in towards the buttocks. Press the heel into the ball throughout the movement. Continue to pull the ball in until the ball is near or in contact with the buttocks. Pause briefly then slowly return to the starting position.



Hip Extension

START: Laying on the floor position the legs so the lower leg and heels are in contact with the upper portion of the ball when the legs are straight. The arms can be positioned comfortably anywhere along the side of the body. The closer the arms are to the body the more difficult the drill.



ACTION: Contract the abdominals, glutes and hamstrings to press the hips upwards into extension. Hold the extension for 2-5 seconds and then slowly return to the starting position.



Push-up on the Ball

START: Place hands on top of the ball and step backwards to position the chest over the top of the ball while the feet remain in contact with the floor. The torso, hips and legs should now be aligned in a straight line.



ACTION: Bend at the elbows until they are at 90 degrees. To reduce the strain on the shoulder girdle, keep the elbows below the shoulders during this exercise. Once the elbows are at 90 degrees pause briefly then extend arms till they are straight.



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Prone Push-up

START: Lie on the stability ball so the abdomen is on top of the ball. Extend the arms out in front until the hands are flat on the floor. Walk the body forward until the lower shins and ankles are on top of the ball. Keep the core muscles tight to keep the torso, hips and legs aligned. The hips should not sag downward at any time during this exercise.

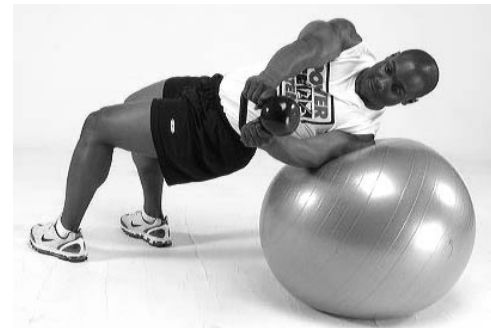
ACTION: Bend the arms until the elbows are at 90 degrees. To reduce the strain on the shoulder girdle, keep the elbows below the shoulders during this exercise. Once the elbows are at 90 degrees pause briefly then extend arms till they are straight and the original starting position is attained.



Twists

START: Lie on the Power VersaBall® so that the upper portion of the torso is positioned on top of the ball. The feet should be firmly on the floor with the hips elevated to parallel with the floor. Have your spotter assist you with grabbing the weight implement of choice (kettlebell, dumbbell, medicine ball, etc.). Extend the arms positioning the weight above the head. *Always consult with your trainer / coach to determine the appropriate weight. Performing this exercise with excessive weight could result in severe injury. Always have a spotter ready to assist in the control of the stability ball and weight if necessary.*

ACTION: Keeping the arms at full extension rotate the upper body to one side while pressing the upper torso into the stability ball. Continue until the arms are parallel with the floor or through your natural range of motion. Pause and then rotate 180 degrees in the opposite direction. Now return to the starting position. This completes one repetition. Repeat for the prescribed number of repetitions to complete one set.



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DB / Kettlebell Reverse Flys:

START: Lie prone on the Power VersaBall® so that the mid portion of the torso is positioned on top of the ball. The feet should be spaced approximately shoulder width apart with toes firmly in contact with the floor. The dumbbells / kettlebells should be positioned to the sides of the stability ball so that they are in line with the shoulders.



ACTION: Grasp the weights and tighten the core so that the body is straight. Keeping the core tight and the elbows slightly bent contract the shoulders and back to elevate the weights upwards from the floor and away from the body. Continue to lift through your full range of motion before lowering the weights in a controlled manner back towards the floor; however, do not let the weights make contact with the floor. This completes one repetition. Repeat for the prescribed number of repetitions to complete one set.

DB Bench Press:

START: Lie on the Power VersaBall® so that the upper portion of the torso is positioned on top of the ball. The feet should be firmly on the floor with the hips elevated to parallel with the floor. Have your spotter place the dumbbells into your hands and position the dumbbells so that they are in contact with your chest. *Always consult with your trainer / coach to determine the appropriate weight. Performing this exercise with excessive weight could result in severe injury. Always have a spotter ready to assist in the control of the stability ball and weight if necessary.*



ACTION: Press the dumbbells upwards until the elbows are at full extension. The dumbbells should be positioned directly above or slightly below the shoulders. Keep the core tight and lower the dumbbells in a controlled manner until they touch the chest / shoulder. This completes one repetition. Repeat for the prescribed number of repetitions to complete one set.

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Bench Press: *(It is advised to utilize a rack or portable pulling stands for racking the weight bar during this exercise)*

START: Lie on the Power VersaBall® so that the upper portion of the torso is positioned on top of the ball. The feet should be firmly on the floor with the hips elevated to parallel with the floor. Grasp the weight bar with the desired grip. *Always consult with your trainer / coach to determine the appropriate weight. Performing this exercise with excessive weight could result in severe injury. Always have a spotter ready to assist in the control of the stability ball and weight if necessary.*



ACTION: With help from your spotter lift the bar so that it is positioned over your chest with arms at full extension. Keep the core tight and lower the bar in a controlled manner until it touches the chest. Press the bar upwards to the starting position and repeat for the desired number of repetitions before re-racking the weight.

Additional Training Aids

The Power VersaBall® can be utilized in combination with a variety of additional exercise equipment. For variety include dumbbells, tubing, or medicine balls just to name a few to increase the intensity of your training and to keep your workouts fresh and exciting.

Power Systems, Inc. offers an excellent selection of dumbbells, tubing products, medicine balls and other training products to meet your training goals. Contact a Customer Service Representative at 1-800-321-6975 or visit www.power-systems.com for more information.

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