PLEASE READ THE EXERCISE INSTRUCTIONS BELOW BEFORE USING THIS PRODUCT!

- It is advised that you consult with your physician before beginning any exercise program.

- Always wear comfortable clothing and shoes that will allow your skin to breathe during your workout.

- Before using the equipment, warm your body up with 5-15 minutes of cardiovascular exercise or other rhythmic movement.

- Allow 30-60 seconds of rest between each set of exercise and 60-90 seconds of rest between different exercises.

- Make sure to work both the front and back of the body equally to ensure a total-body workout and proper muscle balance.

- Perform all exercises slowly and with control in a full range of motion.

- Maintain proper alignment in your spine, wrists and hands on all exercises.

- Keep your abdominals active on all exercises.

- Discontinue exercising if you begin to feel nauseated or dizzy, or if you have any pain that makes you uncomfortable. If this continues, seek the professional help of a physician.

- Always breathe with movement.

- Allow 24-48 hours between strength exercise workouts.
Exercise #1: Shoulder Presses  
Level: Beginner

Starting Position:
- Stand with your feet hip-width apart.
- Bend your knees slightly.
- Look straight ahead.
- Hold the ball by the handles in front of your chest.

Execution:
- Inhale to prepare.
- Exhale as you extend your arms above your head at a 45-degree angle.
- Lower the ball until your elbows are back in line with your shoulders.
- Keep your back straight and head in line with your spine.
- Do 1-2 sets of 10-15 repetitions.

Exercise #2: Tricep Presses  
Level: Beginner

Starting Position:
- Stand with your feet hip-width apart.
- Bend your knees slightly.
- Look straight ahead.
- Hold the ball by the handles overhead with your upper arms by your ears.

Execution:
- Inhale to prepare.
- Exhale as you lower the ball behind your head, keeping your elbows pointing forward.
- Inhale to pause and then exhale as you press the ball back to the starting position.
- Keep your back straight and head in line with your spine.
- Do 1-2 sets of 10-15 repetitions.
- For a less challenging modification, sit on a bench or chair and perform this exercise.
Exercise #3  
**Wood Chop**

**Level:** Intermediate

**Starting Position:**
- Stand with your feet in a wide stance.
- Hold the ball in both hands, with your arms extended at chest level.
- Stand up straight.

**Execution:**
- Inhale to prepare.
- Exhale as you rotate your torso to the right side, bringing the ball down toward your right knee.
- Inhale as you rotate and pull the ball toward the ceiling on the left side.
- Rotate your spine back to the starting position, keeping your abdominals engaged. Allow your head to follow your spine.
- Do 8-10 repetitions on each side.

Exercise #4  
**Side Plank with Rows**

**Level:** Advanced

**Starting Position:**
- Lie on the floor on your right side. Stack your feet on top of each other.
- Place your right hand on the floor slightly in front of your shoulder.
- Hold the ball in your left hand in front of you.
- Lengthen your spine.
- Draw your shoulders away from your ears.

**Execution:**
- Inhale to begin and then exhale as you lift into a side plank position.
- Hold the side plank as you lift the ball up to your chest.
- Lower the ball without touching the floor for 5-8 repetitions.
- For a more challenging modification, extend the arm and lift the ball to the ceiling.
- Do 1-2 sets of 5-8 repetitions on each side.
CARE AND MAINTENANCE

- Keep your ball clean by wiping it down with a soft cloth and warm, soapy water after each use. Do not use harsh or abrasive chemical cleansers.
- Keep your dual-grip medicine ball away from heat, cold and sharp objects.
- Avoid using the ball on abrasive surfaces.
- Avoid bouncing the dual-grip ball.

EXERCISE USE

- For additional exercise information, see the SPIN Fitness educational programs and DVDs.
- Make sure to select a ball that is appropriate for your fitness level.
- Avoid using the ball without shoes.
- Do not stand or kneel on the ball.

IMPORTANT INFORMATION

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