

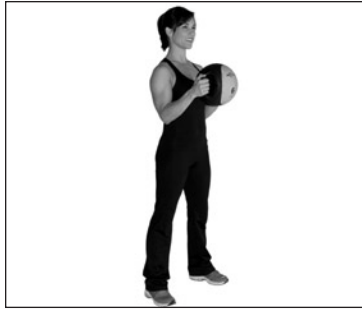
Dual-Grip Medicine Ball

EXERCISE GUIDELINES



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

Level:

Wood Chop

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:

Level:

Side Plank with Rows

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

MAD DOGG ATHLETICS, INC. (MDA) ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH THE USE OF THIS PRODUCT. MDA WARRANTS THAT THE DESIGN OF THIS PRODUCT IS IN CONFORMANCE WITH ALL APPLICABLE SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS. AT THE TIME OF SALE THE PRODUCT SHALL BE FREE FROM DEFECTS IN WORKMANSHIP AND MATERIALS. MDA SHALL NOT BE LIABLE OR IN ANY WAY RESPONSIBLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES BASED UPON BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT OR OTHERWISE.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF IMPLIED WARRANTIES OR CONSEQUENTIAL DAMAGES, SO THE ABOVE EXCLUSIONS AND LIMITATIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH MAY VARY FROM STATE TO STATE.



MAD DOGG ATHLETICS, INC.

2111 Narcissus Court • Venice, CA 90291 • USA
Tel + 1.800.847.SPIN (7746) or +1.310.823.7008
Fax +1.310.823.7408