

GANDO®



exercise band, tubing and balls

Inflatable Deluxe ABS Exercise Balls



SKU	size (in / cm)	color
30-1851	17.4 / 45	yellow
30-1852	21.6 / 55	orange
30-1853	25.6 / 65	green
30-1854	29.5 / 75	red
30-1855	33.5 / 85	blue



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About Cando® ABS inflatable balls

Deluxe ABS Cando® balls are made with a vinyl that is specially designed to release air more slowly if a sharp object like a pen or pencil accidentally punctures the ball. The marbled color/white design differentiates the ball from the standard ball. The balls are used to improve balance, coordination, flexibility, strength and even just for fun. Balls are used by pediatric and NDT therapists as an aid for vestibular movement and equilibrium therapy, by fitness professionals as an aid for stretching and strength programs, as seats, and even by pregnant women in birthing classes. The Cando® balls have a non-slip PVC vinyl surface that is ribbed for extra security. The balls may be "under" inflated to give a soft, mushy feel or fully inflated for a firm, bouncy feel. See sizing chart (below) to choose proper size ball. Balls can support up to 600 pounds (272kg). Balls come in a polybag or in a box designed for retail display.

Precautions

1. Consult with your physical therapist, coach, trainer or physician before starting any rehabilitation or exercise program.
2. Perform exercises in a slow and controlled motion, in an open area.
3. Maintain proper posture throughout exercise session.
4. Exercise away from sharp objects that might puncture the ball or cause you injury. Remove sharp objects (i.e. rings) before you begin using your ball.

Care for your new exercise ball

Treat your exercise ball well for years of use. Protect your ball from direct exposure to excessive heat. This includes radiators, direct sunlight, and other sources of heat. Always keep ball away from sharp objects. When inflating, follow the inflation guidelines (to the right).

Sizing

Suggested ball diameter for use during seated activities.

suggested

ball diameter	body height
45cm 17.7in.	under 142cm 56in.
55cm 21.6in.	143cm 57in. to 160cm 63in.
65cm 25.6in.	161cm 64in. to 182cm 72in.
75cm 29.5in.	183cm 73in. to 200cm 79in.
85cm 33.5in.	over 200cm 80in.

Inflation

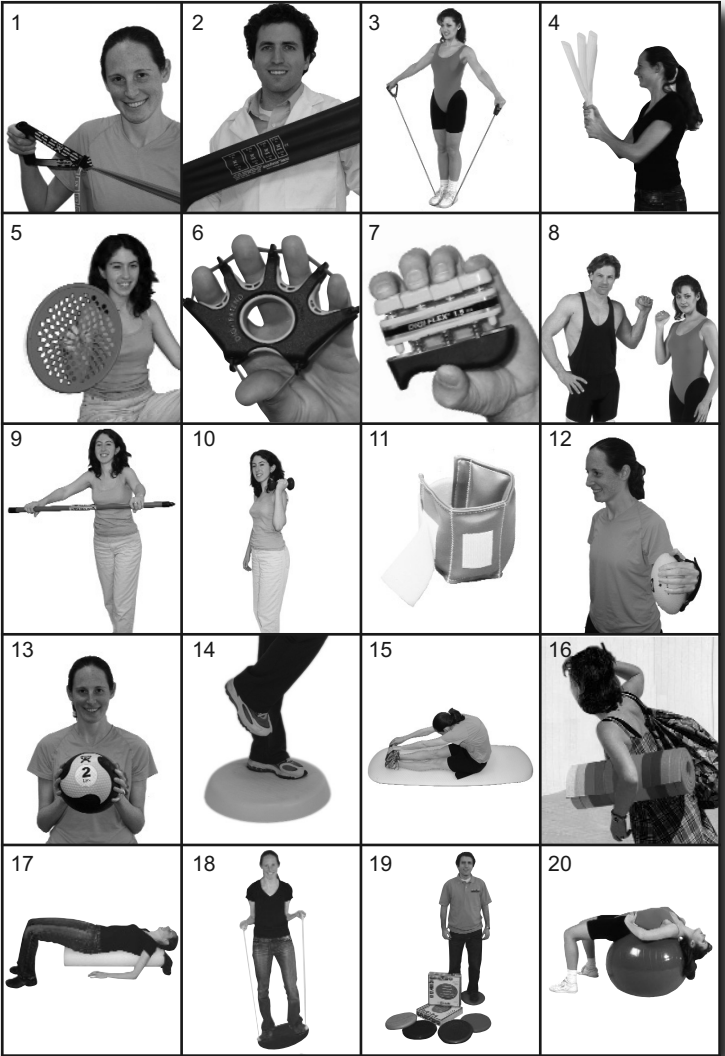
Ball size reflects maximum inflation. An electric inflator may be used to inflate the ball to its approximate size. Maximum size may be realized by finishing the inflation process using a manual pump after letting ball settle.

Some Popular Ball Uses Include

Function	Instructions	Comments
Sitting (active sitting)	Assume seated position on ball. Maintain proper posture and balance.	The act of sitting still on an inflatable ball requires energy and endurance, and is fatiguing.
Abdominal Curl	Assume seated position on ball. Walk feet forward until lower back is in contact with ball. This is the starting position. Slowly curl upward, tightening abdominal muscles. Relax to starting position.	Strengthening abdominal muscles with the abdominal curl exercise. Be sure to curl upward and relax back in a smooth, controlled motion.
Oblique Abdominal Curl	Begin by lying on your back with knees bent, ball on abdomen, and one hand supporting your head and neck. Using your other hand, roll ball diagonally across body up to knees as you lift your head and shoulder.	Once again, move in a slow and smooth motion. Switch hand positions so that you get the workout from both sides.
Lower Abdominal Crunch	Begin by lying on back with ball wedged in under your bent knees. Grip ball with legs by squeezing lower leg toward buttock and lift ball toward chest.	

CANDO[®]

Simple, Cost Effective, Portable Exercise Products



1. Cando[®] exercise band with adjustable handle
2. AccuForce[™] band
3. Tubing with Handles[™]
4. TBS[™] bar
5. Exercise web
6. Digi-Extend[™]
7. Digi-Flex[™]
8. Theraputty[™] material
9. Wate[™] bar
10. Dumbbell
11. Cuff[®] weight
12. Handy ball
13. Medicine ball
14. Balance pad
15. Closed cell fitness mat
16. Open cell fitness mat
17. Jumbo[™] foam roller
18. MVP[™] balance board
19. Vestibular disc
20. Inflatable ball