



# BOSU BALL



## INSTRUCTION MANUAL

**CAUTION**  
READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE USING THIS EQUIPMENT. KEEP THIS MANUAL FOR FUTURE REFERENCE.

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1 YEAR  
warranty



# IMPORTANT SAFETY INSTRUCTIONS

Be sure that you read and follow all the instructions in this manual before beginning your program.

## WARNING

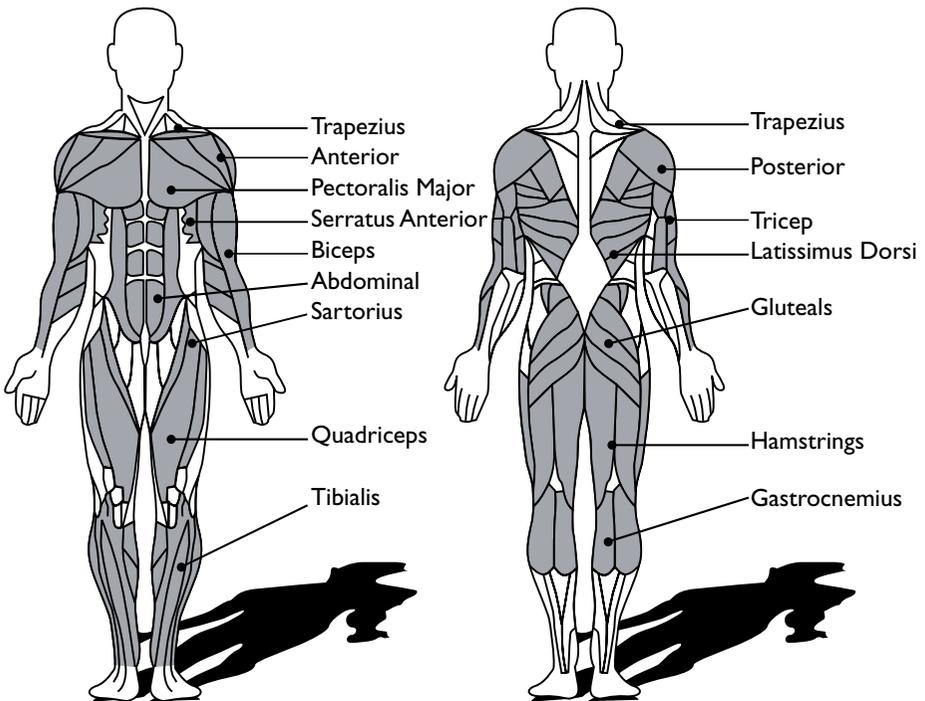
Before starting any exercise program, consult your physician. You must make sure that you do not have any medical or health conditions that could affect the safety and effectiveness of your exercise program. If at any time during your exercise you are experiencing discomfort or pain, stop the exercise immediately and consult your physician.

**CAUTION:** Maximum user weight 100kg.

## MUSCLE CHART

### BOSU BALL

The exercise routine that is performed with the bosu ball will develop the whole body. These muscle groups are highlighted on the muscle chart below.



# CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment by a few minutes per workout.

Initially, you may be able to exercise only for a few minutes, however, your aerobic fitness and strength will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise for 30 minutes. Please remember these essentials :

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Set up your equipment on a flat, even surface.

## BEGINNERS EXERCISE PROGRAM

Unless otherwise stated, perform each exercise for 3 sets of 10 repetitions before moving onto the next exercise in the program.

# BOSU BALL EXERCISES

The BOSU Ball is one of the more exciting exercise tools because you can use it for so many different activities, all while working on endurance, strength, balance and stability.

## WHAT IS A BOSU BALL?

The Bosu Ball is like an exercise ball that's been cut in half with a platform on the bottom. You can use it dome-side-up for cardio, lower body strength or core moves. Clip on the resistance bands and work your upper body, or you can turn it over and use the platform side for upper body exercises, like push-ups or more core moves.

- **Cardio**  
Use it for short bursts of cardio such as hops, jumps, step-ups, leaps, lunges, etc. You can also use it as a step for choreographed workouts.
- **Strength training**  
Add a whole new challenge to your squats, lunges, deadlifts, and push-ups.
- **Flexibility**  
Stand or kneel on the dome while doing traditional stretches to add more range of motion.
- **Sports Conditioning**  
Use it to perform sports drills, like jumping to increase performance and agility.
- **Core training**  
Use it for abdominal and lower back exercises to target your core muscles.

## WHAT IT DOES

Doing exercises on the Bosu Ball requires you to maintain your center of gravity over a surface that is constantly changing. Just standing on it is challenging, as your body moves and shifts into and out of balance.

### **Using the Bosu Ball can help improve:**

- **Balance**  
Because the Bosu Ball is never stable, you're constantly engaging the small stabilizer muscles in the upper and lower body to keep you in place.
- **Kinesthetic awareness**  
This is a word for your awareness of how your body is positioned at any given moment. This awareness is something that often declines as we age, so the Bosu Ball can help you stay connected with how your body moves.
- **Proprioception**  
This is a word describing how your body responds to external forces to keep your joints in the right position. On a Bosu Ball, all of your muscles are forced to contract to keep your joints in the proper position. This helps make normal activities easier.

## EXERCISES



### WAIST-TWISTING

Stand on the Bosu Ball. Keep your body upright and twist your waist from side to side whilst swinging your arms to keep balance. To start, do 5 repetitions on each side.

This exercise is beneficial for the spine and back muscles.



### NECK-BACK STRETCHING

Stand on the Bosu Ball. Keep your head straight while you gradually tilt your upper body to one side, as far as possible. Repeat the exercise to the other side. To start, do 5 repetitions on each side.

This exercises the neck and back muscles.



### SINGLE LEG BALANCE

(with leg stretching exercise)

Stand with both feet on the Bosu Ball. Keep your body in a balanced state and stretch out one leg to the side. Hold this position for a count of three then bring the leg back in. Now repeat this exercise with the other leg. To start, do 5 repetitions on each leg.

This exercise enhances your body's ability to balance, the body's balancing reaction speed and exercises the leg and buttock muscles of the stretched leg.



### SINGLE LEG BALANCE

(with leg lifting exercise)

Stand with both feet on the Bosu Ball. Keep your body in a balanced state and lift up one leg. Hold this position for a count of three then lower the leg. Now repeat this exercise with the other leg. To start, do 5 repetitions on each leg.

This exercise enhances your body's ability to balance, the body's balancing reaction speed and exercises the thigh muscles.



### BICEPS CURLS

Attach both resistance bands to the Bosu Ball. Balance on the Bosu ball by holding onto the handles. With your knees slightly bent pull your arms and upper body upwards and downwards. To start, do 10 repetitions on each side.

Excellent for Biceps training.



### REPEAT STEPPING

Stand on the Bosu Ball. Now start walking/stepping on the spot. Whilst walking, gently swing the upper body to the left and right. To start, step for 3 minutes.

This exercise will enhance your balance and exercises your calf muscles.



### SIT-UP EXERCISE

Whilst sitting on the Bosu Ball with your hands behind your head, pull your legs up and try to keep your balance. Either keep your position as is or do sit-ups, to work your abs. To start do 10 repetitions.

This exercise works the abdominal muscles.

## EXERCISES



### PUSH-UP EXERCISES

Turn the Bosu Ball upside down (dome facing down). Hold onto the sides of the Bosu Ball. Extend your legs and keep your back straight whilst doing push-ups. To start do 10 repetitions.

This will exercise your arm, chest and shoulder muscles whilst stretching your whole body.



### TREAD-ON AND WALK

Stand in front of the Bosu Ball. Lift the one leg up and tread on the upper surface of the Bosu Ball. Keep the upper body straight while moving the body forward. Bring the back foot forward over the Bosu Ball. Finally complete the tread-on and walk exercise by bringing the foot on the Ball forward onto the floor. Now repeat this exercise with the other leg. To start, do 5 repetitions on each leg.

This exercises your thighs, calves, knees and ankles.



### LATERAL CURL AND NECK EXERCISE

Lie on your side on the Bosu Ball. Your upper torso must not hang over the ball and be resting on the floor. Keep the back stretched. Both legs must be stretched out, with the top leg crossed over the bottom leg. Place both hands behind your head and move the head/neck gently back and forth, then rotate the neck left to right. To start, do 5 repetitions on each side.

This exercises your back, shoulder and neck muscles.



### LEG EXTENTION EXERCISES

Attach one of the resistance bands to the Bosu Ball. Place your foot in the handle and kneel with both knees on the Bosu Ball. Hold on to Bosu Ball with both hands for stability, then extend the leg with the resistance band parallel to the floor. Repeat exercise with other leg. To start do 5 repetitions with each leg.

This gives your hips, legs and lower back muscles an excellent workout.



### ABDOMEN-ARM-LEG EXERCISE

Sit on the Bosu Ball. Bend one leg and extend the other horizontally above the floor. Use one hand to hold the bent leg and extend the other hand backwards. To start, do 5 repetitions on each side.

This exercises your abdomen, arm and leg muscles whilst improving your sense of balance.

# TROJAN 1 YEAR WARRANTY

The Manufacturer hereby provides a warranty to the original purchaser of this product ('the Consumer') that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the 1 year from the date of purchase.

## EXCLUSIONS

- The warranty does not include and will not be construed to cover products damaged as a result of disaster; misuse; commercial use; use not in accordance within the written instructions included with the product; abuse and/or any non-authorized modification of the product, incorrect installation of the product or normal wear and tear.
- All demo models carry a 3 month warranty.

## WAIVER

The warranty and the obligations of the Manufacturer provided herein are in lieu of, and the Consumer, waives all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Manufacturer in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use this product and whether or not occasioned by the Manufacturer's negligence or any act or omission on its part.

## PROOF OF PURCHASE

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our call centre on **0861 Trojan (0861 876 526)**, or online at **www.trojanhealth.co.za**. If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services/repairs including call-out and/or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store. The Consumer shall phone the Trojan hotline on **0861 Trojan (0861 876 526)** and the Manufacturer's authorized agent will at its discretion either repair the item at the Consumer's residence or collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Manufacturer's duly authorized agent(s).



**WWW.TROJANHEALTH.CO.ZA**

Masstores (Pty) Ltd  
16 Peltier Drive, Sunninghill,  
Johannesburg, 2191, South Africa.