

TAURUS®

ANTI-BURST GYM BALL INSTRUCTION

Hand Pump (Black)

1. Place nozzle of the pump into opening of the ball.
2. Draw back the pump and press the air into ball until fully inflated.
3. Insert white ball plug into ball to keep air from escaping.

Note: Wait 24 hours before using the ball. Within this time, the ball's material expands. If the ball is too soft for you, pump it up a little. Make sure that you do not pump up the ball too much, otherwise it may burst during training.



Wall Squats >

(Targeted Areas

Butt and Thighs)

Stand with the ball

pressed between your

lower back and the wall.

While keeping the ball in

place, walk your feet about

two steps out. Extend your

arms in front of you for

balance. Bend your knees

and squat allowing the ball to roll up your back, pause

when your thighs are parallel to the floor and then

return to start. Repeat.



Push Ups >

(Targeted Area

Chest and Triceps)

- Lie on the ball

with your thighs

supported by the

top of the ball and

hands on the floor

shoulder width apart. Make sure your shoulders are

over your wrists. Slowly bend your elbows and lower

your upper body to the floor. Pause and then push

back up. *Note: Moving the ball back towards the feet*

will increase the level of difficulty.



Bridge Curl >

(Target Area

Hamstrings and

Butt) Lie on your

back with your

arms by your side

and the ball under

your ankles and

calves. Raise your

hips and rear off of the ground so that your body is

aligned at an angle with the floor. Bend your knees to

roll the ball onto your feet and toward your butt. Extend

your legs back to the starting position and repeat.



Back

Extensions >

(Targeted Area Lower

Back) Kneel on the

floor and rest your

torso on the exercise

ball. Place your

hands behind your

head. Contract your

abdominals. Exhale as you use your lower-back muscles

to lift your torso. Lift just enough until you feel the lower

back muscles contract. Inhale as you slowly return to

the starting position.



Scissors >

(Targeted

Area Lower Abs)

Lie on back with

legs raised, hold

ball between shins.

While keeping legs

straight, scissor legs

so right leg is on top

and then scissor so left leg is on top.

Right leg, left leg equals one rep.



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Item#

TF-GMN02-55 (RED)

TF-GMN02-65 (BLUE)

TF-GMN02-75 (GREY)