

# Balance Chair Exercise Guide

This innovative Balance Chair was specifically developed to relieve stress on the spine, strengthen the core, improve posture and keep the body active while sitting.


## 1. POSITIVE POSTURE



**START** : Sit upright directly on top-center of ball and feet flat on floor

**FINISH** : Thighs and shins should be at a 90-degree angle to the floor. If necessary, deflate or inflate ball to desired height


## 2. SEATED TWIST



**START** : Sitting in a positive posture. Inhale slowly and raise arms to shoulder height; bend elbows and stack hands in front of chest

**FINISH** : on exhale, Slowly turn upper body and head to right from waist. Hold for 10 seconds. Repeat on left side. Alternate right and left 3 times

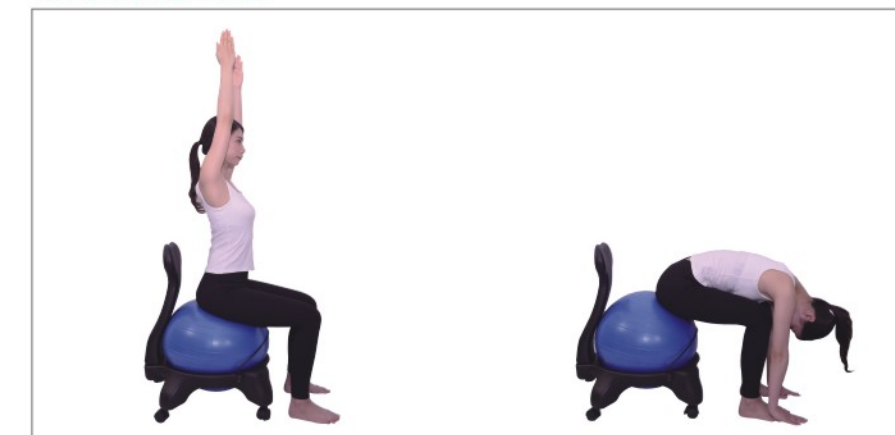
## 3. SIDE STRETCH



**START** : Sitting upright, inhale slowly; raise arms straight overhead and shoulder-width apart, palms facing inward

**FINISH** : on exhale, Lean upper body and head to right from waist. Arms reaching as tall as you can. Hold for 10 seconds. Repeat on left side. Alternate right and left 3 times

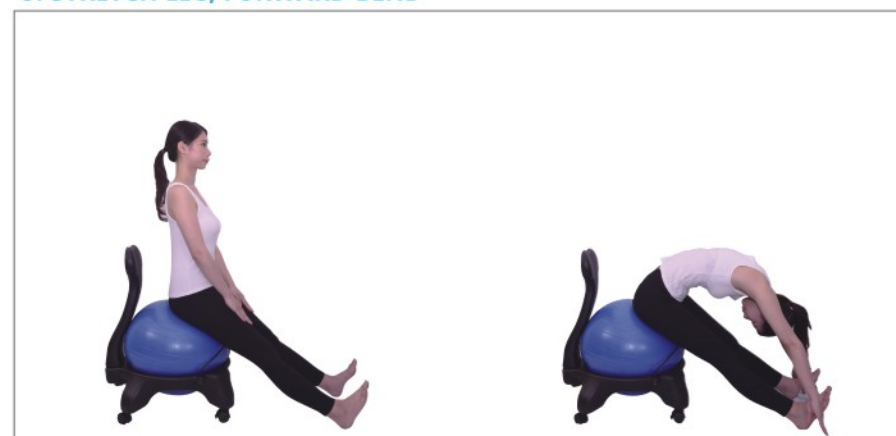
## 4. FORWARD BEND



**START** : Sitting upright, inhale slowly and raise arms overhead

**FINISH** : Exhale and bend forward from waist, lowering body to thighs and reaching hands to floor. Keep neck loose and drop comfortably between knees. Relax shoulders and hold for 10 seconds. Repeat 3 times

## 5. STRETCH LEG, FORWARD BEND



**START** : Sitting upright with legs extended forward, feet hip-width apart and heels on the floor

**FINISH** : On exhale and bend forward from waist, lower upper body to thighs as far forward as is comfortable. Reach forward hands to the floor alongside feet. Keeps toes pointing up. Hold for 10 seconds. Repeat 3 times

## 6. HIP STRETCHES



**START** : Sitting upright. Bend left leg across right knee, left ankle should rest just outside right leg

**FINISH** : Inhale; on exhale, bend forward from waist, lower upper body to thigh and hands down to floor. Allow arms to hang relaxed from shoulders. Hold for 10 seconds. Repeat on right side. Alternate right and left 3 times

## 7. BACK STRETCH



**START** : Face chair and rest one hand on ball, one hand on back of chair to stabilize the body

**FINISH** : Lie prone over ball, keep hips are positioned on top of ball. Extend arms and legs to lengthen the spine. Hold for 1-2 minutes. Repeat 3 times

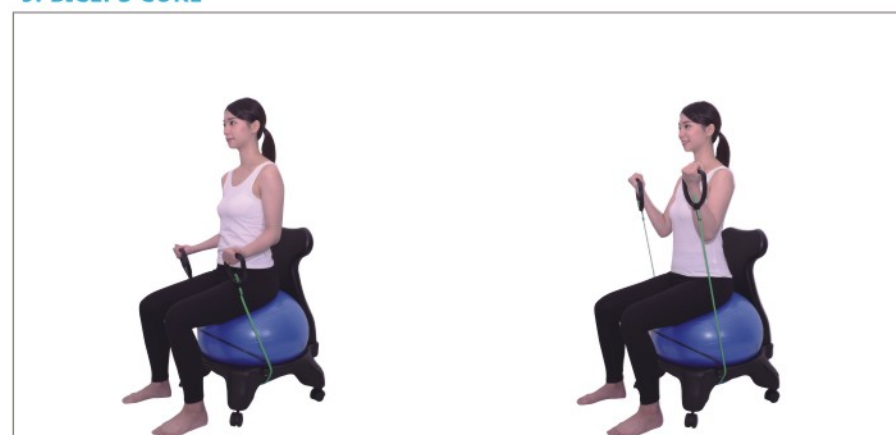
## 8. EXTENDED SIDE STRETCH



**START** : kneel alongside chair, right arm on ball for support

**FINISH** : Inhale; on exhale extend left leg and reach left arm across head toward opposite side of chair. Steady with right arm on ball. Keep right leg firm and upright with hip and knee at 90 degree angle to floor. Hold for 10 seconds. Repeat with right leg. Alternate right and left 3 times


## 9. BICEPS CURL



**START** : Put tube through the base of chair. Grab a handle in each hand, starting with your arms down at your sides

**FINISH** : With palms facing in front of you, pull your arms toward your shoulders by bending at the elbow until you get a good bicep contraction. Slowly lower back down. Repeat 10-15 times

## 10. CALF PRESS



**START** : Sitting upright, place right foot in the middle of the band. Hold both ends with hands. Extend right leg, and point toes upwards towards the ceiling

**FINISH** : Hold for 10 seconds. Repeat on left leg. Alternate right and left 3 times

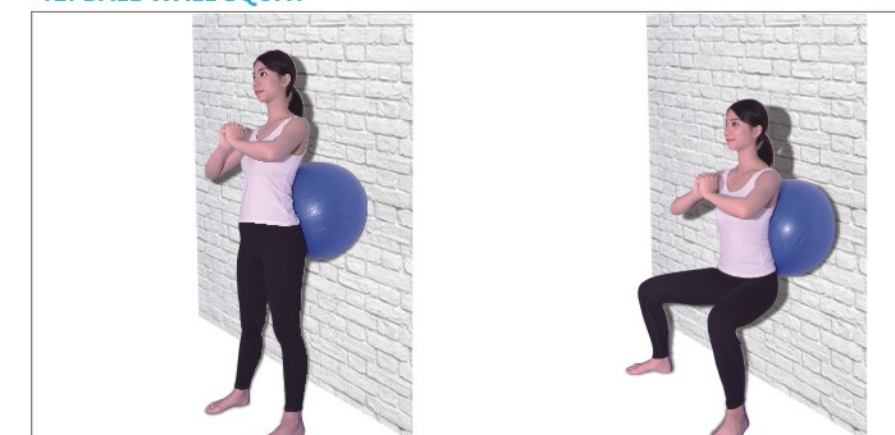
## 11. CHEST PULL



**START** : Grasp both ends of resistance band. Extend both arms in front of your chest with elbows bent. If resistance band is too long, adjust it to proper length before starting

**FINISH** : Exhale and pull the band. Keep your elbows extended until the band touches your chest. In a controlled way, return to starting position. Repeat 10-15 times. The exercise can be done while seated or standing

## 12. BALL WALL SQUAT



**START** : Stand facing away from a wall, placing ball between your lower back and the wall. Your feet should be in front of your hips, slightly wider than your shoulders

**FINISH** : Squat slowly until legs form 90-degree angles at knees. Use the ball to support your back as it rolls from your lower back to your shoulder blades. Make sure the knees do not extend beyond the toes, and keep your posture tall by engaging your core muscles as you press your weight against the stability ball. Slowly stand up again. Repeat 10-15 times

### CAUTION

DO NOT LEAN BACK against support bar. Bar is designed only for stability during exercises, and only as shown in this guide. LOCK CASTERS before performing exercises.

Ball colors and chair design vary from images shown in the guide. The Balance Chair is designed for persons up to 6' tall. Perform movements to the best of your ability without strain. See the Care and Safety guide included with the chair for details. Maximum weight 300 lbs. Balance Chair U.S. Patent No. 6832817, 7044558, 7140677, 503553