



SLAM BALL USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669)



WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this product correctly. It is important to read this entire manual before assembling and using the product. Safe and effective use can only be achieved if the product is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the product are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the product properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Always wear comfortable sportswear that do not restrict your movements. Always wear non-slip shoes that absorb shocks and support your feet.
4. Only use this ball for proper exercises. Complete 1-3 sets of 8-12 repetitions of each exercise selected. Rest approximately 30-60 seconds between each exercise set.
5. Only use the ball indoors. Do not subject the ball to heat sources such as hot air blowers, lamps and direct sunlight.
6. Perform each exercise selected in a smooth and controlled manner. When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
7. **Warm-up exercises** - Perform warm-up exercises for at least 5 minutes before starting your workout.

USE GUIDE

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90 SUNNY (877-907-8669).



Overhead Front Slam

Start:

Grasp the ball and extend your arms over your head, stand upright with feet apart, in line with hips. Arch your lower back slightly, with chest high and eyes looking straight ahead.

Finish:

Contract your stomach muscles, in order to hold your hips in place. Bend your legs and push your hips backward while quickly dropping your arms down toward floor and release ball in front of you. Catch ball, return to the starting position. Repeat the exercise.



Overhead Side Slam

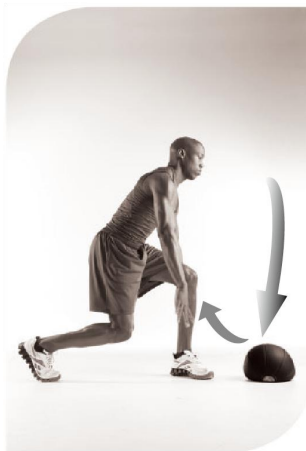
Start:

Grasp the ball and extend your arms over your head, stand upright with feet apart, in line with hips. Arch your lower back slightly with chest high and eyes looking straight ahead.

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Finish:

Contract your stomach muscles, in order to hold your hips in place. Bend your legs and push your hips backward. Pivot your legs and rotate your body in the same direction while quickly dropping your arms down toward floor and release ball alongside of body. Catch ball, return to the start position. Repeat in a continuous up/down, side to side pattern.



Squat Jump Front Slam

Start:

Grasp the ball and extend your arms directly below your shoulders, in front of your body, stand with feet, shoulder-width apart, bend your legs with knees over feet, hinge slightly forward at the hips with chest high and eyes looking straight ahead.

Finish:

Quickly extend your legs, push hips forward, point toes toward the floor and jump straight up while lifting arms up and forward above the shoulders. Drop arms down quickly, while in the air, release ball, land on the balls of your feet and bend knees. Catch ball, return to start position, return to the start position. Repeat the exercise.



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Underhand Wall Slam

Start:

Grasp the ball and extend your arms directly below your shoulders, in front of your body, stand with feet, shoulder-width apart, bend your legs with knees over feet, hinge slightly forward at the hips with chest high and eyes looking straight ahead.

Finish:

Quickly extend your legs, push hips forward while quickly lifting arms up and forward above the shoulders. Release and catch ball, return to the start position. Repeat the exercise.



Overhead Wall Slam

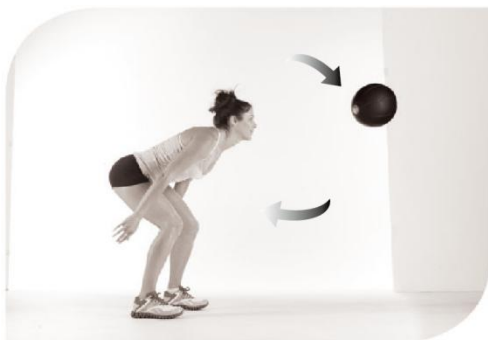
Start:

Grasp the ball and extend your arms over your head, stand and face the wall with feet, shoulder-width apart, straighten your legs, arch your lower back slightly with chest high and eyes looking straight ahead.

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Finish:

Bend your legs and push hips backward while quickly dropping your arms down in front of you. Release and catch ball, return to the start position. Repeat the exercise.



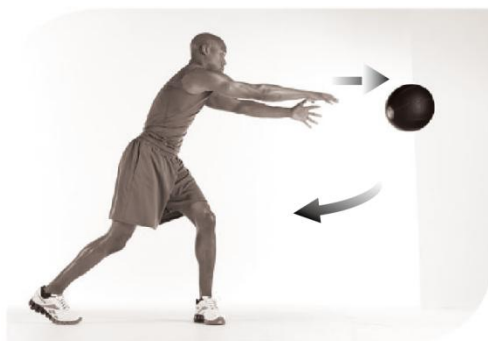
Side Wall Slam

Start:

Grasp the ball and extend your arms across front of your body, stand with shoulder facing wall, feet, shoulder-width apart, bend your legs and rotate upper body away from wall.

Finish:

Pivot your back leg and rotate waist and upper body toward wall while quickly swinging your arms across the front of your body. Release and catch ball, return to the start position. Repeat the exercise.



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