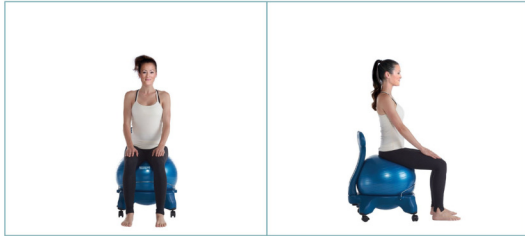


EXERCISE GUIDE

1. Positive posture



Maintaining correct posture is important to your health and physical well being. It helps reduce stress, reduces your fatigue and also helps prevent injury. Fit-Chair® is a great way to develop and maintain the proper posture. Sit upright with your feet flat on the floor and your shins vertical. The thighs should be parallel to the floor. If necessary, deflate ball to desired height, maintaining adequate firmness.

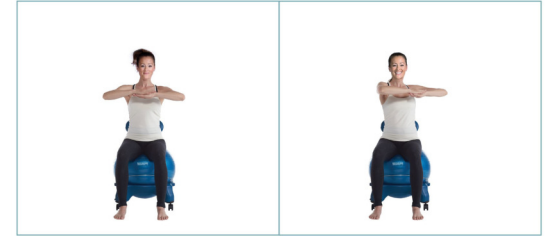
2. Side Stretch



This stretch helps realign the body, reduces stiffness and improves circulation. It also helps you increase the lung capacity. Try this exercise whenever you feel lethargic or tightness in the upper body.

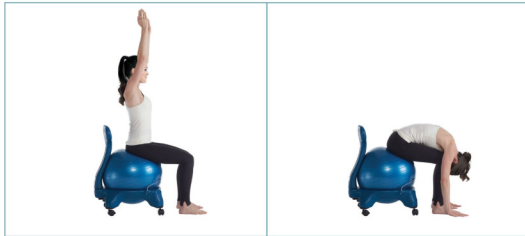
Sitting upright, raise your arms over your head and shoulder-width apart, keeping your elbows, neck and shoulders relaxed. Lean the upper body and head to the left with the arms reaching as high as you can. Keep your chest lifted and breath evenly. Hold for 5 long breaths. Repeat 2-3 times and then repeat on the right side.

3. Twist



This movement has a toning and massaging effect which helps improve circulation in the abdominal area. Sitting in a positive posture, raise your arms to your shoulder height, bend your elbows and bring your hands together in front of your chest. Keep your neck and shoulders relaxed. Turn your upper body and head to the left. Breathe evenly and comfortably keeping your abdominal muscles relaxed. Hold for 5 long breaths. Repeat 2-3 times and then repeat on the right side.

4. Forward Bend



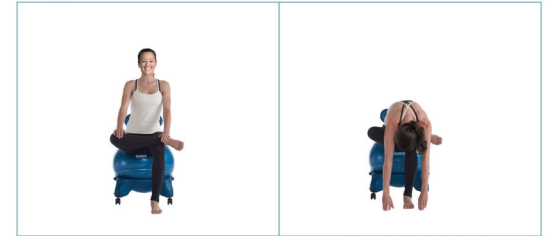
Sitting upright, inhale slowly and raise your arms over your head. Exhale and bend forward from the waist, lowering your body to your thighs and your hands to the floor. Keep your neck loose and drop comfortably between your knees. Relax your shoulders and hold for 10 slow breaths. Release and repeat 2-3 times.

5. Leg Forward Bend Stretch



This movement is similar to the previous one but will help stretch and lengthen hamstring muscles. Sit upright with your legs extended forward on your heels, hip-width apart. Keep your neck and shoulders relaxed. Keep spine long and supple and do not lock your knees. Bend forward from the waist lowering your upper body to your thighs as far as it is comfortable. Reach forward with your hands and place them alongside your feet. Keep your toes pointed up. Hold for 10 breaths. Release and repeat 2-3 times.

6. Hip Stretches



Sitting upright, cross your left leg across your right knee, with your ankle outside your knee. Keep your neck and shoulders relaxed. Inhale, and on your exhale, bend forward from the waist lowering your upper body to your thigh and your hands to the floor. Let your arms relax and hang loose from your shoulders. Hold for 5 long breaths. Release and repeat 2-3 times.

7. Extended Side Stretch



Kneel alongside of Fit-Chair® with the right arm on the ball for support. Extend left leg out sideways, away from the ball. Keep your neck and shoulders relaxed while you reach overhead and to the other side of the ball with the left arm. Steady yourself with your right arm on the ball. Keep your right leg firm and upright with your hip and knee at 90 degree angle to the floor. Hold this stretch for 10 deep breaths. Repeat on other side.

8. Back Stretch



Face the chair and place one hand on the ball and the other on the back of the chair. Gently lower yourself on the ball in a prone position with your hips centered directly over the center of the ball. Reach forward with both arms to slowly lengthen your spine.

Extend your legs behind your feet, shoulder width apart. Use your feet and hands to maintain balance. Keep your neck and shoulders relaxed. With eyes closed breath deeply for a few minutes. Repeat 2-3 times.

Important Safety Notice

1. Not all exercises are suitable for everyone. To reduce the risk of injury, consult your doctor before initiating this or any exercise program and before using this or any other exercise equipment. The instructions presented here are in no way intended as a substitute for medical counselling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before initiating any exercise program.
3. Perform stretches and exercises in a slow and controlled manner. Stop and rest if you feel dizzy or short of breath.
4. Choose a spacious sized area that is clear of furniture and other obstructions before performing stretches or exercises.
5. Use the Fitness Ball only on smooth surfaces. Do not use the ball if deep scratches or gouges exist.
6. Use the product only as intended.
7. Lock the casters firmly before performing stretches or exercises using the chair.
8. CAUTION: Weight on this product should not exceed 135 kg.