

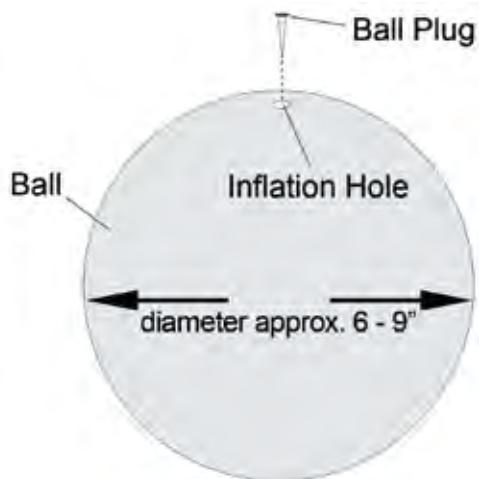
Bender Ball Inflation

1. Remove ball, inflation straws and plugs from packaging. One extra straw and ball plug have been included, please store these in a safe place.
2. Unfold the Bender Ball and locate the inflation hole.
3. Insert straw into inflation hole. Using your mouth, inflate to desired level. The ball should be about 6 to 9 inches in diameter. The ball should be firm, but allow some give when pressed.

Note: Do not over inflate the ball or use an air compressor.



4. Remove the inflation straw and quickly cover the hole with your thumb. Then slide the plug under your thumb and insert it into the hole. Make sure to press the plug all the way into the ball.



Bender Method: Complete Video Library

Own the complete DVD or VHS Bender Method Video Library today!
Set Includes:



The Bender Method of Advanced Core Training intensifies your workout to deliver beautifully sculpted abdominals!



The Bender Method of Body Sculpting gives you a total body workout that will leave you toned and firm!



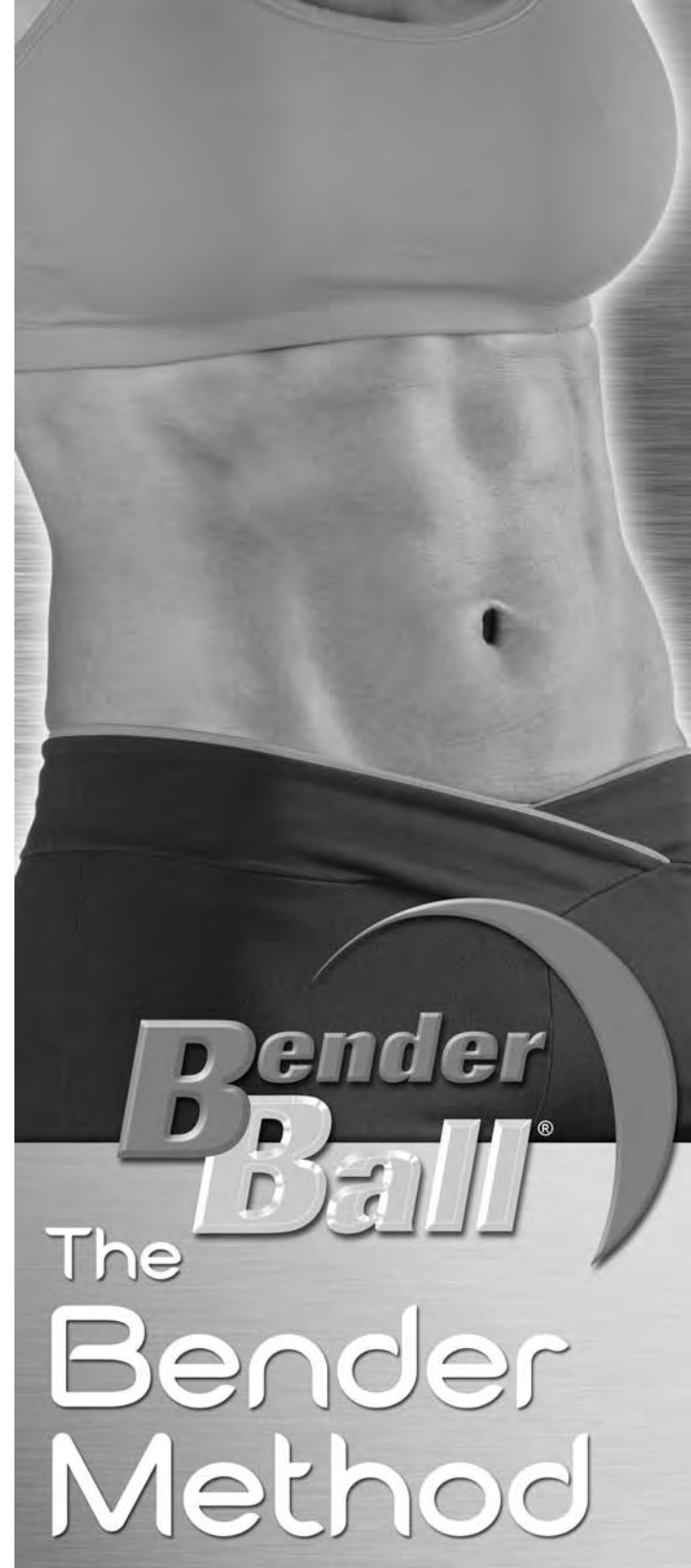
Get started on that long, lean, slender body that you've always wanted with ***The Bender Method of Pilates!***

Order Now!

www.BenderBall.com



Consult a physician before beginning this or any exercise program. Not for use by children or pregnant women. The creators, producers, participants and distributors of this program do not assume liability for injury or loss in connection with this exercise program and instructions therein.



**Bender
Ball**[®]
The
**Bender
Method**

Congratulations on your purchase of the Bender Method of Core Training! You're on your way to beautiful, toned abs. **For your safety and benefit, please read this entire manual before using your Bender Ball.**

The Bender Ball

The secret to great results is the Bender Method of Core Training ... developed by master trainer Leslee Bender. Each of Leslee's ab sculpting moves puts you in the perfect position for results. Combined with her effective method of Selective Stabilization™, it cranks up the intensity and targets the muscles you want from all sides — your upper abs, the sides and those hard to reach lower abs.

The Bender Method combines **Perfect Position** with Leslee Bender's effective method of **Selective Stabilization**



Bender Ball Workout

The Bender Ball allows you to work your abs in ways that you couldn't do otherwise. With a regular crunch on the floor, you're limited in your range of motion. You can only go forward. With the Bender Ball, you're getting extension back and flexion forward. This combined with Leslee's effective method of Selective Stabilization™ increases your workout intensity.



Using the Bender Ball

Ball Placement – When using the ball behind your back, place the ball at the base of your spine in the small of your back. You may need to reposition the ball during the workout. Make sure your body is stable and positioned properly before using.

Increasing intensity – You can increase your workout intensity by extending back on the ball further. Follow the Bender Ball video workouts, always choosing an intensity and tempo that feels comfortable yet challenging for you. Decrease intensity or omit any exercise in which you feel discomfort.

Safety Instructions:

1. Weight on Bender Ball should not exceed 300 pounds.
2. Do not over inflate the Bender Ball. Over inflation increases the danger of breakage.
3. Keep Bender Ball away from sharp objects, heat sources, and direct sunlight. Do not expose the Bender Ball to high temperatures.
4. Inspect the Bender Ball before each use for worn spots, cracks, punctures and foreign objects. Do not use the Bender Ball or attempt to repair it if it appears to be damaged.
5. Use the Bender Ball only as intended and instructed in these guidelines and videos.
6. Only use the Bender Ball on a clean, level, non-slip surface.
7. Always store the Bender Ball in a safe place when not in use.
8. Keep Bender Ball away from pets.
9. Do not kick the Bender Ball. It is not a toy.
10. If you feel back or other body discomfort, discontinue use immediately.
11. Keep away from children. Straw and plug are a choking hazard.
12. Keep this instruction manual for future use of the Bender Ball.

WARNING: CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM. NOT INTENDED FOR USE BY CHILDREN OR PREGNANT WOMEN.