

Crivit 65cm Gym Ball

Crivit 65cm Gym Ball Instruction Manual

1. INTRODUCTION AND SAFETY INFORMATION

This manual provides essential instructions for the safe and effective use of your Crivit 65cm Gym Ball. Please read all instructions carefully before use and retain this manual for future reference.

Important Safety Guidelines:

- Consult a healthcare professional before starting any new exercise program, especially if you have pre-existing health conditions.
- Ensure the gym ball is fully and correctly inflated before each use.
- Use the gym ball on a flat, non-slip surface to prevent accidents.
- Keep the gym ball away from sharp objects, heat sources, and direct sunlight to prevent damage.
- The Crivit Gym Ball features anti-burst quality, designed to deflate slowly if punctured, reducing the risk of sudden collapse. However, exercise caution at all times.
- Do not exceed the recommended weight limit (if specified, otherwise assume standard adult use).

2. SETUP

Unpacking and Inflation:

1. Carefully remove the gym ball from its packaging.
2. Allow the ball to reach room temperature before inflation, especially if it has been stored in a cold environment.
3. Locate the inflation plug on the ball.
4. Insert the nozzle of a standard foot pump or double-stroke pump (not included) into the inflation hole.
5. Inflate the ball until it reaches a diameter of approximately 65 cm. The ball should be firm but still have a slight give when pressed. Do not overinflate.
6. Once inflated, quickly remove the pump nozzle and insert the inflation plug securely into the hole. Ensure the plug is flush with the ball's surface.
7. Allow the ball to rest for a few hours, then check the firmness and re-inflate if necessary.



Image 1: The Crivit 65cm Gym Ball in dark grey, shown alongside various exercise positions. The ball features a subtle brand logo. The exercises demonstrate its use for core strengthening and flexibility.

3. OPERATING (USAGE AND EXERCISES)

The Crivit Gym Ball is a versatile tool for fitness, yoga, and rehabilitation. It helps relieve spinal pressure, promotes correct sitting posture, and strengthens back muscles. The product includes exercise and training instructions to guide your routine.

General Use:

- **Sitting Posture:** Use the ball as an alternative chair to engage core muscles and improve posture.
- **Core Strengthening:** Incorporate the ball into exercises like crunches, planks, and bridges to challenge stability and activate deeper core muscles.
- **Flexibility and Balance:** Utilize the ball for stretching and balance exercises to enhance overall body control.

Example Exercises:

The following are examples of exercises that can be performed with your gym ball, as depicted in the product imagery:

1. Glute Bridge with Ball:

Position your upper back and shoulders on the ball, with feet flat on the floor and knees bent at a 90-degree angle. Keep your core engaged and lift your hips towards the ceiling, forming a straight line from your shoulders to your knees. Slowly lower back down. This exercise targets the glutes and hamstrings while engaging the core for stability.



Image 2: A woman demonstrating a glute bridge exercise, with her upper back supported by the dark grey Crivit Gym Ball, engaging her core and glutes.

2. Leg Raises with Ball:

Lie on your back on a mat with your legs extended. Place the gym ball between your ankles, squeezing it gently to hold it in place. Keeping your legs straight, slowly raise them towards the ceiling until they are perpendicular to the floor. Lower them back down without letting them touch the ground. This exercise strengthens the lower abdominal muscles.



Image 3: A woman lying on her back, performing leg raises with the dark grey Crivit Gym Ball held securely between her lower legs, targeting abdominal muscles.

3. Crunches on Ball:

Sit on the gym ball and slowly walk your feet forward until the ball supports your lower back. Place your hands behind your head or across your chest. Keeping your feet flat on the floor, perform a crunch by lifting your upper body towards your knees, engaging your abdominal muscles. The ball provides support and increases the range of motion. Slowly return to the starting position.



Image 4: A woman performing crunches while seated on the dark grey Crivit Gym Ball, demonstrating a core strengthening exercise.

4. MAINTENANCE

Cleaning:

To clean your gym ball, wipe it down with a damp cloth and mild soap. Rinse thoroughly with a clean, damp cloth to remove any soap residue. Allow the ball to air dry completely before storage or next use.

Storage:

Store the gym ball in a cool, dry place away from direct sunlight, extreme temperatures, and sharp objects. Ensure the ball is clean and dry before storing to prevent mildew or damage.

Inspection:

Regularly inspect the ball for any signs of wear, tears, or punctures. If any damage is found, discontinue use immediately to prevent injury.

5. TROUBLESHOOTING

- **Ball loses air:** Check the inflation plug to ensure it is securely inserted. If the plug is loose, re-insert it

firmly. If the ball continues to lose air, inspect for small punctures. Re-inflate as needed.

- **Ball feels unstable during use:** Ensure the ball is properly inflated to its recommended firmness. Use the ball on a flat, even surface. If you are new to gym ball exercises, start with basic movements and gradually progress as your balance improves.

6. SPECIFICATIONS

Brand	Crivit
Model	Gym Ball
Diameter	65 cm
Material	PVC (mousse), Anti-burst, ATBC plasticizer, Polypropylene
Weight	1.1 kg
Construction Type	Inflatable
Color	Dark Grey
Age Range	Adult

7. WARRANTY AND SUPPORT

For specific warranty information, please refer to the documentation provided at the time of purchase or contact your retailer. For product support or inquiries, please reach out to the retailer or the manufacturer, Crivit, through their official channels.