

# Exercise Balls For All

Include an exercise ball in your workout routine! Besides having more fun, using an exercise ball could give you stronger core muscles, more muscle tone in your arms and legs, better balance, and improved posture.

Look up your height on the size chart at right and then select the best size exercise ball for you. The proper size exercise ball will help ensure comfort and safety when using your exercise ball.

Exercise Ball Height and Size Chart		
	If you are:	Use this size:
	up to 5'2"	small (45 cm)
	5'3" to 5'6"	medium (55 cm)
	5'7" to 5'11"	large (65 cm)
	6'0" or taller	extra large (75 cm)



Photo credit: AP

## Be Fit Ball (Small)

This exercise ball is great for children. It's the smallest size ball at 45 cm and comes in bright red. It's strong enough to use for strengthening exercises and priced low enough so that you can buy one for everyone in the family! Also a great ball to use in place of a chair.

small, 45 cm,  red, \$10.95



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## Be Fit Ball (Medium and Large)

The medium-sized exercise ball comes in bright blue and is our most popular size for use in classrooms (to replace chairs). It's also great to use in the gym for exercises that will strengthen your core, back, arms, and legs.

The large Be Fit Ball is our most popular size for workout gyms and adult exercise classes. It makes a wonderful office chair to help stop slouching and keep you working at your desk comfortably, without back strain.

medium, 55 cm,  dark blue, \$12.95; large, 65 cm,  green, \$14.95



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## Super Strong Ball (Small to Extra-Large Sizes)

Our Super Strong Ball uses "anti-burst" technology, which means it's almost impossible to tear or pop! Use it in the gym and don't worry about sharp corners or workout machines damaging your exercise ball. This ball can support 500 pounds of pressure, so it's great for people who want to lift weights while sitting on the ball for stability. Makes a durable chair and comes in the extra-large size for taller people!

One price for all sizes: \$26.95

small, 45 cm,  yellow; medium, 55 cm,  white; large, 65 cm,  purple; extra large, 75 cm,  turquoise