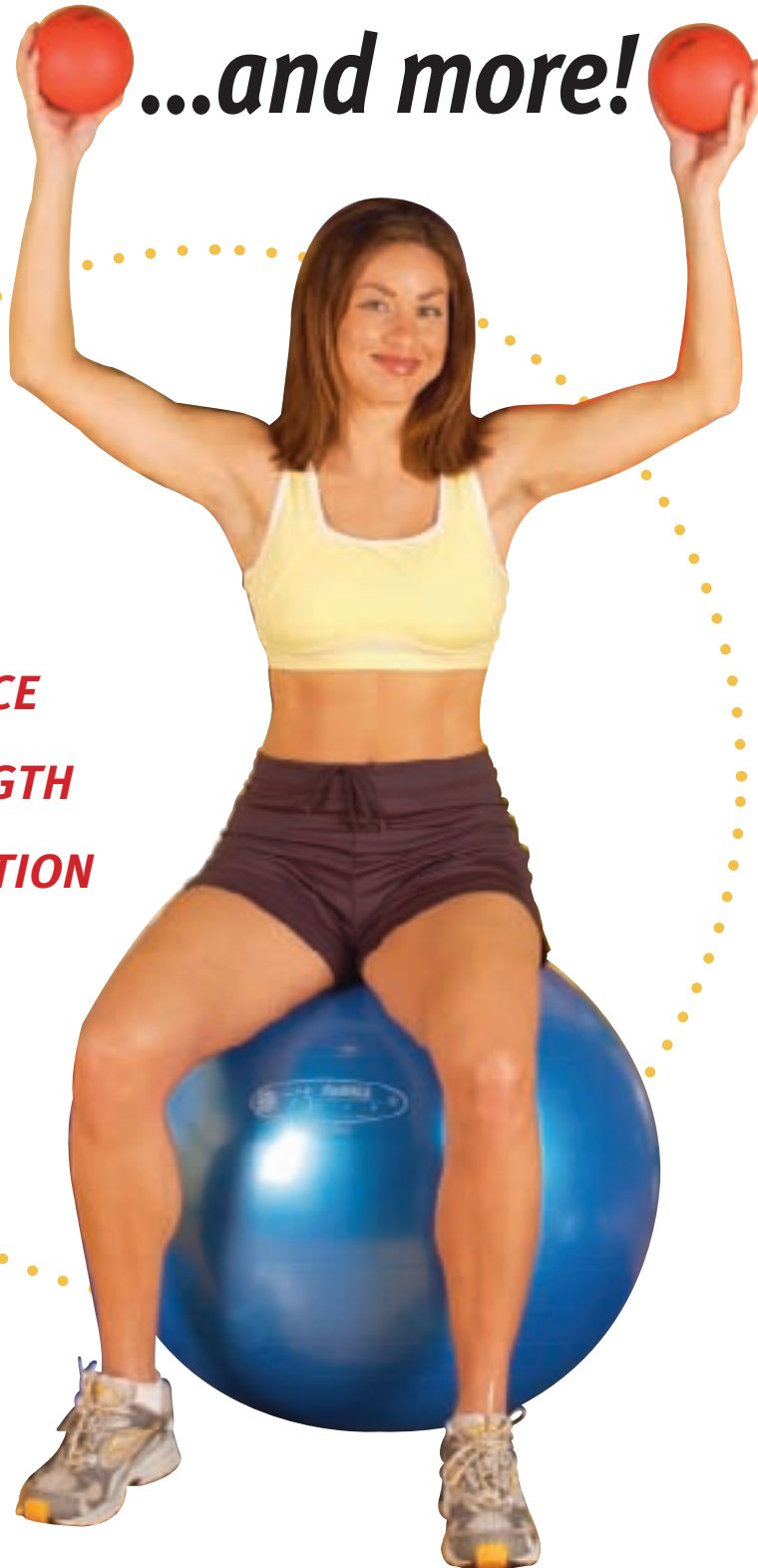




2006 PRODUCT CATALOG

# The #1 Burst-Resistant Ball ...and more!



- ▶ **CORE**
- ▶ **BALANCE**
- ▶ **STRENGTH**
- ▶ **EDUCATION**

Also Featuring  
Products By:

**AIREX**<sup>®</sup>



**GYMNIC**<sup>®</sup>





## Top reasons to be a FitBALL® Wholesale Dealer!

1. **30-day money-back guarantee.** Your satisfaction is 100% guaranteed. Return any item within 30 days from the date of sale to your end user for a complete product refund.
2. **Only \$100 minimum on your first order.** With a minimum this low, you can start taking advantage of our competitive dealer pricing immediately.
3. **High-quality exercise balls you can sell with confidence.** FitBALL exercise balls are the #1 burst resistant exercise balls. Period.
4. **FREE Shipping on volume orders.** (See pricelist for details.) Save when you order in higher volumes.
5. **Timely delivery guaranteed.** We have one of the largest inventories of exercise and therapy balls in the U.S. so most orders ship within 48 hours.
6. **Huge discounts on educational products.** Unique books, DVDs and videos compliment the FitBALL line.
7. **Attractive retail packaging.** We've designed our packaging to move product fast.
8. **High-quality display pieces.** Create attractive in-store displays with our clear plastic ball stackers that bring customers in to buy. Stay tuned for new point-of-purchase displays.
9. **Promotional tear sheets and product brochures.** Perfect for direct mail campaigns or in-store giveaways customized with your contact information.
10. **Exclusive dealer discounts and special offers.** We offer significant promotional sales on a variety of products throughout the year.
11. **Live Customer Service Reps to answer the phone.** No automated phone system here! Our smiling and knowledgeable CSRs are immediately available to help you place an order or answer your questions.



All Ball Dynamic products are guaranteed to be the highest quality available. However, if you're not 100% satisfied with any Ball Dynamic product, we'll replace it or refund your money within 30 days of the date of purchase. Have questions? Just call us toll-free at 1-800-752-2255!



### Contact us:

- ▶ **Via phone (7 am to 5:30 pm MST)**  
(Toll-free US/Canada) 800.752.2255  
(Local) 970.535.9090
- ▶ **Via fax**  
(Toll-free US/Canada) 877.223.2962  
(Local) 970.535.9548
- ▶ **Online**  
Internet: [www.fitball.com](http://www.fitball.com)  
Email: [orders@fitball.com](mailto:orders@fitball.com)
- ▶ **Via Mail**  
Ball Dynamics International, LLC  
14215 Mead St.  
Longmont, CO 80504

FitBALL is a registered trademark of Ball Dynamics International, LLC.

Prices and terms are subject to change without notice. Products in this catalog may differ slightly from those delivered. Manufacturer reserves the right of substitution. Once processed, your order will generally ship within two business days. Orders paid by check are held for 10 business days for processing. © 2006 Ball Dynamics International, LLC, Longmont, Colorado. All rights reserved.

The **FitBALL® brand**, well-known for providing professional-quality exercise balls and education for fitness and therapeutic use, is now expanding its product line to include other fine fitness products. **The FitBALL promise remains the same: provide the highest quality products for enhancing and improving core strength and optimal health, at an exceptional value.**

FitBALL, the #1 burst-resistant exercise ball, is now the brand of choice for therapists, trainers and sports professionals. Discover the new line of FitBALL branded quality products, designed for fitness, rehab and healthy lifestyles. Look for the FitBALL USA logo!!!



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- New!** ▶ FitBALL Mats 19
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# The #1 Recommended Exercise Ball!



## The Original FitBALL® Exercise Ball

The world's best burst-resistant exercise ball is the perfect solution for both professional and home use. Trusted by physical therapists and personal trainers throughout the U.S., every ability level can benefit from the stability challenge the FitBALL exercise ball offers for flexibility, strength, and aerobic training. Absolutely round and weight tested to over **600 lbs.**, our premium FitBALL exercise ball is made of a unique latex-free material designed to deflate slowly if punctured. You'll feel the difference immediately when you sit on our firm, yet flexible FitBALL exercise ball. Packaged in retail box with poster.

<b>Code:</b>	<b>Size/Color Choice:</b>
<b>FTBAL 45</b>	<b>45cm - Yellow</b>
<b>FTBAL 55</b>	<b>55cm - Black, Pearl, Purple, Multi, Red</b>
<b>FTBAL 65</b>	<b>65cm - Black, Pearl, Purple, Multi, Blue</b>
<b>FTBAL 75</b>	<b>75cm - Black, Pearl, Yellow</b>



### FitBALL Package with Pump:

- PKG-FTBAL 45**
- PKG-FTBAL 55** *(specify color)*
- PKG-FTBAL 65** *(specify color)*
- PKG-FTBAL 75** *(specify color)*

*FitBALL exercise balls are not recommended for use during heavy weight training.*



**Sport**



## Your choice – Firm or Soft!

**FIRM for FITNESS – for increased balance challenge!**

**SOFT for THERAPY – for increased comfort!**

The FitBALL Sport offers FitBALL quality priced to compete with economy exercise balls! Choose between Soft and Firm editions for optimum comfort or precise fitness applications. Both versions have a surface that reduces slipping and are weight tested to **600 lbs.** Both versions resist tearing if punctured for maximum safety. And like our original FitBALL exercise ball, the FitBALL Sport is latex-free with no strong chemical smell. Packaged in retail box with exercise poster.

**Firm Package with Pump**  
 PKG-SPF45Y  
 PKG-SPF55 (specify color)  
 PKG-SPF65 (specify color)  
 PKG-SPF75 (specify color)

**Soft Package with Pump**  
 PKG-SPS45Y  
 PKG-SPS55 (specify color)  
 PKG-SPS65 (specify color)  
 PKG-SPS75 (specify color)

### FitBALL® SPORT - FIRM

<b>Code:</b>	<b>Size/Color Choice:</b>
SPBALF 45	45cm - Yellow
SPBALF 55	55cm - Red, Black, Pearl
SPBALF 65	65cm - Blue, Black, Pearl
SPBALF 75	75cm - Yellow, Black, Pearl

**New!**



### FitBALL® SPORT - SOFT

<b>Code:</b>	<b>Size/Color Choice:</b>
SPBALS 45	45cm - Yellow
SPBALS 55	55cm - Red, Black, Pearl
SPBALS 65	65cm - Blue, Black, Pearl
SPBALS 75	75cm - Yellow, Black, Pearl



FitBALL® Original and FitBALL® Sport Size Chart	
age 5 years to 4'8"	45 cm (17 in.)
4'8" to 5'3"	55 cm (21 in.)
5'3" to 6'0"	65 cm (25 in.)
6'0" to 6'7"	75 cm (29 in.)

Chart is intended for general guidelines only. Please consult your therapist or trainer for your specific needs.

FitBALL exercise balls are not recommended for use during heavy weight training.

## FitBALL® Holder

**New!**

Inflatable ring sized to hold a 65cm-75cm FitBALL exercise ball. Also keeps the ball from rolling away when not in use. Attractive retail packaging works well for up-selling with FitBALL exercise balls. Grey color. Available in Spring 2006.

### FBHOLDER

(FitBALL sold separately, page 4)



## FitBALL® Carry Strap

This multi-functional strap works like no other-its elastic material grips snugly to any size ball. Run a band or tube through the loop to transform the FitBALL into a dynamic resistance tool. **STRAP**

## FitBALL® Storage Stackers

These corrugated plastic stackers are a durable and affordable way to neatly store up to three FitBALL exercise balls. Sold individually. **STACK-LEDRA**



## FitBALL® Display Stackers

Create an attractive retail ball display with our clear plastic stackers-they easily adjust to fit 55 cm to 85 cm size balls with convenient hook-and-pile closures. Sold individually. **STACK-CLEAR**

## FitBALL® Base

Provides added stability for beginners and those with balance challenges. Perfect for high-traffic areas. Add a FitBALL resistance band (sold separately, page 9) for strength training.



**Ball size**  
45-55 cm  
65-75 cm

**Base size**  
Small  
Large

**Code**  
BASE SMALL  
BASE LARGE

## FitBALL® Plug Pullers

Don't damage your FitBALL exercise ball trying to remove the plug. These handy go-anywhere tools safely remove the air plug for easy inflation and deflation.



**Metal PLUGPU**  
**Plastic PLUGPU-PLAS**

## Faster Blaster Air Pump

The fastest, strongest, most durable hand pump available. Dual-action allows you to inflate your FitBALL exercise ball in less than 5 minutes. 11" long. **FBLAST-IND**



## FitBALL® Pump

Dual-action, economical pump. **FBPUMP**

## Needle Pump

Handy inflation pump for needle-type air valves on selected cushions and balls. Needle is stored inside of handle for safe keeping. **NEEDLE**





**FitBALL® Balance Disc**

The FitBALL Balance Disc is a versatile core stability cushion that easily adjusts for your challenge level. Used while standing, kneeling or sitting, the FitBALL Balance Disc improves balance and joint stabilization, strengthens and tones core muscles, and encourages proper posture. Higher side profile and longer tactile points than our FitBALL Seating Disc. Needle pump required for air pressure adjustment.

CUS-FBBD 14" Blue



**New!**

**FitBALL® Giant Balance Disc**

Inflatable disc with extra-large surface. Smooth surface on one side, sensory points on the other. Air pump required for full inflation/adjustment.

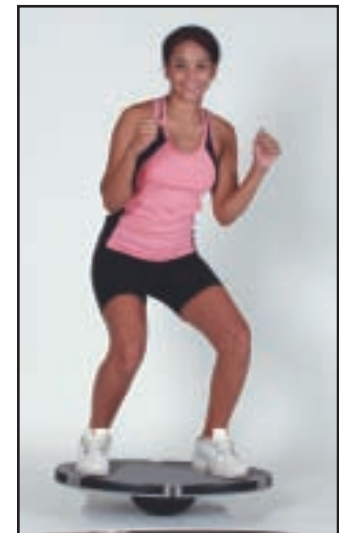
CUS-FBGIANT 22" Blue Poly-bag

**FitBALL® Air Cushion**

**New!**

Unique three-tiered folded side construction promotes a dynamic sitting position. This inflatable cushion is comfortable, portable and great for school, home or office. Needle pump included.

FBAC 12.5" Red



**New!**



**FitBALL® Deluxe Board**

Extra-large 19.5" x 27" surface has plenty of room for full-body functional training and group exercise choreography. Heavy-duty plastic construction is geared for high-use fitness or rehab facilities. Multi-directional base provides balance challenge for beginners and advanced.

Available in Spring 2006.

FBDELUXE



**FitBALL® Wedge**

**New!**

Used as a posture correcting seat cushion or a lumbar support, the inflatable FitBALL Wedge encourages proper alignment with its dynamic wedge shape. Smooth surface on one side, with sensory bumps on the other. Junior size also available. Air pump recommended for full inflation/adjustment.

FBWEDGE 13" Iridescent blue Packaged in retail box  
 FBWEDGEJR 10" Green Packaged in poly-bag

**FitBALL® SeatingDisc**

**New!**

This air-filled disc has a unique dome-shaped top that mimics the FitBALL exercise ball. One of the most versatile fitness and rehabilitation tools available, the FitBALL SeatingDisc can be used as a standard balance disc or as an active sitting cushion. Junior size also available. Air pump recommended for full inflation/adjustment.

FBSD 15" Iridescent blue Packaged in retail box  
 FBSDJR 12" Green Packaged in poly-bag





## FitBALL® SoftMeds **New!**

These small, graspable, and weighted balls are perfectly sized for the elderly, women, children or anyone who wants a soft, comfortable alternative to bulky dumbbells. FitBALL SoftMeds are filled with sand and offer a safe and effective way to add upper body strength training with your FitBALL exercise ball. Sold individually or as a complete set of (1) of each weight plus the handy FitBALL SoftMeds Rack. Rack also sold separately.

Color	Weight/Size	Code
SoftMeds Yellow	0.5 KG (1.1 LB)	FBSM1
SoftMeds Green	1.0 KG (2.2 LB)	FBSM2
SoftMeds Red	1.5 KG (3.3 LB)	FBSM3
SoftMeds Blue	2.0 KG (4.4 LB)	FBSM4
SoftMeds Black	2.5 KG (5.5 LB)	FBSM5



## FitBALL® SoftMeds Rack

Sturdy, PVC frame easily holds 5 FitBALL SoftMeds. Great for storage/display in office, gym or store. 5" tall, 6" deep, 31" wide.

SoftMeds Rack	5" x 6" x 31"	RACK-FBSM
SoftMeds Set	(1) of each wt. & rack	SET-FBSM



## FitBALL® Mat **New!**

Looking for a quality fitness mat at an incredible value? Our new FitBALL Mat can be used in both professional and home settings. The two different sizes meet most fitness and rehabilitation applications.

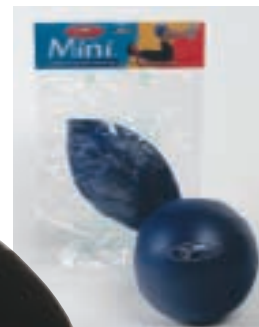
FBMAT72	23" x 72" x 0.5"
FBMAT49	23" x 49" x 0.5"



## FitBALL® Mini **New!**

A 9" inflatable ball used for resistance and focused work in Pilates and other fitness programs. The FitBALL Mini can also be used as a soft prop underneath the body. Use slightly deflated for best functionality. Dark blue color with easy-grip texture. Retail-packaged in header card poly for peg hanging. Includes inflation straw.

FBMINI



## FitBALL® Tubing **New!**

The FitBALL brand of tubing is made from durable natural rubber. Each 4' length tube is attached to two comfortable foam handles. Attractive clamshell retail packaging in 5 new color-coded levels of resistance.

Resistance Level	Color	Code
X-LIGHT	Yellow	FBTB-XLITE
LIGHT	Green	FBTB-LITE
MEDIUM	Red	FBTB-MED
HEAVY	Blue	FBTB-HEAVY
X-HEAVY	Black	FBTB-XHVV



**New!**

## FitBALL® Club Tubing

4' long black, natural rubber tubing with web handles color-coded to correspond to different levels of resistance. A portable easy-to-use training tool for isolating and strengthening targeted muscles groups and overall body conditioning. Priced right for bulk club purchases.

Resistance Level	Color	Code
X-LIGHT	Silver	TUBE-XLITE
LIGHT	Yellow	TUBE-LITE
MEDIUM	Green	TUBE-MED
HEAVY	Red	TUBE-HEAVY



## FitBALL® Exercise Bands *(Made from natural rubber.)*

**New!**

### Pre-Cut Bands

The versatility of resistance bands, pre-cut and individually packaged for convenience. 4' long x 5" wide. Available in five new color-coded resistance levels.



Resistance Level	Color	Code
X-LIGHT	Yellow	FBBND -XLITE
LIGHT	Green	FBBND -LITE
MEDIUM	Red	FBBND -MED
HEAVY	Blue	FBBND -HEAVY
X-HEAVY	Black	FBBND -XHVV

### Bulk Bands

Increase your exercise options at a more economical price. 50 yard rolls packaged in white boxes with stickers that indicate color-coded resistance level. Available in five new color-coded resistance levels.



Resistance Level	Color	Code
X-LIGHT	Yellow	FBBND150 -XLITE
LIGHT	Green	FBBND150-LITE
MEDIUM	Red	FBBND150 -MED
HEAVY	Blue	FBBND150 -HEAVY
X-HEAVY	Black	FBBND150 -XHVV

### 18" Band Loops

Tone your hips and thighs with band loops that never knot. Band loops have new color coding and offer three levels of resistance.



Resistance Level	Color	Code
LIGHT	Green	FBBNDLP -LITE
MEDIUM	Red	FBBNDLP -MED
HEAVY	Blue	FBBNDLP -HEAVY



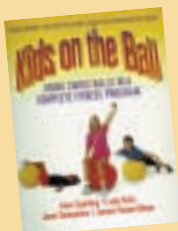
## Joanne Posner-Mayer, PT

### Swiss Ball Applications for Orthopedic & Sports Medicine

Get the most out of your FitBALL with these informative tools. The 90-minute video introduces rehab and fitness professionals to Swiss ball use. The book works well as a patient training guide and features over 500 exercise variations (212 pages).

Each exercise is also featured in the easy-to-use card deck.

**Book** BOK-HOME  
**VHS** VID-BDIORT  
**Card Deck** EDU-DECK



### Kids on the Ball

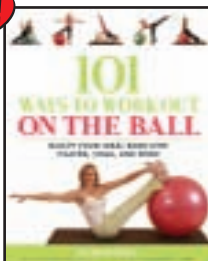
P.E. teachers and therapists will love this innovative educational guide. Kids work on rhythm, balance and coordination through a series of fun-filled activities on a FitBALL exercise ball. 212 pages. **BOK-KIDSO**

Also by Joanne Posner-Mayer: *the Balanced Workout VHS pg. 12*

### 101 Ways to Work Out on the Ball

**New!**

Optimize your FitBALL workouts with beginner, intermediate and advanced exercises that strengthen, lengthen, tone and stretch. 175 pages, color photos. By Elizabeth Gillies. **BOK-101**

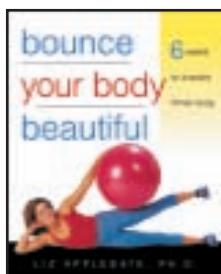


### Ball Bearings

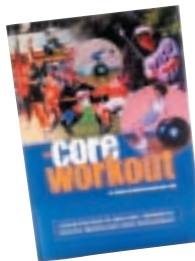
The complete illustrated guide of ball exercises makes it easy to get the most out of your FitBALL exercise ball. Over 400 illustrations and step-by-step instructions for beginners trying to improve their overall health or athletes trying to gain a competitive edge. 138 pages. **BOK-BALLBEAR**

### Bounce Your Body Beautiful

Liz Applegate leads readers through a six-week total fitness program, combining ball exercises, cardio exercise and nutritional menus. 320 pages. **BOK-BOUNCE**



### The Core Workout



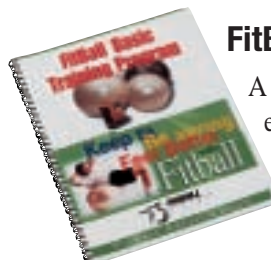
This in-depth book by Joanne Elphinston and Paul Pook teaches athletes and coaches to incorporate fitness balls into any exercise program. 136 pages. **BOK-CORE**

### Exercising During Pregnancy

This informative booklet guides pregnant women through a safe, dynamic program using FitBALL exercises. 48 pages. **BOK-PREGNA**



### FitBALL® Basic Training Manual



A complete introduction to FitBALL exercises for personal trainers and home users developed by FitBALL Master Trainers. 80 pages. **BOK-FBCERT**

### FitBALL® Workout Guide

Stretch, tone and strengthen the upper and lower body while enhancing cardiovascular strength. A complete workout guide for new users, this compact booklet offers over 75 different FitBALL exercises. Developed by FitBALL Master Trainers. **BOK-FITBAL**



### Fitness for the Pelvic Floor



These clear, easy-to-use tools focus on the anatomy and physiology of the pelvic floor, providing exercises, treatment options and evaluation forms for female and male patients. By Beate Carriere, PT. Manual is 160 pages. Video is 25 minutes.

**Book** BOK-PELVFL  
**VHS** VID-PELVFL

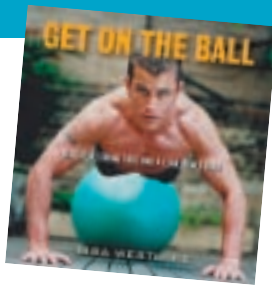
### FitBALL® Power Golf

Increase distance, consistency and accuracy by targeting core muscles. Develop strength and flexibility for a more powerful and accurate swing. Program by Neal Wolkodoff, Ph.D. 134 pgs. **Book & VHS set SET-GOLF**



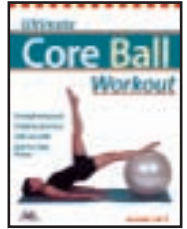
**Get on the Ball**

The perfect compact exercise guide for personal trainers and home users by Lisa Westlake. Includes photos, trainers' tips and stretches for each exercise, plus 15 complete workout programs. 184 pages. **BOK-GETON**



**Ultimate Core Ball Workout** **New!**

Comprehensive strengthening and sculpting mat exercises adapted for use on the ball by Jeanine Detz. Includes workouts for total core, targeted areas, yoga/Pilates elongating workouts, and fast blast workouts in 5 minutes. 128 pages, 200 B&W photos. **BOK-ULTCORE**



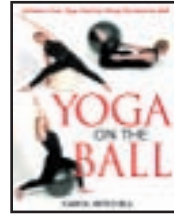
**Spinal Stabilization: The New Science of Back Pain**

Author Rick Jemmett, B.Sc., PT offers powerful answers for persistent low back pain in this extensive exercise manual. Explore the latest research in balance, stabilization and power generation. 95 pages. **BOK-SPINAL**

**Swiss Ball for Strength, Tone and Posture**

**New!**

Written by Maureen Flett, a sports physical therapist, and illustrated with over 300 color photographs, this book offers a comprehensive range of exercises to use with your FitBALL exercise ball. Includes section for seniors. **BOK-SWISSSTR**



**Yoga on the Ball**

Carol Mitchell combines classic Yoga postures with the FitBALL exercise ball-creating a new hybrid that allows for deeper-than-normal yoga stretches targeting specific areas of muscles. Over 225 photographs with workouts for all levels of ability. 185 pages. **BOK-YOGAON**

**FitBALL® Wall Charts**

Set of four full-color laminated charts offers over 50 exercises in four critical areas: 1) Upper Body 2) Lower Body 3) Abs, Back and Core and 4) Stretching and Flexibility. Each measures 13" x 19". **Set of 4 PKG-CHARTS**

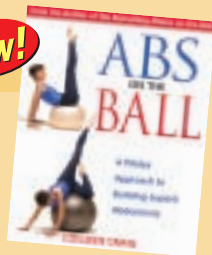


**Colleen Craig**

**New!**

**Abs on the Ball**

Colleen Craig explains the Pilates approach to deep training of the abdominal muscles using the FitBALL exercise ball. With over 100 exercises and 250 photographs, this innovative book will help you sculpt and condition outstanding abdominals. 191 pages. **BOK-ABSON**



**Pilates on the Ball**

Improve posture, increase core strength and lengthen and tone muscles. Colleen Craig, a certified Pilates Trainer, adapts the Pilates technique for the FitBALL exercise ball. This innovative routine is available in a 45-minute video, DVD or a 180-page book.

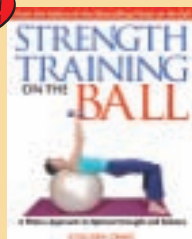


**Book BOK-PILATES**  
**DVD DVD-PILATES**  
**VHS VID-PILATES**

**New!**

**Strength Training on the Ball**

A unique series of Pilates strength-building exercises using the FitBALL exercise ball, resistance bands, and hand weights. 256 pages, color photos. **BOK-STRENGTH**



**The Great Balance & Stability Handbook**

Handy exercise guide for using with three of the most popular balance tools: the BOSU® trainer, the balance cushion and the wobble board. Over 80 variations of balance and stability exercises are divided into Core/Upper Body and Core/Lower Body categories. 61 pages. **BOK-BALANCE**

**Great Medicine Ball Handbook**

Get the most out of your HeavyMeds while increasing muscle tone, performance and core strength. This guide includes step-by-step instructions, photos for each exercise, and a section on stretching. 64 pages. **BOK-MEDBALL**

**Great Tubing Handbook**

Tone and strengthen the entire body using bands or tubing. Includes step-by-step instructions, photos for all exercises and a complete fitness routine. 64 pages. **BOK-TUBE**

**Reflex Ball Manual**

The 60-page manual guides users through a variety of fitness and self-massage exercises using the Reflex Balls. Each page provides detailed instructions and photos. **BOK-REFLEX** (see Reflex Balls, pg. 17)

**Working on the Ball: A Simple Guide to Office Fitness**

**New!**

By Jane Clapp and Sarah Robichaud. De-stress and get active with this fun set of exercises and health tips designed for working out at your desk while using the FitBALL exercise ball as an office chair. **BOK-WORK**



## FitBALL® 101

The obesity epidemic continues to affect America's health and associated health costs. Be part of the solution with this ground-breaking FitBALL workout designed specifically for plus size and under active adults. Appropriate for deconditioned patients under doctor's supervision. 60 minutes.

DVD-FB101 (DVD)

**New!**



## FitBALL® Kids **New!**

The second in our exclusive series\* of weight-loss and healthy lifestyle encouraging workouts, this fun packed program gets kids on the ball and moving! Designed by Taralyn Jensen. Available in Spring 2006.

DVD-FBKIDS

\*see FitBALL 101 DVD



## FitBALL® All Round Workout

Tone and sculpt the entire body while enhancing core strength with this powerful workout for beginners. Led by Lisa Westlake. 45 minutes.

DVD-ALLROU (DVD)

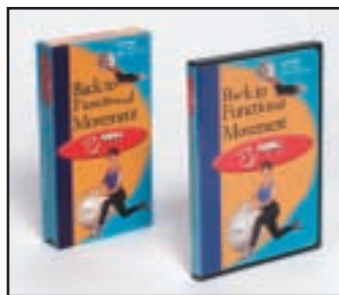
VID-ALLROU (VHS)

## FitBALL® Back to Functional Movement

Powerful back rehab routine enhances the overall strength of the spine through core muscle development. Led by Trish Scott. 30 minutes.

DVD-FITBCK (DVD)

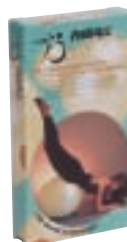
VID-FITBCK (VHS)



## FitBALL® The Balanced Workout

Designed by Joanne Posner-Mayer, P.T. and Lindsay Zappala, this instructional video is perfect for post-rehab workouts. A total-body routine for dynamic strengthening and joint and spinal mobility geared for the recovering patient.

VID-FITBAL (VHS)



## Cardio FitBALL®

Enhance cardiovascular fitness and boost muscle tone in this high-intensity, low-impact workout. Led by Cheryl Soleway. 45 minutes

VID-FITBA2 (VHS)



## FitBALL® Upper Body Challenge

Get a challenging abdominal and upper body workout by combining your FitBALL exercise ball and HeavyMeds or SoftMeds. Led by Cheryl Soleway. 45 minutes.

DVD-FITUPP (DVD)

VID-FITUPP (VHS)



## FitBALL® Yoga

Combines the power of yoga and the support of the FitBALL exercise ball to relax, boost muscle strength and ease tension. Led by Carol Mitchell. 45 minutes.

VID-YOGA (VHS)

## FitBALL® Lower Body Challenge

This challenging program targets abdominals and increases lower body strength, stability and flexibility. Led by Cheryl Soleway. 45 minutes.

DVD-FITLOW (DVD)

VID-FITLOW (VHS)



## FitBALL® Roll Up to Unwind

Optimize muscle flexibility, joint mobility and ease everyday tension while minimizing aches, pains and injuries. Led by Lisa Westlake. 45 minutes.

VID-ROLL (VHS)



## FitBALL® Power Golf

Increase distance, consistency and accuracy by targeting core muscles. Develop strength and flexibility for a more powerful and accurate swing. Program by Neal Wolkodoff, Ph.D.

Book & VHS set SET-GOLF



## FitBALL® Great Expectations

Prepare for labor and motherhood while getting a great workout that's safe for mother and baby. Suitable for all stages of pregnancy and early motherhood. Led by Lisa Westlake. 45 minutes.

VID-PREG (VHS)



**Swiss Ball Applications for Orthopedic & Sports Medicine**

Get the most out of your FitBALL with these informative tools. The 90-minute video introduces rehab and fitness professionals to Swiss ball use. The book works well as a patient training guide and features over 500 exercise variations (212 pages). Developed by Joanne Posner-Mayer, PT.

- Video** VID-BDIORT
- Book** BOK-HOME
- Card Deck** EDU-DECK



(Mini-ball sold separately, page 14)

**Pilates Mini Ball & Pilates Mini Ball 2**

Leslie Bender, International Pilates Educator, has created two challenging Pilates workouts using a 9" Mini Ball for resistance. Great for home use or travel.

- Pilates Mini Ball DVD** DVD-MINI
- Pilates Mini Ball VHS** VID-MINI
- Pilates Mini Ball 2 DVD** DVD-MINI2
- Pilates Mini Ball 2 VHS** VID-MINI2

**Spinal Stabilization: Utilizing the Swiss Ball**

Boost your current spinal stabilization program with a FitBALL exercise ball. This video progresses from exercises for the acute/beginning phase of treatment to challenges for healthy patients. 35 minutes.

**VID-STABIL (VHS)**

**Fitness for the Pelvic Floor**

These clear, easy-to-use tools focus on the anatomy and physiology of the pelvic floor, providing exercises, treatment options and evaluation forms for female and male patients. By Beate Carriere, PT. Video is 25 minutes. Manual is 160 pages.

- VHS** VID-PELVFL
- Book** BOK-PELVFL



**Pilates on the Ball**

Improve posture, increase core strength and lengthen and tone muscles. Colleen Craig, a certified Pilates Trainer, adapts the Pilates technique for the FitBALL exercise ball. This innovative routine is available in a 45-minute video, DVD or a 180-page book.

- DVD** DVD-PILATES
- VHS** VID-PILATES
- Book** BOK-PILATES



**Using the Ball During Pregnancy**

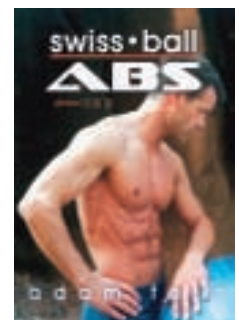
By Carolyn Anthony. This 20-minute DVD explains how to use the FitBALL exercise ball as a birthing ball. Exercises are appropriate for use during pregnancy, delivery and postpartum.

**DVD-PREGNANCY (DVD)**

**Swiss Ball Abs New!**

By Adam Ford. These functional and unique core exercises offer the fastest, most effective abdominal workout available using a comprehensive 3-phase progression. 60 minutes.

**DVD-ABS (DVD)**





**New!**

## FitBALL® Pressure Points™ Package

This innovative self-administered acupressure program by Marc Coseo, Lic.Ac., is perfect for warming up muscles prior to working out or relaxing aches and tension. It works by applying pressure to specific Pressure Points to increase blood flow to surrounding muscle tissue. Warmed by the increased blood flow, the muscle's flexibility naturally increases and the level of tension and discomfort decreases. Package includes two 2" Pressure Points balls, a 30-minute easy-to-follow DVD and a full color reference poster with 20 major acupressure points.

**PKG-FBPP**

## FitBALL® Roller

The FitBALL Roller is a versatile exercise roll that can be inflated to desired firmness for personalized comfort. Benefits include dynamic strengthening, balance and flexibility. Made from durable latex-free vinyl, the FitBALL Roller is easy to clean, lightweight and portable. Includes exercise poster! 6" x 30"



**New!**

**ROLL-FITBALL**

*\*9" ball sold separately*



## FitBALL® Mini

9" inflatable ball great for Pilates mat workout or as a soft prop underneath the head or body. Easy grip texture.

**FBMINI**



## FitBALL® Body Therapy— Small Ball Release Program

The FitBALL Small Ball Release Program, created by Cheryl Soleway, PT, provides step-by-step instructions to release tension in muscular and fascial tissue in the pelvic, hip, lower back, middle back, neck, chest and shoulder areas. The video guides beginners and intermediate home-users through a 45-minute program. The 80-page manual provides the complete back and body routine for individualized programs.

<b>Manual</b>	<b>BOK-BODY</b>
<b>DVD</b>	<b>DVD-BODY</b>
<b>VHS</b>	<b>VID-BODY</b>

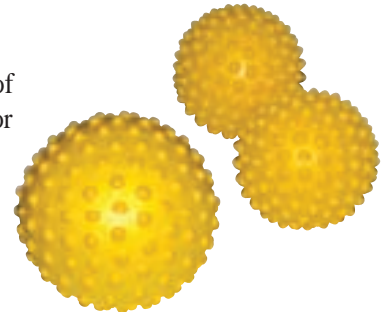
FitBALL Body Therapy Balls offer optimum support and comfort while providing steady counter-pressure. Three balls of decreasing size are offered for increasing challenge. Needle pump required to inflate.

<b>7" Beginner</b>	<b>FBBODY 7</b>
<b>6" Intermediate</b>	<b>FBBODY 6</b>
<b>5" Advanced</b>	<b>FBBODY 5</b>
<b>Needle pump</b>	<b>NEEDLE</b>

## FitBALL® Sensory Ball

The Sensory Ball is the softest of our sensory balls, and is ideal for self-massage. Needle pump required for full inflation/adjustment.

<b>10 cm (set of 2)</b>	<b>FBSSENS10</b>
<b>20 cm</b>	<b>FBSSENS20</b>



## FitBALL® Reflex Roll

Moderately firm texture in a dynamic, cylindrical shape. 5" long. Needle pump required for full inflation/adjustment.

**FBRR**



**FitBALL® Chair** **New!**

The FitBALL chair encourages active sitting, strengthens the back and promotes good posture. Height and back rest adjust for a customized fit. Includes rolling\* frame, 55 cm Silver ball, and pump.

**FBCHAIR**

\*Rolls best on non-carpeted surface.



**New!**

**FitBALL® Wedge**

Used as a posture correcting seat cushion or a lumbar support, the inflatable FitBALL Wedge encourages proper alignment with its dynamic wedge shape.

**FBWEDGE** 13" Iridescent blue  
**FBWEDGEJR** 10" Green



**New!**

**FitBALL® Seating Disc** **New!**

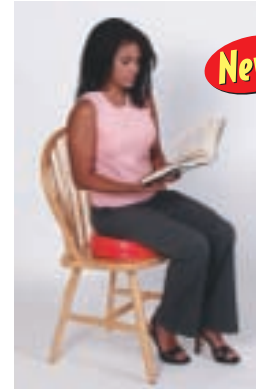
This air-filled disc has a unique dome-shaped top that mimics the FitBALL exercise ball.

**FBSD** 15" Iridescent Blue  
**FBSDJR** 12" Green

**FitBALL® Holder** **New!**

Inflatable ring for use with 65-75 cm ball for extra stability while seated and to keep your ball from rolling when not in use. Available in Spring 2006.

**FBHOLDER**



**New!**

**FitBALL® Air Cushion**

Unique three-tiered folded side construction promotes a dynamic sitting position. Inflatable cushion is comfortable, portable and great for school, home or office. Needle pump included.

**FBAC** 12.5" Red



**Working on the Ball:  
A Simple Guide to Office Fitness**

Fun exercises to do on your FitBALL in the office. See page 11 for more info.

*The FitBALL exercise ball and the FitBALL Sport Soft make great alternatives to traditional seating. See pages 4-5.*

**FitBALL® Hopping Ball** **New!**

With a sturdy handle and a lot of bounce, the Hopping Ball can provide hours of fun indoor activity. Not recommended for outdoor use.

Age	Size & color	Code
3-5	45 cm (Yellow)	FBHOP45
6-8	55 cm (Red)	FBHOP55
9+	66 cm (Blue)	FBHOP66

See also Kids on the Ball book, page 10.



**FitBALL® Kids & Gymnic for Children**

**Sit'n'Gym**

The same premium quality of the Gymnic ball with the added stability of small peg "feet"- so it doesn't roll away and cause distraction when not in use.

35 cm (Clear with stars) SITG35  
45 cm (Yellow) SITG45

**Activity Ball**

Great sensory stimulation and visual play. Inside this clear, 50 cm Gymnic ball are a multitude of small, colored balls that fly around when it's rolled or bounced.

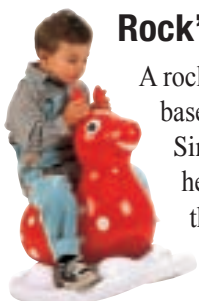
**BACT50**



**Rock'n'Rody**

A rocking horse with bounce! On the base, the durable inflatable horse rocks. Simply remove him from the base and he bounces. Rock'n'Rody grows with the child-just add more air.

Red **RRODY-RED**  
Yellow **RRODY-YELLOW**



**Teddy**

Like the traditional bouncing ball, but with an adorable teddy bear face. Just add air and Teddy will grow with your child.

Pastel Pink **TEDDY-PINK**  
Blue **TEDDY-BLUE**  
Yellow **TEDDY-YELLOW**

## Gymnic® Therapy Balls – The Original Therapy Ball!

You won't find a higher-quality therapy ball! The Gymnic ball is perfectly round and offers dynamic elasticity—it's never rigid, always flexible and is ribbed for maximum grip. All ability levels can use the Gymnic ball to improve balance, coordination, flexibility and strength. The Gymnic ball is weight tested to over 600 lb. and is color-coded by size.

Size & color	Code
30 cm (Pink)	GB30
45 cm (Yellow)	GB45
55 cm (Red)	GB55
65 cm (Blue)	GB65
75 cm (Yellow)	GB75
85 cm (Red)	PG85
95 cm (Blue)	PG95
120 cm (Red)	PG120

### Gymnic® Therapy Ball Size Chart

ages 1-5 years	30 cm (12 in.)
age 5 years to 4'8"	45 cm (17 in.)
4'8" to 5'3"	55 cm (21 in.)
5'3" to 6'0"	65 cm (25 in.)
6'0" to 6'7"	75 cm (29 in.)
6'7" and over	85 cm (33 in.)

*Chart is intended for general guidelines only. Please consult your therapist or trainer for your specific needs.*



150 cm and 180 cm Gymnic Therapy Balls also available.

*Gymnic Therapy Balls and PhysioRolls are not recommended for use during weight training.*



## Gymnic® PhysioRolls

A critical tool in every therapy and fitness facility. Manufactured by the makers of the Gymnic Therapy Ball, the PhysioRoll offers greater stability by limiting movement to forward and backward. The unique design allows a therapist and client to share the PhysioRoll. Or, patients can sit in the center cradle for maximum comfort and support. Color coded for easy use.

Size & color	Code
30 cm (Blue)	PR30
40 cm (Red)	PR40
55 cm (Yellow)	PR55
70 cm (Blue)	PR70
85 cm (Red)	PR85

## OverBall

The premier mini-ball, made by the creators of the Gymnic Therapy Ball. Enhances resistance training, Pilates or other workout routines. Available in light blue, the OverBall has a soft, easy-grip texture.

OVERBAL



## HeavyMeds

These colorful, weighted medicine balls allow for more ergonomically correct strength training and toning than old-fashioned dumbbells. Each HeavyMed ball is color-coded for weight and has an easy-grip texture. The balls are water-filled, but have the stability of a gel-filled ball. For a dynamic upper body workout, pair with the FitBALL® Upper Body Challenge video (page 12).

Weight & color	Diameter	Code
1.1 lb/500 g (Green)	4"/10 cm	HVYM500
2.2 lb/1000 g (Red)	5"/12 cm	HVYM1000
4.4 lb/2000 g (Yellow)	6"/15 cm	HVYM2000
6.6 lb/3000 g (Blue)	7"/17 cm	HVYM3000
11 lb/5000 g (Orange)	9"/23 cm	HVYM5000



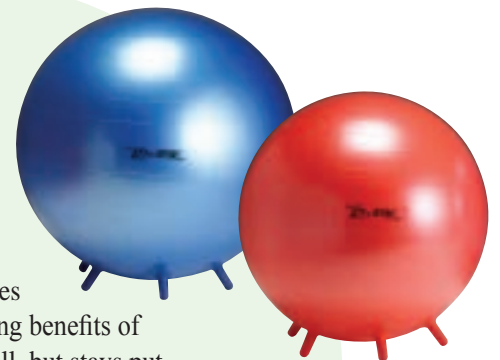
## HeavyMed Rack

Sturdy, steel construction holds a complete set of HeavyMeds.

RACK-HVYMED

## Sit'n'Gym Plus

Sit'n'Gym Plus offers burst-resistant quality with the addition of small peg feet, so it doesn't roll away when you stand up. This premium ball provides all of the ergonomic seating benefits of the FitBALL® exercise ball, but stays put when not in use.



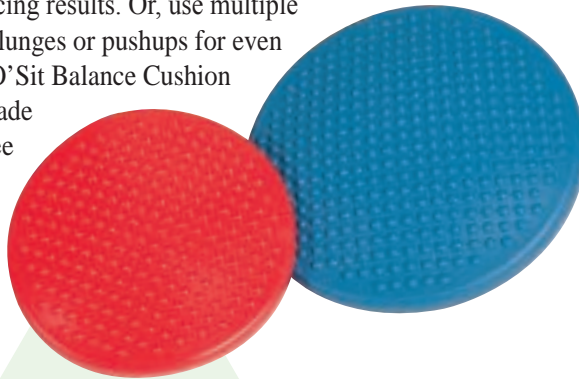
Height	Size & color	Code
4'8" to 5'3"	55 cm (Red)	SG55
5'3" to 6'0"	65 cm (Blue)	SG65

### Disc'O'Sit Balance Cushion

The Disc'O'Sit Balance Cushion is trusted by thousands of trainers and therapists across the United States and Canada. Used while sitting, standing or lying on the floor, the dome shape and unevenness of the cushion add an element of instability, maximizing effort and enhancing results. Or, use multiple cushions when doing squats, lunges or pushups for even greater challenge. The Disc'O'Sit Balance Cushion is professional-quality and made from tough, durable, latex-free PVC vinyl that is virtually indestructible.

**Disc'O'Sit 15" (Blue)**  
CUS-DISCOS

**Disc'O'Sit Jr. 13" (Red)**  
CUS-DISCJR



### Movin'Sit Air Cushion

Improve posture and alignment while driving or working at the computer. This dynamic seating cushion helps to boost core strength. Also makes a great lumbar cushion.

**Movin'Sit 13" (Blue)** CUS-MOVSIT  
**Movin'Sit Jr. 10" (Blue)** CUS-MOVJR



### Movin'Step Gait Cushion

Ideal for moderate balance challenge and gait training, or to simulate a stair stepper for cardio exercise. Inflated by hand pump or by mouth.

Air flows between each chamber through a central valve-close the valve for greater resistance.

CUS-MOVSTP



### Balance Stones

Dynamic balance tool made of soft yet durable vinyl and used for improving body awareness and stabilization.

Each multicolored stone is 3" high and 6" wide. Walk or jump from one stone to another with the flat side down or increase the challenge by using the rounded side down.

MSTONE



## Gymnic® Massage & Sensory

### Reflex Balls

Ease away tension and release muscles throughout the body using Reflex Balls. These moderately firm sensory balls come in a variety of sizes and are perfect for massage and sensory therapy.

**6 cm balls (Blue/set of 2)** RFBAL6  
**8 cm balls (Green/set of 2)** RFBAL8  
**9 cm ball (Blue)** RFBAL9  
**10 cm ball (Green)** RFBAL10  
**Reflex Manual (60 pgs)** BOK-REFLEX



### FreeBalls

FreeBalls are small, pliable vinyl balls that can be used for body massage, finger dexterity, pediatric therapy and massaging scar tissue.

**FreeBall 40mm (Set of 4)** FREE40  
**FreeBall 50mm (Set of 4)** FREE50  
**FreeBall 70mm (Set of 4)** FREE70

### Sensy Ball

Our largest, soft sensory ball. 28cm.

SENS28



### Stress Buster Ball

Our firmest sensory ball. 10cm.

PUNKT



**New!**

### Energy Ball

Add concentration and energy to Body-Mind workouts with this 6" inflatable easy-grip ball.

Can also be used for rolling massage and as a soft prop underneath various parts of the body.

FBENERGY



**Classic 16" Wobble Board**

Dual-level balance board for standing or foot-rest while sitting. Improves ankle range of motion, better joint mobility and reaction skills, and facilitates balance and overall body awareness.

**FBCWB16**



**Wobble Boards**

These premium-quality birch boards are available in two sizes. Dynamic design allows quick adjustment to one of three heights to increase or decrease the balance challenge. Non-slip surface ideal for shoes, socks or bare feet.

**16" Wobble Board    FBWB16**  
**20" Wobble Board    FBWB20**



**Multi-Slant Home Unit**

For stretching, injury prevention and rehabilitation. Three levels with non-slip surface. Folds flat.

**FBMSHU**

**Wobble Board Kit with Stand**

Includes 3 Wobble Boards and Baltic Birch stand to keep boards neatly stored and easily accessible.

**FBWBKIT**



**Combo Board**

Versatile, low-cost board for all levels of balance training. 5 interchangeable fulcrums offer a variety of difficulty.

**FBCB**



**Rocker Board**

Great beginner board for basic balance training. 20" birch square with 14" rocker base.

**FBRB**



**Power•Web® The #1 Finger, Hand, Wrist and Forearm Exerciser!**

**Power•Web**

The ultimate strengthening and rehab tool for the finger, hand, wrist and forearm Power•Web is perfect for developing strength, dexterity and range of motion. 14" Also available in junior size.



**Power•Web Combo**

Features 2 resistance levels in one Power•Web, it offers greater flexibility and value. Same size (14") and materials as the original Power•Web.

**Resistance & color**

Light & Heavy (Yellow & Green)  
Medium & Super Heavy (Red & Blue)

**Code**

**WEB-COMBLH**  
**WEB-COMBMSH**

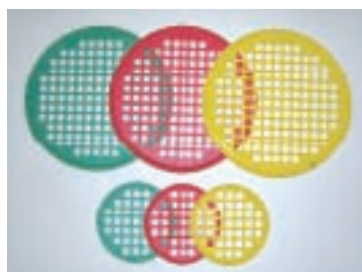


**Resistance & color**

Light (Yellow)  
Medium (Red)  
Heavy (Green)

**Code**

**WEB-WBLGHT Y**  
**WEB-WBMED R**  
**WEB-WBHVY G**



**Power•Web Jr. (7")**

**Resistance & color**

Light (Yellow)  
Medium (Red)  
Heavy (Green)

**Code**

**WEB-JRLIGHT Y**  
**WEB-JRMED R**  
**WEB-JRHEAVY G**



**FitBALL® Mat** New!

Looking for a quality fitness mat at an incredible value? Our new FitBALL Mat can be used in both professional and home settings. The two different sizes meet most fitness and rehabilitation applications.

- FBMAT72**     23" x 72" x 0.5"
- FBMAT49**     23" x 49" x 0.5"



**AeroMat™ Fitness Mat with Velcro Straps**

A great mat for home fitness activities or workouts on the go. Attached straps make this mat easy to store or carry. Blue.



- MAT-AEROFIT**
- 24" x 72" x 0.4"

**AIREX® Coronella**

Professional-quality therapy mat designed for indoor, outdoor and water use. Non-slip well-cushioned surface with unique closed-cell structure. 23" x 72" x 0.6"

- Blue**             **MAT-AIRECN BL**
- Green**          **MAT-AIRECN GN**
- Red**             **MAT-AIRECN RD**



**AIREX® Corona**

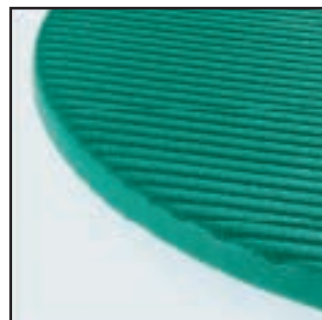
Our best quality therapy mat! The Corona is wider than the Coronella with plenty of room for FitBALL exercises and therapist-assisted movements. Durable closed-cell structure makes it durable, washable and impervious to water. 39" x 72" x 0.6"

- Blue**             **MAT-AIRECO BL**
- Green**          **MAT-AIRECO GN**
- Red**             **MAT-AIRECO RD**

**AIREX® Fitline**

Durable professional-quality fitness mat perfect for ab work or any mat exercise. Waterblue.

- MAT-FITLINE 140**     23" x 56" x 0.4"
- MAT-FITLINE 180**     23" x 72" x 0.4"



**AIREX® Fitness 120**

Preferred by health clubs. Suitable for hardwood floors. Blue.

- MAT-FITNES 120**     23" x 48" x 0.6"

**AeroMat™ Yoga Mat** *(not pictured)*

All-purpose sticky mat traditionally used for yoga. Also appropriate for use with the FitBALL Body Therapy program. Lightweight and easily portable. Blue.

- MAT-YOGA**         24" x 68" x 0.125"

**AeroMat™ Cushioning Yoga Mat** *(not pictured)*

Slightly thicker than most yoga mats, the AeroMat Cushioning Yoga Mat can be used as an alternative when you need a little more cushion. Also works great for Pilates. Blue.

- MAT-HOME**         24" x 72" x 0.3"



**AIREX® Balance Pad**

Perfect when first introducing balance challenge to a fitness or therapy program. The unique closed-cell structure of the pad makes it durable, washable and impervious to water. Plus, it has a smooth, non-slip surface. Blue.

- MAT-AIREBP**         16.4" x 20" x 2.5"



- *Attractive Retail Packaging*
- *High-quality, Innovative Products*
- *Money-back Guarantee*
- *FitBALL® Brand Name Value*
- *World-class Service*



**Become a FitBALL® Dealer**  
**1-800-752-2255**  
**www.fitball.com**