

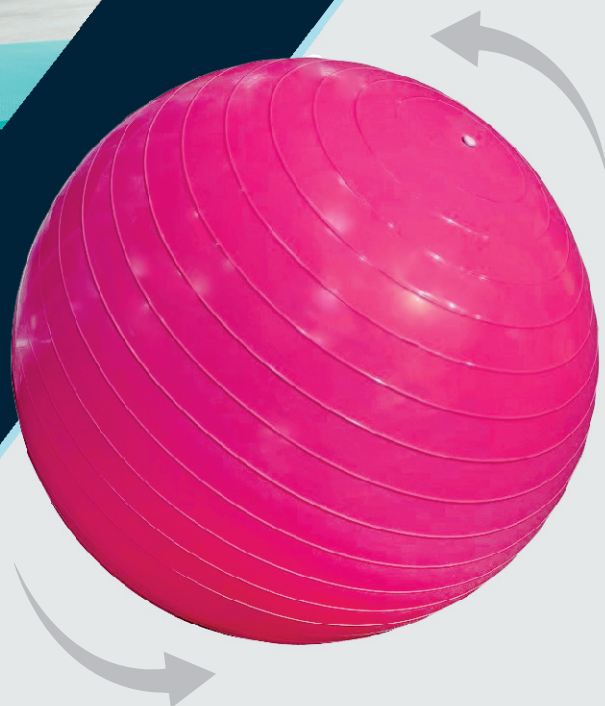


EXERCISE **BALL**



**GERARDO'S
TOYS**

make your DREAMS come true



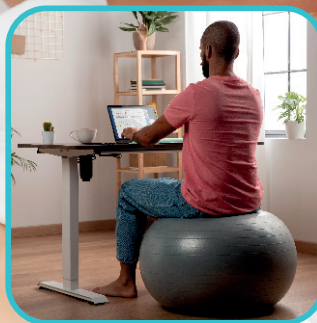
GT Fitness exercise balls are really good for a wide range of active exercises such as Yoga, Pilates, or CrossFit to tone muscles, increase cardio endurance, build strength, and control weight. Our fitness ball helps in different activities such as correcting posture, ab development, play therapy, sitting at a desk, labor support during pregnancy, and birthing.

www.gerardostoy.com



EXERCISE BALL

How to use an exercise ball



The ball can be pumped up to 85cm according to your body height

When you sit on the exercise ball, your body weight should create a little seat. This provides more stability, but more importantly, it allows you to sit evenly on the ball. It is essential to exercise with good alignment.

Body height

140-153 cm (4,7-5 ft)

153-168 cm (5,1-5,6 ft)

170-185 cm (5,7-6,1 ft)

188-203 cm (6,2-6,8 ft)

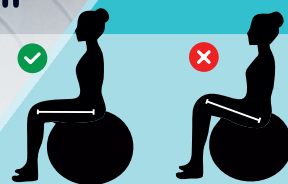
Ball Size

45 cm (18 in)

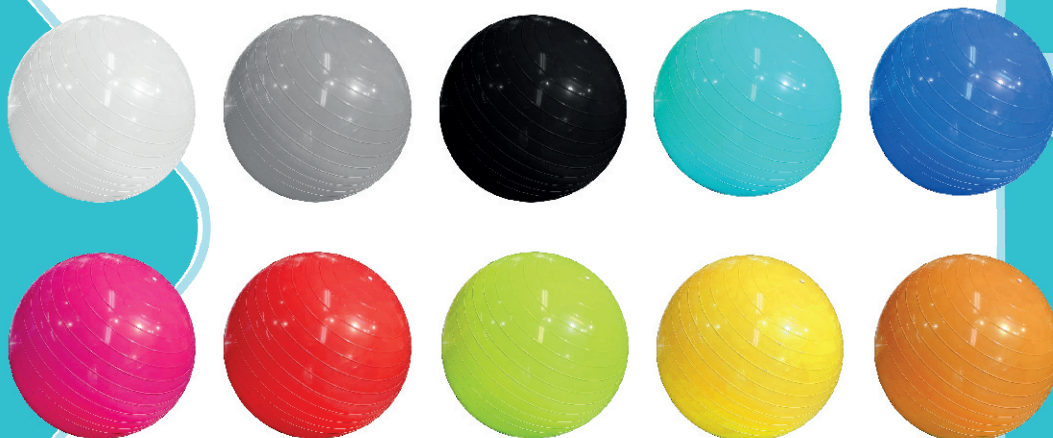
55 cm (22 in)

65 cm (26 in)

75 cm (30 in)



Lots of different colors



Diameter 85 cm



**GERARDO'S
TOYS**

make your DREAMS come true

More information

info@gerardostoy.com
+372 512 3007

- ✓ Washable and easy to care for
- ✓ Made from a high-quality, slip-resistant material
- ✓ Strengthen your core and increase flexibility and toning
- ✓ Great exercise alternative for any age and fitness level
- ✓ Weight limit 150kg