

# Products for Physical Fitness BALL WITH FEET

- Stabilizing feet keep ball from rolling when not in use.
- Ball functions like standard exercise ball when in use.

 Non-slip surface is ribbed for added security.

 "Under" inflate for a soft, mushy feel.



#### **Ball Sizing Chart**

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ball diameter		body height
45cm	17.7in.	under 142cm 56in
55cm	21.6in.	143cm 57in. to 160cm 63in.
65cm	25.6in.	161cm 64in. to 182cm 72in.
75cm	29.5in.	183cm 73in. to 200cm 79in.

#### Inflation

Ball size reflects maximum inflation. Use an electric inflator to inflate the ball to its approximate size. Maximum size may be realized by finishing the inflation process using a foot pump.

SKU	size cm / in.	color
30-1891	45 / 17.7	yellow
30-1892	55 / 21.6	orange
30-1893	65 / 25.6	green
30-1894	75 / 29.5	red

Exercise routines should be determined by a doctor, therapist, coach, or trainer.



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## Simple, Cost Effective, Portable Exercise Products



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for more exercise products **Authorized CE representative:** RMS UK Ltd. 28 Trinity Road

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- 1. Cando® exercise band with adjustable handle
- 2. AccuForce™ band
- 3. Tubing with Handles™ 4. TBS™ bar
- 5. Exercise web
- 6. Digi-Extend™
- 7. Digi-Flex™
- 8. Theraputty™ material
- 9. Wate™ bar
- 10. Dumbbell
- 11. Cuff® weight
- 12. Handy ball
- 13. Medicine ball
- 14. Balance pad
- 15. Closed cell fitness mat 16. Open cell fitness mat
- 17. Jumbo™ foam roller
- 18. MVP™ balance board
- 19. Vestibular disc
- 20. Inflatable ball