

Exercise/Balance Balls and Accessories

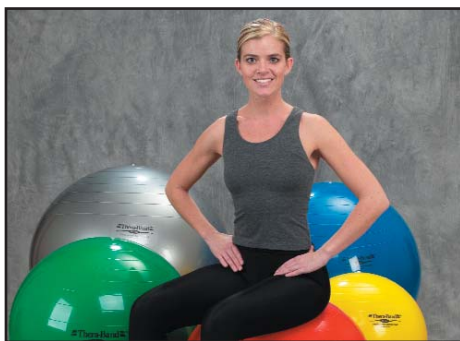


Ball Sizing Chart

suggested 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.
85cm 33.5in.	over 200cm 80in.

Inflation

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



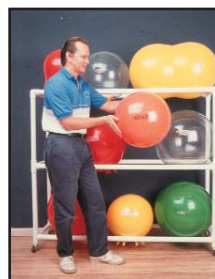
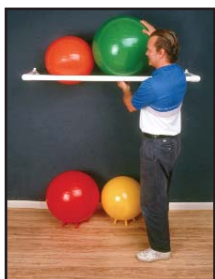
Thera-Band® balls

Exercise balls are color-coded. Balls are boxed and include an exercise chart. Available in regular and SDS formulation.

regular	cm	in	color
30-1881	45	17.7	yellow
30-1882	55	21.6	red
30-1883	65	25.6	green
30-1884	75	29.5	blue
30-1885	85	33.5	silver

SDS formulation

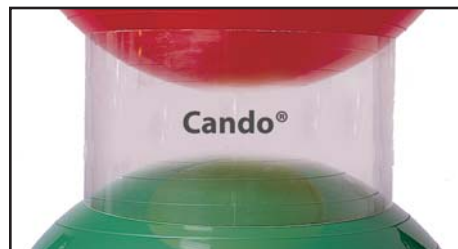
30-1886	45	17.7	yellow
30-1887	55	21.6	red
30-1888	65	25.6	green
30-1889	75	29.5	blue



PVC ball rack

Efficiently Store balls for quick and easy access with these PVC ball racks.

- 30-1833 floor stationary (not shown)
- 30-1832 floor mobile (upper right)
- 30-1831 wall mount (upper left)



Cando® ball stacker

Efficient way to store balls and conserve floor space. Stack any size balls. Set includes 3 adjustable rings. Stack balls up to three high.

30-1830 3 rings



Cando® ball stabilizer bases

Plastic base provides extra protection and stability for the ball during use. Ideal for the individuals who are not prepared for the instability of the therapy ball. Also prevents ball from rolling away.

- 30-1840 small (for 45cm, 55cm)
- 30-1842 medium (for 65cm, 75cm)



Cando® dynamic stabilizer base

Base has 4 built in anchors and 2 grooves for exercise band and tubing.

Lightweight, portable gym ball base measures 19.5" diameter and fits a 45, 55, 65 and 75 cm exercise ball.

Use base to stabilize exercise ball and prevent ball from rolling around gym. Use base with band or tubing for dynamic workout.

30-1848 dynamic base



economy ball sets

Economy ball set come with ball, 6" inflator pump, and chart in a box.

- 30-1845 55cm ball and pump
- 30-1846 65cm ball and pump
- 30-1847 75cm ball and pump



inflators/ball pumps

For easiest optimal inflation, use electric first then fully inflate with manual pump. Double piston pump has inflation and deflation valve, and comes with a set of 5 nozzles. Colors may vary.

manual pumps

- 30-1051 double piston (a)
- 30-1047 6" hand (b)
- 30-1048 12" hand (c)

- 30-1043 small foot
- 30-1038 small bellows (d)
- 30-1039 large bellows (e)

electric pumps

- 30-1054 inflator/deflator (f)
- 30-1829 ball plug remover