



Wall Ball

Manual and Exercise Guide

CUTTING EDGE

HIGH QUALITY

AFFORDABLE

WALL BALL

MANUAL & EXERCISE GUIDE

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Wall Ball Use and Care

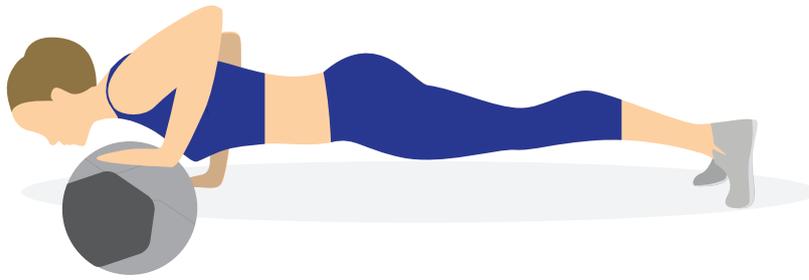
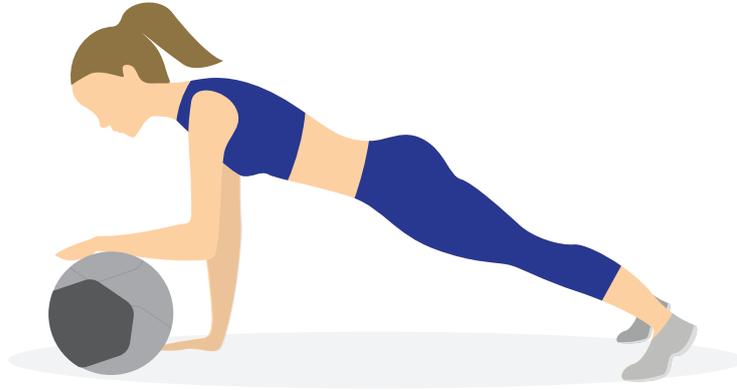
Wall Balls are a functional exercise using approximately 11 different muscles. Also working your heart and lungs and increasing your explosive power.

In the interest of your safety, it is important to check with your physician before beginning any exercise program if you have a chronic health condition or injury. Always exercise according to your fitness level and capabilities. If you have any questions, please seek the guidance of a health professional.

TIPS:

- Do NOT slam the wall balls, excessive force can cause the seams to burst. We refer you to our JFIT slam balls for slamming exercises.
- Store in a cool dry place, out of direct sunlight.
- Wall Balls can be wiped clean with a mild soap/cleaner and water, be sure to wipe off all residue to keep the texture/tackiness of the outer skin.

WALL BALL PUSH UP



- 1** Get into high plank with one hand on the wall ball, the other on the floor.
- 2** With back straight, head and shoulders aligned, lower into a push up.
- 3** Roll the ball over to the other hand and perform on the opposite side.

WALL BALL SIT UP



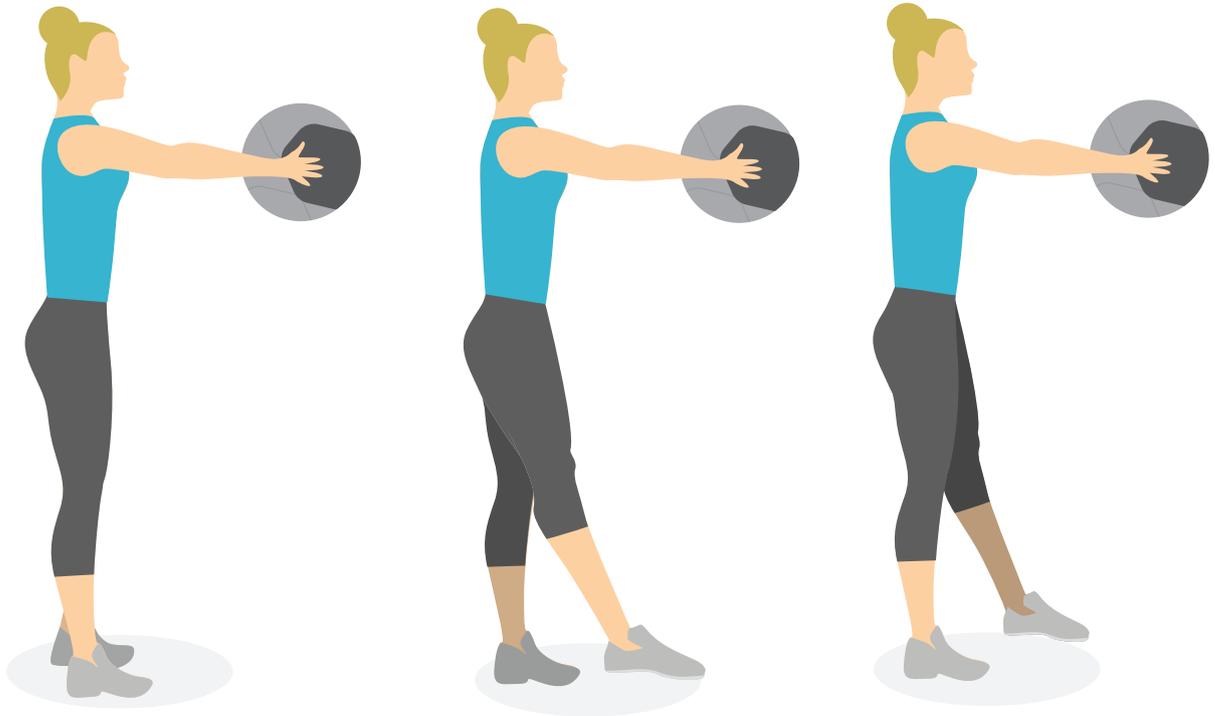
- 1** Take your sit up to the next level by holding a wall ball in both hands, lying on a mat.
- 2** Lower and repeat.

LUNGE WITH OBLIQUE TWIST



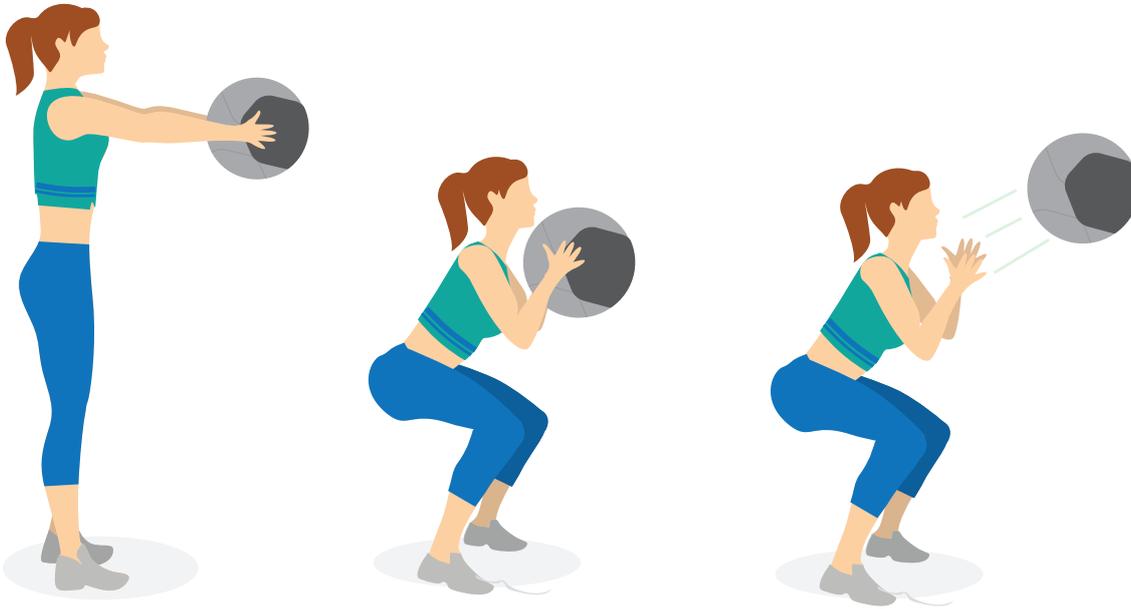
- 1** Standing with legs hip width apart, shoulders relaxed, hold a wall ball in both hands a few inches from your chest.
- 2** Take a step forward with right leg and dropping your right knee close to the floor into lunge position. Be careful to keep your knees from extending over your toes, putting extra stress on the knees.
- 3** After lowering, maintain the lunge and rotate the body to the right, then back to center.
- 4** With emphasis on the front heel, push through the heel back to standing/starting position. Repeat stepping forward with left leg.

WALL BALL HOLD WITH A STEP



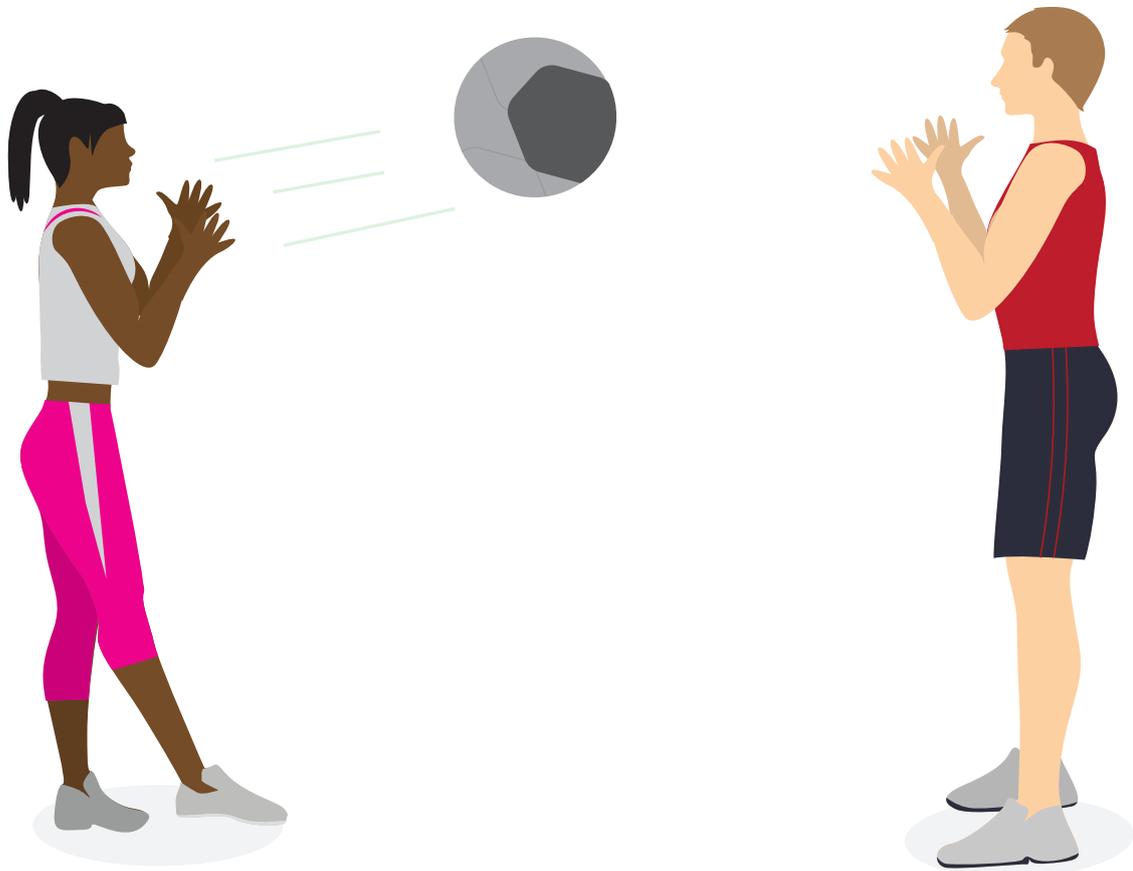
- 1** Holding the ball straight out in front of you step out to the right to 2 o'clock, then step back to center.
- 2** Step out to the left to 11 o'clock and then back to center.
- 3** Repeat to fatigue being careful to keep the ball out in front of you.
- 4** This exercise works several muscles by keeping the ball up and out.

WALL BALL TOSS



- 1** Standing with feet shoulder width apart, facing the wall, about 3 - 4 ft away from the wall, holding a wall ball in both hands, shoulders back, chest high.
- 2** Descend into a full squat, while keeping the ball about chest/chin high.
- 3** Drive through your heels and stand up while explosively extending the ball into the air against the wall.
- 4** The ball should be tossed to the wall approximately 10 feet up.
- 5** Catch and repeat.

PARTNER TOSS



- 1** Grab a partner, and holding the ball chest height, with an explosive movement, push the ball away from your chest while simultaneously stepping forward with one foot.
- 2** Catch the ball, bring into chest and repeat toss.

Your complete **satisfaction** is our top priority!



HAPPY

Thank you! Without your product review, we do not exist. We know you have many choices, and we sincerely appreciate your purchase of our JFIT product. We take pride in manufacturing a quality product and hope you are completely satisfied with your item. If you have enjoyed our service and quality, please let others know what you think by leaving a review through the specific retailer you purchased your JFIT product.



UNHAPPY

If your order arrived incorrect, damaged, or missing parts, please contact the customer service where you purchased the item, i.e. Amazon.com. All refunds and returns will need to be processed through the original point of purchase as JFIT does not have access to order information or funds.



CONTACT

If you need help with product questions, you need replacement parts, or have concerns, please reach out to us and we will do our best to accommodate you.

Email: info@jfit.com

Product disclaimer:

There are some inherent risks involved in using any JFIT product including but not limited to serious physical injury. We will not be held liable under any circumstance for incidental or consequential loss, damage, or injury due directly or indirectly to the use of this product including any malfunction from negligence or defect. The seller makes no claims as to the suitability of this product for any specific purpose or use. The Buyer understands that the use of the product can cause possible injury or death to themselves or others. The Buyer agrees to release, discharge, indemnify, and hold harmless our company and its officers, directors, shareholders, members, employees, agents, and their respective successors and assignees against any loss, liability, damage, claim, cause of action, known or unknown cost, or expense of any nature whatsoever, including without limitation reasonable attorneys' fees and other legal costs arising from the use of our products and content.

Additional Products

JFIT Covers All Your Fitness Needs

Our cutting-edge, affordably priced equipment is perfect for at-home exercisers, personal trainers and gym junkies alike. We also supply retailers nationwide. We keep stepping up our game—so you can too.



**1" & 2"
BARBELL COLLARS**



**DUMBBELL
SETS**



**ANKLE & WRIST
WEIGHTS**



**JUMPING TRAINERS
/PLYOBXES**



**VINYL-COATED
KETTLEBELLS**



**MULTI-GRIP
CHIN-UP BAR**



**WEIGHTED
WORKOUT BARS**



**WEIGHT PLATES
& BARS**



SLAM BALLS





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