

## Cushy-Air™ Balls

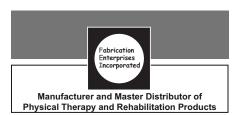


- Cushy-Air™ Balls are durable, light and easy to grasp.
- Soft, cushy material inflates to desired firmness.
- Available in two sizes: 25cm (7-10" diameter) and 45cm (13-17" diameter). Balls come with an easy-inflation straw.

## FOR EXERCISE AND FUN

Exercise routines should be determined by a doctor, therapist, coach, or trainer. Routines should include number of reps, sets, times per day and times per week.

Balls also can be used just for fun!



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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