

10" Super Deluxe Ball...

Exercises to get you going!

Diameter: 10 in/25.4 cm
Circumference: 31.4 in/ 79.8 cm
Weight: 20.5 lbs/ 9.32 kg

10" Super Deluxe Ball for powerhouse athletes.

* Warning *

Si-Boards balls bounce with extreme energy and pick up speed on the second bounce. Take caution in throwing and catching Si-Boards balls. Use protective equipment. Children should always be supervised. Throw and bounce against a solid surface. Do not throw where other people may get injured or property may be damaged.



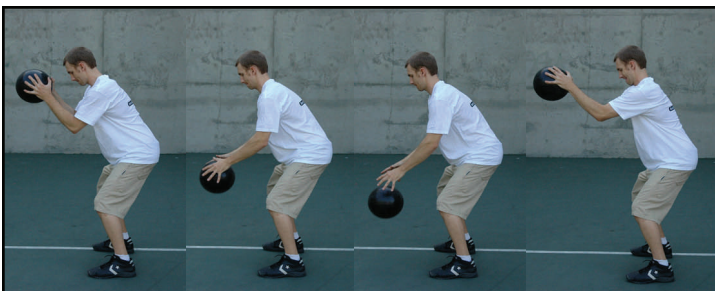
Dribbling:

Try this one handed exercise for a great basketball movement. Dribble the ball and switch hands. Try dribbling between your legs and shuffling left and right. This is a super challenging exercise to keep dribbling with enough ball rebound.



Ultra Wide Dribble:

Dribble the ball from side to side. Get enough speed and strength to fully extend your arms. Try shuffling forward and backward while dribbling.



Slam and Hold:

Slam the ball on the ground and hold your position as the ball rebounds back to your hands. Work your shoulder stability and strength to keep your position until you slam the ball again. Work in different arm angles.



Jackhammer:

Keeping your arms in toward your chest, quickly bounce the ball on the ground. Gradually extend your arms in front of you. Let the ball bounce higher and higher. Fully extend your body and throw on the ground to keep your momentum.