

8.5" Bigs Ball...

Exercises to get you going!

Diameter: 8.5 in/21.6 cm

Circumference: 26.7 in/ 67.8 cm

Weight: 12.5 lbs/ 5.68 kg

8.5" Bigs ball is great for strong athletes and heavy movements.

* 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.



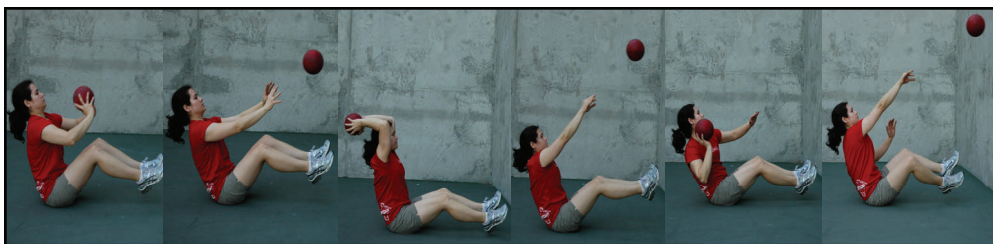
Clean and Jerks:

Underhand thrust the ball as high as you can. Let the ball bounce on the ground and rebound overhead. Squat under the ball catch it at your chest. Thrust upward from shoulder height. Repeat sequence.



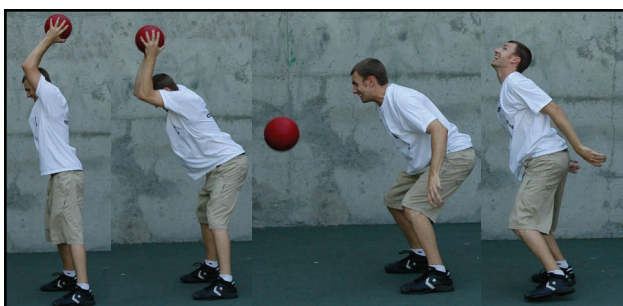
Standing and Seated Rotations:

Get into a stable stance and throw the ball sideways while rotating your trunk. Sit on the ground and rotate while throwing.



Seated Chest Pass:

With your feet on the ground or in the air, keep your torso straight. Throw the ball off the wall and catch. Try different arm angles or one arm passes.



Slams:

Slam the ball on the ground and see how high you can get it to bounce. Be careful not to hit yourself in the face. You can walk a step or two after the bounce. Catch in the air after the bounce and slam again.