



FUNCTIONAL FX™ SERIES

## VersaBALL FX™

The best of weight, circuit and core strength workouts  
in one compact, easy to use functional training system.

# FUNCTIONAL FX™ SERIES

## FUNCTIONAL FULL BODY TRAINING

Incorporates multiple muscle groups across multiple joints, with an emphasis on replicating daily movements to improve strength, stability and coordination for everyday living.

## CORE BODY TRAINING

Incorporates the major muscle groups in your midsection – abdominals, obliques and lower back – to improve strength, stability and posture.

## UPPER BODY TRAINING

Works your chest, biceps, triceps, forearms, front and rear shoulders, and upper and mid back to improve strength and coordination.

## LOWER BODY TRAINING

Works your calves, hamstrings, glutes, hips, inner and outer thighs, and quads to improve strength and stability.

## WORKOUT TIPS



- To avoid injury during or after any physical activity, always be sure to perform adequate warm-up and cool-down.
- A typical 20-minute workout includes 10 exercises, with 2 sets of 12-15 repetitions.
- You should rest for 15 seconds between sets, and 30 seconds between exercises.
- Concentrate on proper breathing throughout your workout (deep breaths, in through nose and out through mouth).
- Maintain correct spine alignment to reduce risk of injury.
- Concentrate on engaging core muscles during entire exercise.



## balancing arm raise

Enhances overall strength and stability.

FUNCTIONAL FULL BODY TRAINING

### SET-UP

- Attach long resistance bands to front loops

### WORKOUT

1. Position body at rear of the VersaBALL FX™, facing away
2. Sit on ball, and grasp resistance band handles
3. Slowly lower back and raise legs, with arms down, until balanced comfortably on ball
4. Bring arms out, then up to just below shoulder height

HINT 1: Concentrate on keeping body still, in a “V” shape

HINT 2: Keep legs out straight, toes pointed out, with only a slight bend at the knee



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## reverse leg raise

Works the quads and upper legs for added strength when running or swimming.

**LOWER BODY TRAINING**

### SET-UP

- Adjust leg hold down pads to a comfortable height

### WORKOUT

1. Stand at rear of the VersaBALL FX™, facing toward it
2. Lie stomach-down on the ball
3. With both hands, grasp leg hold down pads (or seat, if more comfortable)
4. Slowly raise legs to hip level



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## stand and press

Mimics the motion of standing up and reaching for an object above you.

FUNCTIONAL FULL BODY TRAINING

### SET-UP

- Attach long resistance bands to rear loops

### WORKOUT

1. Position body at rear of the VersaBALL FX™, facing away
2. Place feet on base of bench to keep it in place
2. Grasp resistance band handles and begin to sit on top of ball
3. Slowly bring arms to shoulder height position
4. Simultaneously begin to stand and bring arms above head in a squat-to-shoulder press motion



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## single leg hip abduction

Strengthens the outer thigh muscles for slimmer hips and thighs, as well as stronger lateral movements in sports like tennis and basketball.

### LOWER BODY TRAINING

#### SET-UP

- Attach one short resistance band to a rear loop
- Adjust seat to lowest position

#### WORKOUT

1. Stand at rear of the VersaBALL FX™
2. Sit on ball and slide resistance band handle over one foot
3. Lie sideways on ball (foot with resistance band handle should be on top)
4. Slowly raise leg straight up
5. Complete reps
6. Move resistance band to other rear loop and repeat exercise with other leg



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## back raise and curl

Mimics the motion of bending over and lifting. Strengthens the major muscles in the legs, back and arms.

FUNCTIONAL FULL BODY TRAINING

### SET-UP

- Attach ends of one short resistance band to rear loops (no handle)
- Remove seat
- Adjust leg hold down (higher = more difficult)

### WORKOUT

1. Face the VersaBALL FX™, with feet in front of leg hold down pads and rear legs touching pads
2. Slowly lower body until hips are resting on ball
3. Grab onto center of resistance band with both hands
4. Raise body, concentrating on engaging the lower back muscles
5. Bring arms in toward chest while raising body



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## leg extension

Strengthens quadriceps. Mimics movements involved with running or swimming.

### LOWER BODY TRAINING

#### SET-UP

- Attach one long resistance band to a rear loop

#### WORKOUT

1. Position body at rear of VersaBALL FX™, facing away
2. Sit on top of ball
3. Slide resistance band handle on top of foot that's above rear loop
4. Grasp top ring of bench and lean back to a comfortable position
5. When there is enough resistance while the calf and hip form a 90-degree angle, begin to slowly kick leg upward
6. Complete reps
7. Reattach resistance band to other rear loop, and repeat steps 3, 4 and 5 for other leg



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## pelvic curl

Strengthens the core muscles, as well as the quadriceps, glutes, and biceps.

FUNCTIONAL FULL BODY TRAINING

### SET-UP

- Attach ends of one short resistance band to rear loops (no handle)

### WORKOUT

1. Position body so that shoulders rest on ball
2. Slowly bring buttocks down, pivoting at the waist, close to ground level
3. Grasp resistance band with both hands, keeping hands about shoulder width apart
4. Slowly bring buttocks back up to the point where calves and hips form a 90-degree angle, simultaneously performing upward curl with both arms



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## squat

Mimics the motion of standing up and sitting down.  
Enhances the explosive power needed in almost any sport.

### LOWER BODY TRAINING

#### SET-UP

- Attach long resistance bands to rear loops

#### WORKOUT

1. Position body at rear of the VersaBALL FX™, facing away
2. Sit on top of ball, placing feet on base of bench to keep it in place
2. Grasp resistance band handles
3. Slowly begin to stand up from ball, with hands at shoulder level, palms out
4. Lower body by bending knees until leg forms about a 90-degree angle
5. Stand up, straightening legs while maintaining upper body alignment



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## opposite arm/leg raise

Improves overall stability and flexibility. Mimics movements involved in running and swimming, and sports like volleyball and basketball.

FUNCTIONAL FULL BODY TRAINING

### SET-UP

- Adjust seat height to lowest position
- Attach one short resistance band to center-rear loop

### WORKOUT

1. Stand in front of the VersaBALL FX™
2. Lie stomach-down on the ball, with knees on seat
3. Grasp resistance band handle with left hand
4. Simultaneously raise left arm and right leg so body forms a straight line
5. Complete reps
6. Repeat steps 3, 4 and 5 for right arm and left leg, moving resistance band to the opposite center-rear loop



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## triceps extension

Traditional triceps exercise that works the upper arm. Mimics the overhead motion involved in tennis and other racquet sports.

### UPPER BODY TRAINING

#### SET-UP

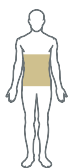
- Adjust leg hold down pads so feet sit on top while seated on ball
- Adjust seat to lowest position
- Attach short resistance bands to rear loops

#### WORKOUT

1. Sit on ball
2. Lay back until back is centered on ball
3. Place feet on top of leg hold down pads
4. Grasp resistance band handle, keeping palm in (forearm and upper arm should form a 90-degree angle)
5. Use other hand to stabilize elbow
6. Extend hand up to the ceiling until elbow is slightly bent



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## ab crunch

Traditional abdominal exercise that flattens the stomach and strengthens your core.

CORE BODY TRAINING

### SET-UP

- Adjust leg hold down pads to lowest position
- Adjust seat height (higher = more difficult) or sit on ball (most difficult)

### WORKOUT

1. Sit on seat with feet on floor or on top of leg hold down pads
2. Lower back down until parallel with the ball
3. Pull upper body back toward knees

HINT 1: Pick a spot on the ceiling and maintain eye contact with it throughout the exercise to ensure proper spine alignment

HINT 2: For added resistance, attach short bands to rear loops, grasp band handles and hold against chest during exercise



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## biceps curl

Traditional arm curl that strengthens biceps. Mimics the motion of lifting an object with your arms.

UPPER BODY TRAINING

### SET-UP

- Adjust leg hold down pads so feet sit on top while seated on ball
- Attach short resistance bands to front loops

### WORKOUT

1. Sit on ball with feet on leg hold down pads
2. Grasp resistance band handles, with hands positioned palms up and a slight bend at the elbow
3. Slowly raise arms until forearms and biceps form a 45-degree angle



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## torso twist and reach

Strengthens the obliques and lower back. Mimics the movement of swinging at an object, like a tennis ball or golf ball.

CORE BODY TRAINING

### SET-UP

- Adjust leg hold down pads so that feet are on top of pad
- Attach short resistance bands to rear loops

### WORKOUT

1. Sit on top of ball with feet resting on top of leg hold down pads
2. Grasp left resistance band and hold band handle with both hands
3. Begin to twist body at the waist, while also reaching with arms to the right
4. Complete reps
5. Repeat exercise with right resistance band, twisting in the opposite direction



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## lateral arm raise

Works front shoulder muscles for stronger strokes on the court, on the course or in the pool.

**UPPER BODY TRAINING**

### SET-UP

- Adjust leg hold down pads so feet sit on top while seated on ball
- Attach short resistance bands to front loops

### WORKOUT

1. Sit on top of ball with feet on top of leg hold down pads
2. Grasp resistance band handles
3. Bring arms in front of body, with palms down and a slight bend at the elbows
4. Raise both arms to shoulder level



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## leg raise

Works hips, quadriceps and abdominals for a stronger overall core.

CORE BODY TRAINING

### SET-UP

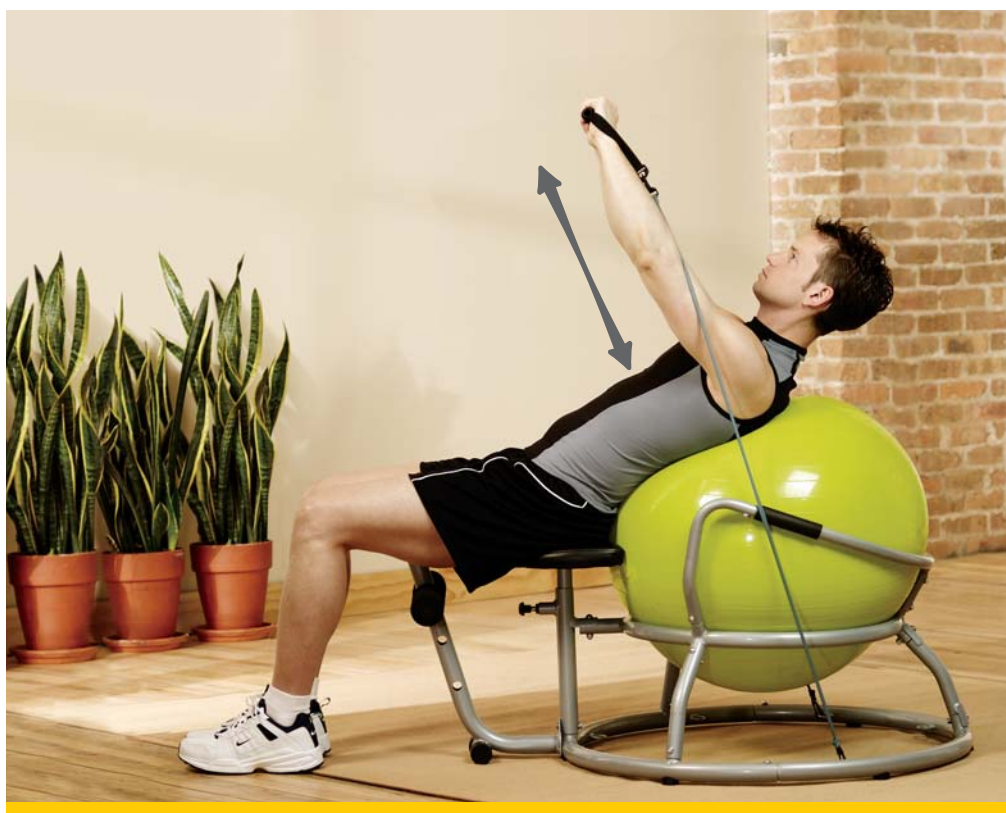
- None

### WORKOUT

1. Sit on ball
2. Grasp bench handles
3. Slowly raise legs until body forms a 90-degree angle



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## chest/shoulder press

Strengthens chest and shoulder muscles for a more powerful upper body.

UPPER BODY TRAINING

### SET-UP

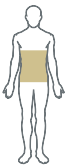
- Adjust seat height for the desired exercise (lower for shoulder press, middle for incline press, higher for flat chest press or pec fly)
- Attach short resistance bands to center-rear loops

### WORKOUT

1. Sit on seat with feet on floor
2. Grasp resistance handles, hands perpendicular to chest and palms down
3. Slowly lower back onto ball
4. Position arms at chest, elbows out, then slowly push away from chest or shoulders



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## oblique crunch

Helps eliminate "love handles" while strengthening your overall core.

CORE BODY TRAINING

### SET-UP

- Remove seat
- Adjust leg hold down pads to a comfortable position

### WORKOUT

1. Position body sideways on the ball with legs crossed and feet underneath leg hold down pads
2. Pull body up using obliques (side muscles)

HINT 1: For added resistance, attach one long band to one rear loop, grasp band handle with both hands, and hold against chest during exercise



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## dip

Tones and strengthens triceps, forearms, and shoulders for more powerful strokes in golf, tennis or swimming.

### UPPER BODY TRAINING

#### SET-UP

- Adjust leg hold down pads to one of top two positions
- Remove ball
- Remove seat

#### WORKOUT

1. Stand in center of bench, facing forward
2. Reach down and grasp top ring of bench, palms in
3. Slowly lower body, keeping arms relatively straight, while placing legs on top of leg hold down pads
4. Slowly bend arms until forearms and biceps create a 90-degree angle



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## Warm-Up & Cool-Down

### WARM-UP

Warm-Up consists of 3 activities.

It is important that they are followed in the below order.

1. **Raise Heart Rate** - begin to warm-up the muscles that you will be working by increasing your heart rate. This may include a brisk walk, jogging, jumping jacks, jump rope, or running in place.
2. **Motor Skills** - These activities once again incorporate the muscles groups you will be using, but the focus is more on coordination and flexibility. This may include rolling the arms and legs in small to big circles, squats with no weight, or slow and controlled twisting at the waist.
3. **Stretching** - Stretching should be done after you have raised your heart rate and have sufficiently gone through motor activities. Muscles will be easier to stretch at this time because of their increased temperature; this will reduce the risk of injury. Hold each stretch for approximately 15-30 seconds without much movement. Make sure to stretch out all of the major muscles groups.

### COOL-DOWN

Cool-down your body by following the below steps.

**Slowly Lower Heart Rate** - Return your body's heart rate to a resting state by walking in place. Since muscles are still warm begin to stretch out muscles. Stretching should take place after each training session.

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Designed for life.™

## VersaBALL<sup>FX</sup>™

The best of weight, circuit and core strength workouts  
in one compact, easy to use functional training system.



## pushing

Designed to mimic the feeling of pushing against or moving an unstable object. Strengthens triceps, forearms, chest and core, and increases stability.

### UPPER BODY TRAINING

#### SET-UP

- None

#### WORKOUT

1. Stand at rear of the VersaBALL FX™, facing it
2. Lean over and position hands in a pushup position on the ball (can be closer than shoulder width)
3. Begin to lower chest until it touches the ball



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