



KAMAGON BALL®

9" and 14" owner's manual

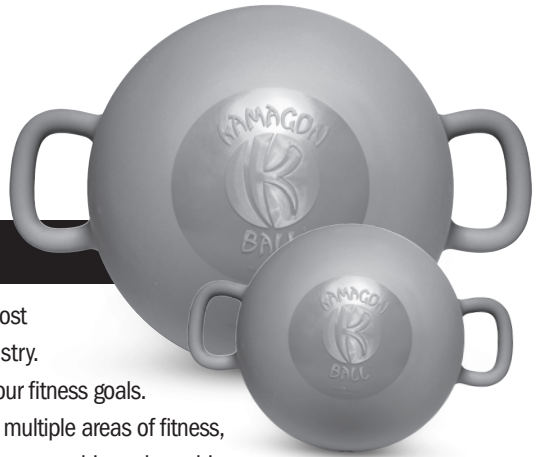


For maximum results and safety, make sure you read your owner's manual before using your Kamagon Ball®.

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INTRODUCTION



Congratulations on purchasing one of the most revolutionary products to hit the fitness industry. You have taken the first step in achieving your fitness goals. The Kamagon Ball® will allow you to improve multiple areas of fitness, including balance, stabilization, core strength, anaerobic and aerobic endurance, proprioceptive awareness and neuromuscular coordination. The unique full-body, full range-of-motion exercises that are possible with the Kamagon Ball® offer safe, fun workout routines. They can help anybody reach their goals—from preventing injury and post-rehabilitation, to achieving the highest level of elite athletes. You will feel better, perform better and improve your quality of life through following and progressing through the Kamagon Ball® exercises.

The Kamagon Ball® is safe and fun to use regardless of your current fitness level. It is a safe, versatile, functional training tool that can be incorporated into any fitness routine.

If you have any questions or concerns with your Kamagon Ball®, please contact customer service at the email address below. Go to the Kamagon Ball® website to see the latest techniques and exercises. We are proud to offer you such a groundbreaking product that will bring you success in reaching your goals!

Contact Information

Hedstrom Fitness

75 Hedstrom Dr. / Ashland, OH 44805

1-800-810-6528

info@kamagonball.com

A LETTER FROM THE KAMAGON® TEAM

The Kamagon Ball® was born from necessity. While the fitness industry had developed tools that destabilized your position in space, there were no weights themselves that created instability. We knew this concept would be the next phase in the evolution of fitness. Utilizing years of experience in professional training, we created a simple, yet highly effective tool to address this need: The Kamagon Ball®. This versatile tool can be used for everything from muscle isolation to full-body development to sport-specific movements. Not only can a Kamagon Ball® do all the things a static weight can do, but it has the added bonus of full core recruitment. This means no matter what movement you are doing, the core is being utilized and developed in a functional way. The core is essential to everything from preventing low back pain to developing good posture to increasing overall strength.

So what does “Kamagon” mean?

Kamagon is derived from the name of a species of tree in the Philippines that is also known as “ironwood” for its extreme durability and density. This wood is prized as a weapon because a well-made ironwood stick can break a steel sword or shatter armor. We decided this was the perfect symbol for what the Kamagon Ball® will do for your body. You will become strong, yet flexible, and definitely a cut above average!

Conclusion

We are very excited to be a part of your quest for optimal fitness. Your Kamagon Ball® can be utilized with literally HUNDREDS of exercises to continuously provide you with fun and challenging movements. You will simultaneously develop strength, balance and shed unwanted pounds. Challenge the body. Ask it to adapt gradually and safely, and constantly progress. With this formula, you will be amazed at what the Kamagon Ball® can do for you!

Train Hard!

UNIT WARNING LABEL



WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN SERIOUS INJURY TO YOURSELF OR OTHERS. ALTHOUGH THE KAMAGON BALL IS SAFER FOR CHILDREN THAN OTHER PRODUCTS ON THE MARKET, ADULT SUPERVISION IS STRONGLY RECOMMENDED. CHECK WITH YOUR PHYSICIAN BEFORE USING THIS PIECE OF EQUIPMENT. DO NOT OVER EXERT YOURSELF. MAKE SURE THERE IS ADEQUATE SPACE AROUND YOU WHEN PERFORMING EXERCISES WITH THE KAMAGON BALL®. DO NOT SLAM OR STAND ON THE KAMAGON BALL OR IMPOSE YOUR BODY WEIGHT ON THE HANDLES. VISIT OUR WEBSITE, WWW.KAMAGONBALL.COM, IF YOU HAVE FURTHER QUESTIONS, OR CALL A KAMAGON® REPRESENTATIVE AT 1-800-810-6528.

SPECIFICATIONS & PARTS

Your Kamagon Ball® has two handles for single-handed or two-handed exercises. This allows for much greater versatility than other weights that have only one area to grip. The Kamagon Ball® has a water port to adjust the weight of your Ball. This eliminates the need to buy a range of different weights, thus saving space and time. Below the water port is a point to insert an air pump and add air to your Kamagon Ball®, if you choose. This will make your ball firmer and eliminate any indentations caused by natural air loss through training. With these basic points understood, you have unlocked the door to unlimited exercise options that are not only highly effective, but fun.

CARE & STORAGE

The Kamagon Ball® has been specifically designed and engineered to require minimal maintenance for successful use. Every Kamagon Ball® is proudly manufactured in the USA. To ensure its longevity, we recommend you do the following:

- Keep your Kamagon Ball® sanitary. Remove sweat, dust and other residue from the Kamagon Ball® after every use. Water and mild soap may be used to clean the Kamagon Ball®.
- Do not store your Kamagon Ball® in direct sunlight, outside, near windows or heat sources. Excessive heat or direct sunlight can eventually damage your Kamagon Ball®.
- Avoid contact between the Kamagon Ball® and any sharp or abrasive object that can puncture the Kamagon Ball®. Never stand on the Kamagon Ball® or use it as a base.
- Do not slam or stand on the Kamagon Ball® or impose your body weight on the handles. Doing so can result in tearing or other structural damage.
- Do not fill Kamagon Ball® with any other material other than water. Doing so will void warranty.
- It is recommended that at every 6-18 months that you drain your Kamagon Ball® and re-fill it with fresh water (more often depending on your water type). The Kamagon Ball® may be rinsed out with warm soapy water or a teaspoon of bleach.
- Do not drink liquid from the Kamagon Ball®.

IMPORTANT SAFETY TIPS

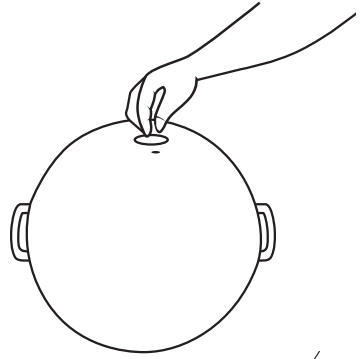


WARNING—YOU AND OTHERS CAN BE SERIOUSLY INJURED IF WARNINGS IN THIS OWNER’S MANUAL ARE NOT FOLLOWED CLOSELY.

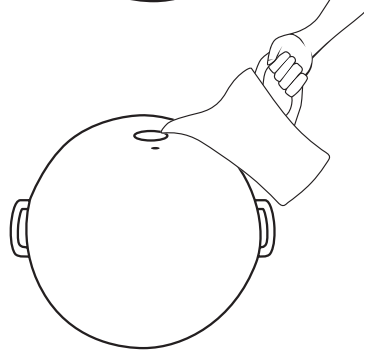
BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT A PHYSICIAN OR HEALTH CARE PROFESSIONAL. Your physician can help you determine any medical limitations that could put you at risk or prevent you from using the Kamagon Ball®. Make sure you begin with basic exercises, and, once you’ve mastered these, you can progress to more advanced exercises. Correct exercise techniques will help you achieve your goals and inspire you to continue. Exercise safely. Do not use the Kamagon Ball® until you have read this manual. Adequate space is necessary when exercising with the Kamagon Ball® to prevent injury to you as well as others.

GETTING STARTED

1. Unscrew waterport. If you have trouble with this, place a quarter in the slot. Turn counterclockwise to remove.



2. Add the desired amount of water, using the numbered weight lines as a guide.



3. For minor dimpling of the Kamagon Ball® (14" only), you may add one pump of air (air valve located by the waterport) with a sports ball air pump. Be careful not to over pump as excess air may cause damage.

4. Dry off the outer surface to prevent you from losing your grip when performing the exercise.

5. If required, place a quarter in the slot and turn clockwise one half turn to ensure a strong seal. Use caution not to over turn the waterport as too much force may cause the waterport to strip and cause the Kamagon Ball® to leak.

ACCLIMATING TO THE KAMAGON BALL®

Because the Kamagon Ball® is the first device of its type, we suggest you become comfortable with the inertia of the water on a stable surface before performing free-standing or dynamic movements.



GENERAL EXERCISE GUIDELINES

Prior to your first Kamagon Ball® workout fill the Kamagon Ball® to a weight which is comfortable for you to begin with. Take special caution to not overfill the ball until you've had time to experience and adapt to the Hydro-Inertia® as too much water could result in injury.

This booklet will describe a number of very basic Kamagon Ball® movements for use with either the 14" or 9" Kamagon Ball®. These are very basic moments which will help your body to adapt you to the hydro-Inerta® created by the ball. If you are a beginner, practice each exercise until you have mastered each technique. Do not try the more advanced exercises until you have mastered the basic steps.

Every 9" Kamagon Ball® comes with 'The Kamagon® Total Body Challenge' workout DVD. Follow the instructions on the DVD and feel free to follow along with the included four (4) week Kamagon Workout Guide. Again, practice to ensure proper form to ensure that you're getting the most of the workout and preventing any risk of injury.

It's especially important to let your body rest approximately two to three days a week to allow your muscles to adapt and your body to rest.

Buyers of the 14" Kamagon Ball® (Evolve) can find information regarding the Kamagon Ball® workout DVD at our website: www.kamagonball.com

STAY MOTIVATED WITH OUR ONLINE COMMUNITY

Our Web-based community will motivate you and strengthen your determination to help you achieve your goals.

- Set short-term and long-term goals
- Increase the number of exercises and repetitions to eventually work toward more advanced exercises.
- Share your progress with other fitness enthusiasts across the world through our website forum www.KamagonBall.com, Facebook page www.facebook.com/KamagonBall, Twitter page www.twitter.com/Kamagon_Ball, and Youtube page www.youtube.com/KamagonFitness.
- Do not get frustrated if you encounter difficulty performing the initial exercises. Due to the unique nature of the Kamagon Ball® and the fact that no other product available works stabilization throughout a full range of motion, it will take some time to familiarize yourself.

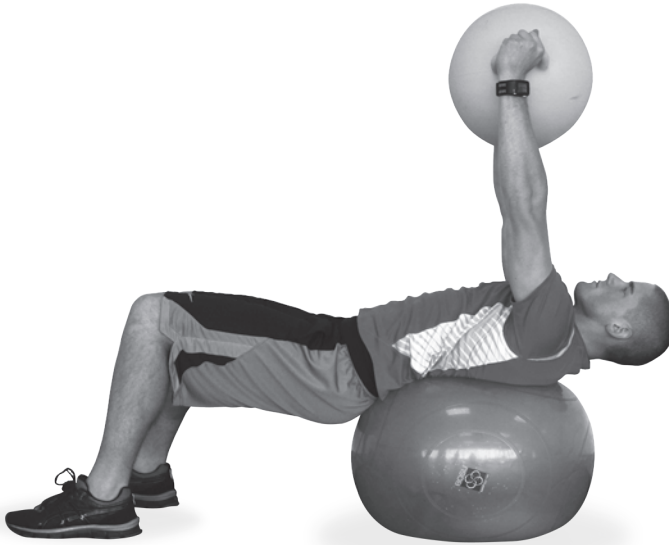
THE KAMAGON BALL® WORKOUT

Every exercise you perform with the Kamagon Ball® will build strength, endurance and improve your cardiovascular system. The Kamagon Ball® workouts will also increase balance, stabilization, neuromuscular coordination and proprioceptive awareness. After acclimating to the Kamagon Ball®, work your way through the progression of exercises, basic through advanced. If you are just starting out, use fewer exercises and reps, and work toward longer, more difficult workouts.



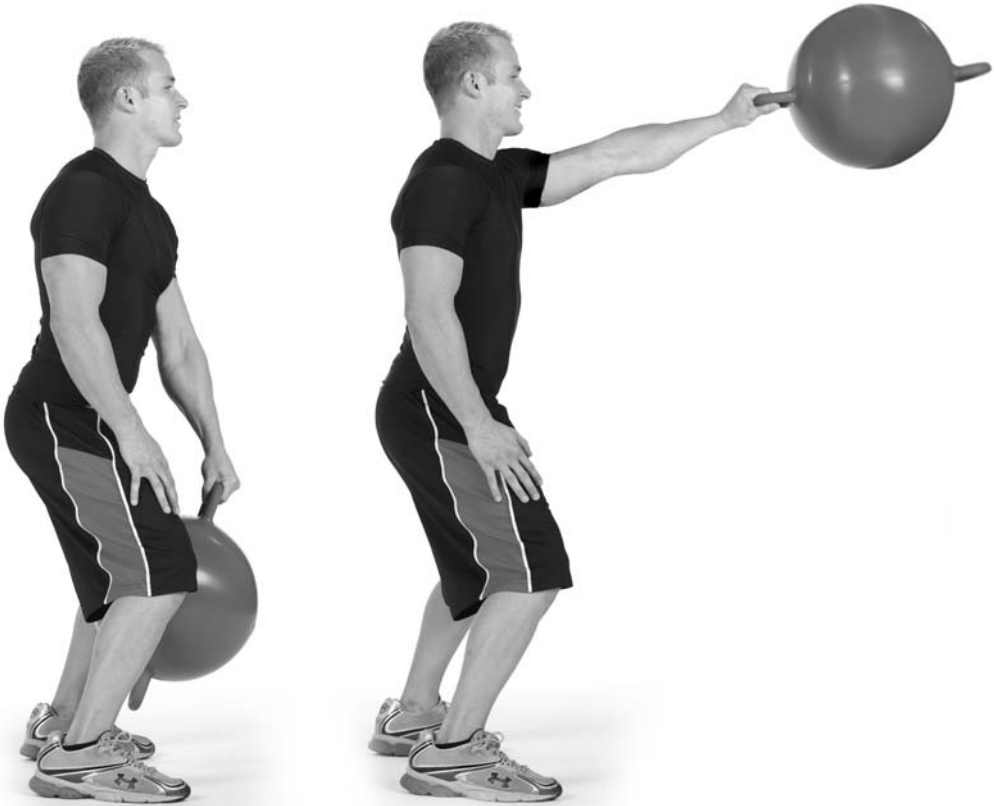
KAMAGON® PULLOVER

Start this exercise lying face up on a bench. Hold the Kamagon Ball® with both arms fully extended, straight up. Inhale as you bring the ball back until your arms are parallel with the bench. Exhale and return to your starting position.



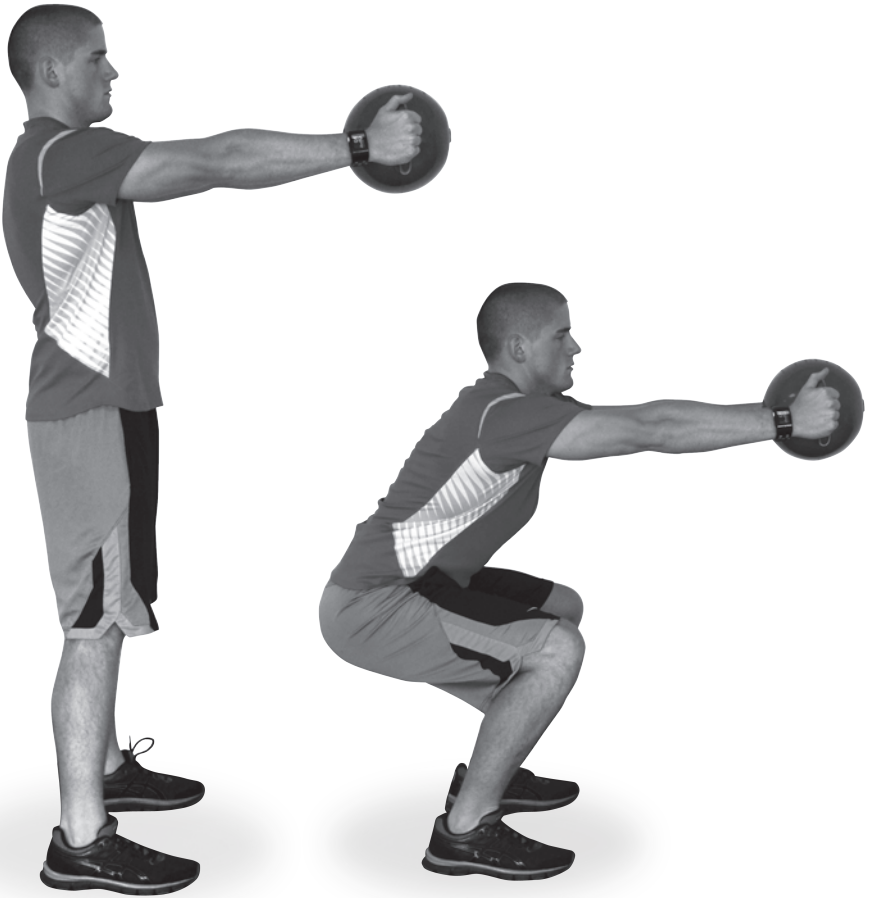
KAMAGON® SWING

Spread your feet a foot wider than your shoulders. Bend your knees slightly in a squatting motion, holding the Kamagon Ball® by the handle between your legs. Swing the ball up until your arm is parallel to the ground. Control the ball during the descent until you are back at the starting position.



KAMAGON® SQUAT

Place your feet shoulder-width apart, keeping your knees and ankles aligned as you stand erect. Keep your chest high, shoulders back and head up. Begin your squatting movement in your hips, not in your knees. Squat like you're sitting in a chair, keeping your back aligned and your upper body erect. Squat until your legs are at a 90-degree angle and push through your heels (not your toes) to finish in the starting position.



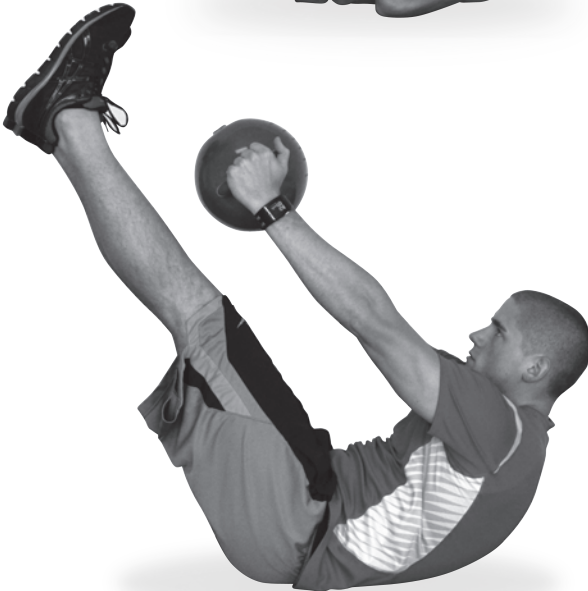
LUNGE WITH TRUNK ROTATION

Start this movement with your upper body erect, holding the Kamagon Ball® parallel to the floor with a slight bend in your elbows. Step out far enough that your front leg makes a 90-degree angle. At the bottom of each rep, rotate your trunk 90 degrees in the direction of the forward leg and return to starting position. Make sure that your knee does not extend further than your foot. Keep the weight in your heels, not in your toes.



V-SITUPS

Lying on your back with your legs at a 45-degree angle, grasp both handles of the Kamagon Ball®, reach up and touch the ball to your toes and return to the starting position for more repetitions.



KAMAGON® TRUNK ROTATION

In a seated position, lift your heels slightly off the ground. Grasp both handles of the Kamagon Ball® and rotate at the trunk, touching the ball from one side to the other for repetitions.



KAMAGON® ISOMETRIC HOLDS

Lie on your back and hold the Kamagon Ball® six inches off the ground while simultaneously holding your feet six inches off the ground. Hold this position for a set period of time.



KAMAGON® FROG JUMP

Start this movement by doing a squat. From the bottom of the squat, do a plyometric jump up and forward, landing with a slight bend in the knees. Repeat for a set number of repetitions.



TESTIMONIALS

Exercise is one of the fundamental keys to health. Exercising with the Kamagon Ball® can improve cardiovascular health when used in a full-body circuit, as well as prevent injuries through building core muscles, balance and stability. Strong core muscles are key in preventing injury and in post-injury rehab.

Aaron Miranda

M.D. specializing in physical medicine/rehabilitation

As a doctor of chiropractic for over 30 years, I am always looking for methods that my patients can use to strengthen their core muscles and avoid reaggravation to their spinal instabilities. The Kamagon Ball® does just that. Under the guidance of a certified trainer, patients can use the Kamagon Ball® as a versatile, all-inclusive therapeutic exercise tool to strengthen every spinal and supporting muscle in the body. The use of the ball requires little space and, once instructed, patients can use the ball in their homes without the need for travel to and from a gym or therapy facility.

Howard Boos

D.C. Chiropractor

Tulsa, Oklahoma

I have used the Kamagon Ball® for the last three months with my clients and the inertia effect from the water is unmatched. I use the Kamagon Ball® in many situations with every type of clientele I train. There are substantial benefits for training your core and abdominal area. Adding a proprioceptively enriched environment to every exercise is the best way to develop your core muscles and drop waist sizes.

Russell Roberts

Personal Trainer and Owner, Fit in Tulsa

B.S. Exercise Science & Physiology, Oklahoma State University

NASM-CPT



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NASM-CPT



My favorite thing about the Kamagon Ball® is it's like having a home gym without the home gym. After a tough day of training MMA, going to another gym to do strength or weight training can be a chore. It's great to know that I can eliminate the extra hassle by just taking along my Kamagon Ball® or, better yet, coming home to my Kamagon Ball®, which I can just grab out of the corner of my living room.

Tito Jones

*2-time Florida Gold Glove Champion and
current Professional MMA competitor*



THE COMPLETE FITNESS LIFESTYLE PLAN

Fitness is a way of life. Good nutritional habits, a healthy lifestyle and cutting-edge exercise programs help everyone – from grandparents who want the ability to play with their grandchildren, to the baby boomer who wants a better quality of life, all the way to elite athletes who want to improve their game.

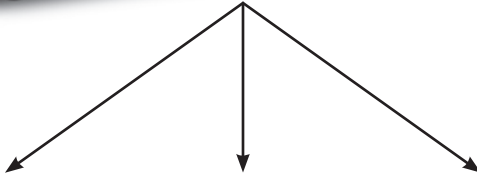
There are numerous components to fitness, but there are not many products that are effective in all these areas. The Kamagon Ball® is the first product of its kind. There are numerous stability products on the market, but they all serve primarily as a base on which to stand, sit or lie down. The Kamagon Ball® offers hundreds of fun, safe, full-body exercises that can benefit everybody, whatever their fitness goals.

You also should incorporate additional cardiovascular exercise, stretching and healthy nutritional habits to enhance your fitness program.

ALWAYS CONSULT WITH A PHYSICIAN before starting an exercise program or nutritional program to make sure it's right for you. When you incorporate a healthy nutritional program and follow a well-rounded exercise routine, you will reach your goals.







USER COMMUNITY



TRAINER INFORMATION



GROUP EXERCISE

DISCOVER THE NEXT STEP IN THE EVOLUTION OF FITNESS...

Most exercises target only an isolated muscle group, and seldom teach the body how to utilize the core. The Kamagon Ball® automatically eliminates both issues. The Kamagon Ball® does more than simply train a group or groups of muscles; it teaches you how to use your body in the most effective and efficient manner. The Kamagon Ball® is a destabilized weight that works the muscles while simultaneously training your nervous system. This is a key to strength, speed and overall fitness. Even well conditioned muscles cannot realize their true potential without a thoroughly trained neural system. Muscles never act on their own; they must receive signals from the nerves that branch throughout the entire body. Stability training is a highly effective way to make these signals more efficient and effective. The nerves will respond much like the muscles to training, adapting to the demands imposed on them and becoming better suited to physical movements. The result is a stronger, more fit you. Everyone can and should benefit from this type of training. By purchasing a Kamagon Ball®, you have taken your first step on a journey to a happier, healthier you!

Dedication to Quality

This product shall be free from defects in material and workmanship for 90 days. Hedstrom Fitness does not warrant against damages caused by misuse, abuse or neglect.

Hedstrom Fitness will replace or refund (at its option) defective product within 90 days of the original sales. Please contact Hedstrom Fitness/Kamagon® with support or quality questions at the contact information below: ***Valid only in the US.**

Hedstrom Fitness | 75 Hedstrom Drive | Ashland, OH 44805
1-800-810-6528 · customerservice@kamagonball.com