

# BichiBalls



## BichiBalls: The Basics

- Take your time and learn to use BichiBalls one step at a time. Develop a solid cardio fitness base.
- Cardio workouts with BichiBalls help competitive and non-competitive athletes to enhance their mind, body, and spirit.
- BichiBalls improve strength, co-ordination endurance, flexibility, rhythm, posture, attitude, and self-esteem.
- Exercising with BichiBalls increases your energy and raises your metabolism for up to eight hours.

## Getting Started with BichiBalls

**Important:** *Before beginning any exercise program, consult your physician.*

- Avoid eating 2 hours before exercise.
- Drink plenty of water before you start and keep plenty nearby if you need to replenish during the workout.
- Start out with some light exercise to warm up your body.
- Then, stretch for 3-5 minutes.
- Maintain a positive attitude.

## Instructions for Using BichiBalls

- Start by adjusting the BichiBalls to accommodate your height.
- To do this stand straight up, feet together and hands down by your legs holding the handles so the balls are near the floor.
- Tie knots in the ropes until the balls are two inches above the ground for intermediate/advanced users and 3-4 inches above the ground for beginners.
- Always keep the rotating balls below your shoulders.
- Beginners should start with one (1) BichiBall, using their dominant hand. Practice swinging your BichiBall without jumping.

**BichiBalls:  
The Basics**  
*(cont'd)*

- Add jumping when you feel confident.
- Keep your arms down by your side and elbows tucked in.
- Use your hand and wrist to twirl the BichiBall.
- When you are able to use one BichiBall successfully, add the second in the non-dominant hand.

**Getting Started  
with BichiBalls**

- Try swinging both without jumping.
- Add jumping when you feel confident.
- When you start jumping with your BichiBalls, remember to bend your knees to absorb the shock and keep your body straight.
- Support yourself with your core muscles, a light flexing of the abdominal muscles.
- Stay on the balls of your feet and land softly. Incorporate an aerobic breathing rhythm of one count on the inhale and two counts on the exhale.
- Do not skip steps.

**Helpful  
Suggestions**

- Use music that makes you want to move to the beat. Let the music carry you.
- Try skipping, hopping, jogging or stretching while swinging BichiBalls.
- Incorporate calisthenics into the workout.
- Add dance moves and create your own routines.

**Have fun!**

**Contact Us**

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