



# INTEGRATE WEIGHTED HANDBALL

## USER GUIDE



### OVERVIEW

The Integrate™ Weighted Hand Ball is a small, soft, hand-sized medicine ball approximately 6" in diameter that is available in 2-8 lbs.

### WHEN TO USE

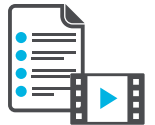
On a call with headset or speaker phone



During meetings or brainstorm sessions

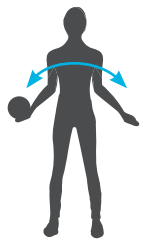


Reviewing video or reading documents



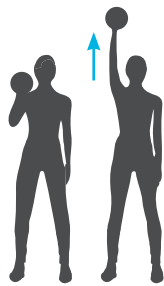
### HOW TO USE

The weighted hand balls can be used for various movements and are a great way to get the body moving while providing light resistance. Below are recommended movements and instructions on how to execute them.



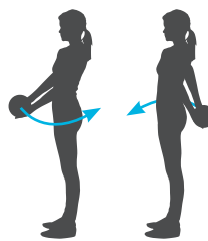
#### HAND-TO-HAND TOSS

Stand with feet shoulder width apart. Grasp ball in one hand, and gently toss into the other hand and then back again. Aim to toss the ball 40-60 times for about one minute.



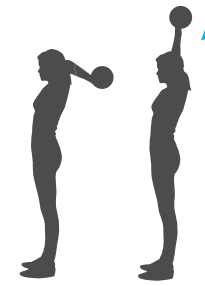
#### OVERHEAD PRESS

Stand with feet shoulder width apart. Grasp ball with one hand and rest at shoulder level. Press the ball straight up, directly overhead. Return to the starting position. Repeat 20-30 times then switch sides.



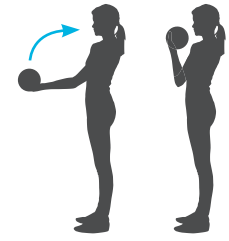
#### AROUND THE BACK PASS

Grasp ball with one hand in front of you. Move both hands behind your back and transfer the ball to your other hand. Bring your arms back to the front of your body, exchanging the ball when your hands meet. Repeat the process for 30-60 seconds.



#### ELBOW EXTENSIONS

Stand with feet shoulder width apart. Grasp ball in one hand and raise arm straight up. Bend the elbow and lower the ball until your elbow is at a 90° angle. Bring your arm back up so it is straight overhead. Aim to lift the ball 20-30 times per arm.



#### ARM CURL

Stand with feet shoulder width apart. Grasp ball in one hand and rest by your side. Bend at the elbow bringing the ball up toward your shoulder. Lower your arm again to the starting position. Repeat 20-30 times then switch sides.