



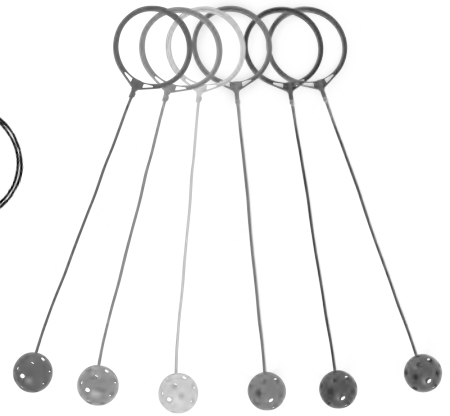
SBSET

SWING BALL SET

Features:

- Fun cardio game for all ages
- Lightweight plastic ball
- 18" long cord
- Ankle ring is 5.5" D
- Set of 6 colors (1 of each) Red, Orange, Yellow, Green, Blue, and Purple

Ball Hops are redesigned to prevent ankle binding



Instructions:

The Champion Sports Swing Ball Set offers a fun cardio exercise for kids and adults that can be played alone or competitively in a group.

1. Place one foot into the loop at the ankle.
2. With a little practice you will be able to run forward as you hop over the rotating ball.
3. Starting with the ball extended to the side and back of the foot a little, swing the loop foot out and forward and into a small circling motion. The ball will spin around that foot.
4. As the ball comes around towards the other foot, put your weight on the loop foot and lift the other foot so the ball may pass under. The ball will spin around that foot.
5. Continue the ball swinging on one foot as you jump over it with the other foot, using a sort of run in place action.

