

Lay on your stomach, your head on your hands. Contract your thighs. Press your pubic bone into the mat while lifting your belly-button as if an ice cube was underneath. Place the Mambo Max Soft-Over-Ball between your ankles. Lift your legs 5 cm off the ground and squeeze the ball five times between your feet.



Lay on your side in a straight line, your upper hand on your thigh. Place the Mambo Max Soft-Over-Ball between your lower legs and stretch your feet. Lift your legs 10 times.

Lay on your side in a straight line, your upper hand on your thigh. Place the Mambo Max Soft-Over-Ball between your lower legs and stretch your feet. Lift your legs and keep them up. Flex your feet and point your toes towards you. Repeat 10 times.



Lay on your side in a straight line, your upper hand on your thigh. Place the Mambo Max Soft-Over-Ball between your lower legs and stretch your feet. Lift your legs and keep them up. Make scissor-like movements with your legs, twisting your upper leg front to back and vice versa. You may place your upper hand in front of you to keep your balance.



Lay on your back, pulling your knees towards your chest, holding the Mambo Max Soft-Over-Ball between your lower legs. Stretch your legs upward, pointing the ball towards the ceiling. To alternate this exercise, you can also stretch your leg in a 45° angle.



Place the Mambo Max Soft-Over-Ball in front of you. Grasp it while using it as a support. Perform push-ups. For an easier work-out, sit on your knees. For a more demanding work-out, perform the push-ups while on your toes.

Lay on your side in a straight line, keeping your feet together, placing the Mambo Max Soft-Over-Ball between your knees. Squeeze your knees tight and relax to the point where you just don't lose the ball. Repeat.



Sit on your exercise mat, your knees bent and your back in a 45° angle, holding the Mambo Max Soft-Over-Ball with your arms stretched. Alternate bringing the ball to the left and to the right of your knees without moving your knees.

Lay on your back, your feet fairly close to your behind, placing the Mambo Max Soft-Over-Ball between your knees. Your fingers point towards the ceiling. Lift your pelvis, keeping your shoulders on the mat. Your knees, hips and shoulders should form one line. Alternate lifting your left and right heel from the mat.



Lay on your back, your feet fairly close to your behind, placing the Mambo Max Soft-Over-Ball between your knees. Lift your pelvis, keeping your shoulders on the mat. Your knees, hips and shoulders should form one line. To make the exercise more challenging, apply more pressure on the ball.



Lay on your back, placing the Mambo Max Soft-Over-Ball between your shoulders. Stretch both legs in a 45° angle. Alternate stretching one leg while retracting the other.





Lay on your side, placing the Mambo Max Soft-Over-Ball underneath your ribs. Lean on your elbow and maintain your balance with your other hand. Push the lower leg into the exercise mat. Raise your upper leg and rotate. To add more challenge to this exercise, place your balance-hand behind your head.



Lay on your back, pulling your knees towards your chest, holding the Mambo Max Soft-Over-Ball between your lower legs. Stretch your legs in a 45° angle, while lifting your head and shoulders at the same time. Your hands remain by the side of your body. When raised, make sure you can fit a fist between your chin and your chest



Lay on your stomach, placing the Mambo Max Soft-Over-Ball in front of you. Stretch your arms and rest your wrists on the ball, keeping your head between your shoulders. Press your pubic bone in the mat while lifting your belly-button. Raise your torso while rolling the ball towards you. Keep your shoulders low.



Lay on your back, placing the Mambo Max Soft-Over-Ball under your bottom. Stretch your legs and raise them, alternating left and right.



Pull up your knees, your hands behind your head. Hold the Mambo Max Soft-Over-Ball between your knees and elbows. Stretch diagonally, i.e. stretch right leg together with left elbow. Come back to the starting position and repeat on the other side.



Lay on your back, placing the Mambo Max Soft-Over-Ball under your bottom. Keep your knees at hip-width. Tilt your pelvis upwards, making sure your knees don't twist in or out. For a more challenging exercise, place the ball underneath your feet instead of your hips.



Place the Mambo Max Soft-Over-Ball under your lower back and lean into it a bit. Slightly lower your upper body, rotate a little and pretend to draw a bow while keeping your eyes on your elbow. Return to your starting position and rotate to the other side.

Sit on your hands and knees, placing the Mambo Max Soft-Over-Ball between your knees. Place your hands shoulderwidth apart and look at the point between your hands. Stand on your toes, lifting the ball a bit from the ground by your knees. Return and repeat.



Lay on your back, pulling your knees towards your chest, holding the Mambo Max Soft-Over-Ball between your knees. Keep your shoulders on the mat while rotating left and right. Try not to arch your lower back.

Lay on your side, holding the Mambo Max Soft-Over-Ball in your knee cavity. Lean on your elbow and maintain your balance with your other hand. Push the lower leg into the exercise mat. Bend your upper leg forward and backward.



Lay on your stomach, holding the Mambo Max Soft-Over-Ball between your ankles. Lean on your elbows. Lift the ball, making your thighs come off the exercise mat.