



RAQ YOUR HEALTH! Keep your body toned and fit with the RAQISA® Fit Ball & Band! Strive to condition your entire body from top to toe to ensure muscle balance. Below are several non impact exercises designed to work a variety of muscle groups towards functional fitness. Aim to mix and match these examples at least three days a week for optimal results. A standard series would include 3 sets of 15 repetitions.



Lodge the ball in your lower back to condition your core!



Lodge your ball in your ribcage for additional support and oblique exercises!

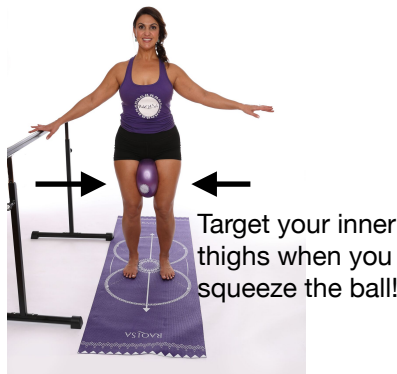
Clam shells target your gluteal muscles and strengthen weak hips.



Keep your foot flexed and squeeze the ball to target the hamstring muscle.



Detach your heels and target your outer thighs!



Target your inner thighs when you squeeze the ball!



Condition your front and back thigh muscles with your band!



Your RAQISA® product includes one 9" inflatable ball & one medium intensity resistance band. Your ball includes a plastic straw. Be sure to blow up your ball, simply by removing the white plug, placing the stick inside, and blowing it up to a proper firmness so there are no wrinkles on the ball. Your calico hued band is set at a medium intensity; be sure to not stretch it beyond necessary.

RAQISA® Fitness & Health, Established in 2013