



健身球说明书

被誉为保定地区“三宝”之一的健身球，是闻名中外的传统产品。它起源于明朝，是保定地区手工艺人精心制做创造出来的。

健身球起初为实心球，后改为空心球并设置音板，一对球可发出高、低两音，是年迈人锻炼身体消除疾病的必备之宝。

使用方法：在锻炼时，将两球托于手掌中，靠五指顺序屈伸使两球互绕盘旋，旋转方向有顺、逆之分，使手的全部关节都处于运动之中。随着手指的屈伸、展收，前臂肌肉都能有节奏的收缩和放松。初练时可选小型号，待熟练后，逐步选购较大型号。两手可交替锻炼，也可三、四个球同时旋转玩出几种花样。

保养方法：铁球系金属材料制成，要防止潮湿，保持清洁干燥，避免猛烈撞击。长期不使用可涂蜡、涂油密封保存。

History: Chinese iron balls have long been famed as one of the “three treasures” of Baoding, China. First produced during the Ming Dynasty (1368-1644), iron balls have often been improved through the ages by skilled Chinese handicraftsmen.

Originally, these balls were simple, solid, cylindrical objects. Later, handicraftsmen began designing hollow balls and inserting sounding

plates that produce high and low tones when used. These lighter balls are easier to handle and the musical tones contribute to the relaxation process that results from exercising with them.

Directions: The balls are placed in one's hand and rotated in either a clockwise or counter-clockwise direction. This exercise will keep all of the points in one's hands in constant motion, with the muscles in one's fingers and forearms contr-

acting and relaxing harmoniously. Beginners should select balls of a smaller size and then, over time, increase ball size as one's proficiency improves. Ultimately, one can exercise both hands alternately or simultaneously and may even choose to use three or four balls in one hand.

Maintenance: The balls are made of metal and, hence, should be kept dry and clean. Although the balls are strong and durable, owners should

avoid violently knocking them against each other and against other solid objects and surfaces. If one plans not to use them for a long period of time, it is advisable to coat the balls with wax or grease for maintenance and preservation.