



[Be Wary of... Exercise Balls?](#)

by [John Demas](#) on 10/13/09 at 8:00 am

The world of exercise and training has continued to evolve over time. Most people tend to forget that even 25 years ago, weight training was relatively new to the training scene, and since then innumerable innovations and adjustments in strategies and techniques have led to a higher degree of fitness for many. However, even the simplest equipment that's been part of this continuum of training development can bring danger to those who partake in these activities.

In a surprising report, a member of the Sacramento Kings found this out in an unfortunate manner. He was injured while working with an exercise ball. According to the [Sacramento Bee](#):

“The exercise balls have been removed from the Sacramento Kings’ weight room and stored in a dark storage space, with no word yet whether a sacrificial burning of the rubber menaces is yet to come.

Kings co-owner Joe Maloof ordered an e-mail sent to the NBA’s other 29 teams, hoping to spread the word about unforeseen dangers that can arise when performing even basic workouts with an inflatable exercise ball commonly found in many gyms and homes.

With Garcia in the first year of a five-year contract extension worth \$29.6 million (with a fifth-year team option) and the likelihood that the Kings will have to pay an additional player to make up for Garcia’s absence, Maloof said the team is considering legal action against the maker of the ball. Sources close to the team identified it as an Italian-based company, Gymnic, although the model of the ball isn’t known. Before the injury occurred, the 195-pound Garcia was lying on his back doing dumbbell presses with 90-pound weights in each hand, according to Kings players.”

Apparently, the ball simply popped. If you exercise regularly, be wary of the dangers that any piece of equipment can bring, particularly if you depend on something to keep you stable. If you have been injured as a result of a malfunctioning piece of exercise equipment, contact the [Sacramento product liability lawyers](#) who have years of experience in holding large companies accountable for the dangers they present to the public. Contact Demas & Rosenthal today to schedule a free initial consultation.