



Core Ab Ball

Congratulations on purchasing your GoFit Core Ab Ball. The following material is intended to better-inform you about your product for a more productive and enjoyable workout.

WE RECOMMEND YOU VIEW INCLUDED INSTRUCTIONAL DVD BEFORE USING PRODUCT

BEFORE EACH USE:

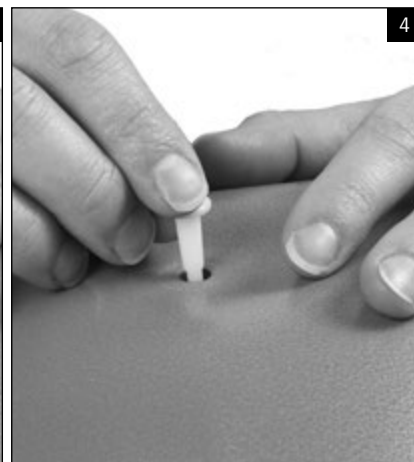
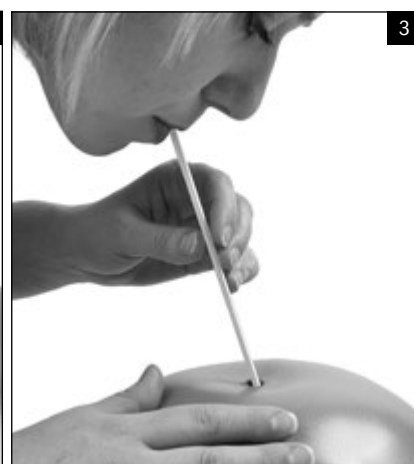
Always inspect your Core Ab Ball before each use for any damage. Also check for wear and tear that may compromise product performance. We recommend that any rubber product be replaced every 1-2 years or sooner if the product has damage or shows signs of wear. If any damages are detected, discontinue use and contact GoFit, LLC for assistance at 888-530-4441 or online at www.gofit.net.

INFLATION:

To inflate your Core Ab Ball follow these simple steps:

- 1- Locate the inflation hole on the ball.
Remove the ball plug (if it is in place).
- 2- Place the inflation tube (included) into the hole.
- 3- Using your mouth, blow up the ball until it is firm.
- 4- Once inflated, place your thumb or finger over the hole, then quickly insert the ball plug all the way into the hole.
- 5- Your ball should be firm, but “give” when you squeeze it lightly.

Note, do not use an air compressor to blow up your ball.



CARE AND CLEANING:

Your Core Ab Ball can be cleaned using a soft cloth with warm water. Using harsh chemicals will damage your product. Avoid storing your Core Ab Ball in extreme heat, cold or direct sunlight.



WARNING



IMPORTANT: Read & follow all warnings and information before using this product to reduce the risk of injury.

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings and information before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact v for assistance. Not intended for commercial use.