



# BALL CHAIR USER GUIDE

#75031-75035

## SAFETY

**Please read before using or setting up the Aeromat® Ball Chair. DO NOT lean and put your body weight against the Backrest. The chair is designed for active sitting and better posture.**

Not all exercises are suitable for everyone. To reduce the risk of injury, consult your physician before starting any exercise program with this product or any other exercise equipment. Please ensure that you do NOT have any medical or health conditions that could affect the safety or effectiveness of your exercise program. If you suffer from heart disease, high blood pressure, or any other health conditions, consult your physician before starting any exercise program. If at any time during your exercise you are experiencing discomfort or pain, stop the exercise immediately and consult your physician. The instruction presented herein is in no way intended as a substitute for medical counseling. Perform stretches and exercises in a slow and controlled manner. Stop and rest if you feel dizzy or short of breath.

Choose a generously sized area that is clear of furniture and other obstructions before performing stretches or exercises. Use the product only on smooth surfaces. Do not use balls if deep scratches or gouges are present. Use product only as intended. Please note that the ambient temperature and pressure will affect the ball size. Slight leakage is normal. Please adjust the inflation level as needed.

**Lock casters firmly before performing stretches or exercises when using the chair**

**CAUTION: Weight on this product should NOT exceed 300 lbs.**

## CARE

1. Avoid exposing the ball to rough, sharp abrasive surfaces, heat and excessive sunlight.
2. Avoid placing or rolling ball on newspaper or other materials printed in ink as ink may permanently mark the ball.
3. Hand wash ball with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch the ball. Wipe chair with a damp cloth.
4. When using the ball chair, ensure all parts are firmly attached with the ball pumped to recommended size of 40 cm in long circumference or to desired firmness. Leakage may occur over time. Re-inflate when necessary.

## BALL INFLATION

1. Remove the Aeromat® Ball Chair from the package and inspect for any shipping damages. Follow Ball Chair assembly instructions.

Please note: It is normal for the ball to have slight creases when first inflated. Make sure that the ball is at room temperature before inflating.

2. Use the hand pump to inflate the ball. DO NOT overinflate.
3. Remove the hand pump and immediately insert the plug into hole.

*\*The ball is made of burst resistant material.*

**Ball may not inflate to 100% to size on initial inflation.**

**WAIT 24 HOURS. Deflate 50% and inflate again.**

**Due to the ball's material, the ball will increase to proper size with second inflation.**



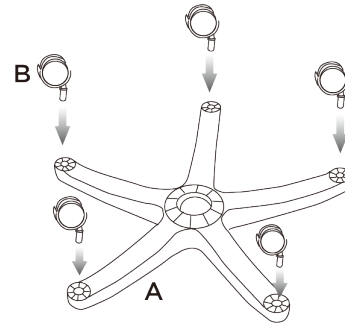
# ELITE HEIGHT ADJUSTABLE BALL CHAIR INSTRUCTION

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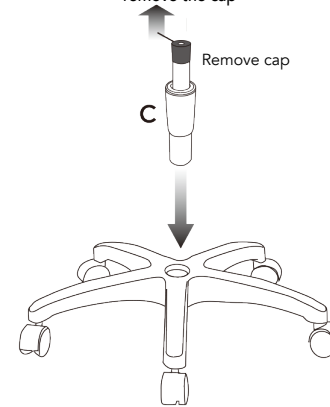
## PARTS INCLUDED

A	B	C	D	E	F	
QTY:1 Chair Base	QTY: 5 Wheels	QTY:1 Gas Lift Cylinder	QTY:1 Ball Base	QTY:1 Back Rest	QTY:1 Spine	
G	H	I	J	K	L	M
QTY:1 Lever	QTY:1 Ball	QTY:1 Lever Bracket	QTY:1 Straw	QTY:1 Brass Needle	QTY:1 Ball Valve	QTY:1 Ball Plug

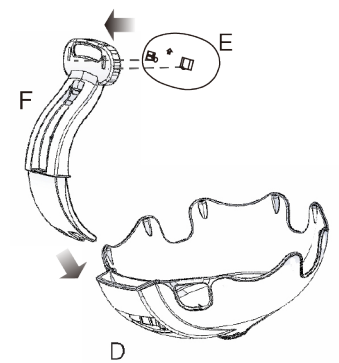
### STEP 1 Insert Part B into Part A



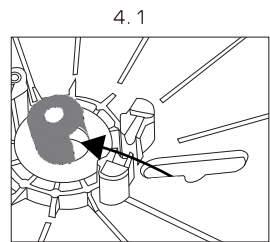
### STEP 2 Insert Part C into Part A, and remove the cap



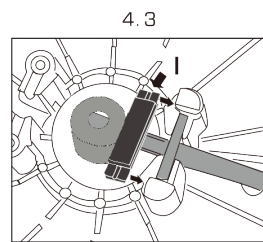
### STEP 3 Insert Part E to Part F, and then insert Part F into Part D and click it in place



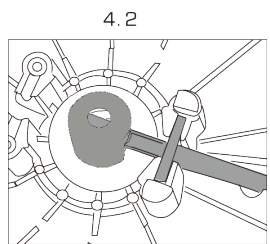
### STEP 4



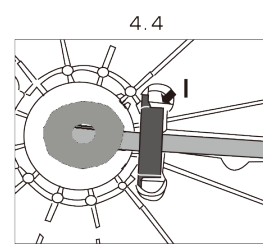
Insert Part G into the center of Part D through the opening.



Take Part I and slide it to secure Part G.

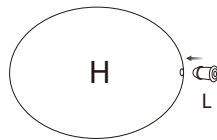


Align Part G in place.



### STEP 5

5.1 Inflate Part H with a regular hand pump or with the straw (Part J).

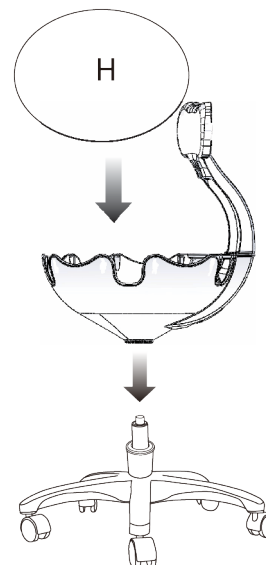


5.2 Insert the regular Ball Plug or Ball Plug Valve (Part L).

*NOTE: Due to the ball's material, we recommend using the Ball Valve (Part L) to avoid deflation. With the Ball Valve, you can re-inflate the ball using (Part K) the brass needle after attaching it to a hand pump.*

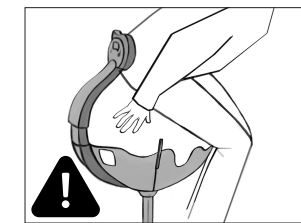
5.3 Put Part H in place into Part D

*NOTE: Adjust the ball's height by releasing air or re-inflating.*

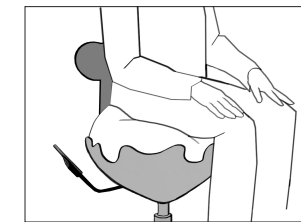


### STEP 6

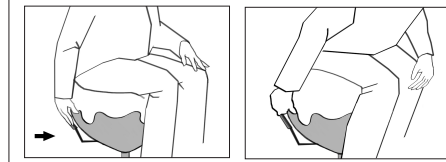
6.1 Hold onto the chair for stability before sitting on the chair. Make sure to keep body weight at the center of the ball.



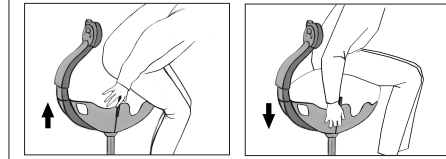
6.2 Please sit on the chair for at least 10 minutes so the Gas Lift Cylinder (Part C) and Ball Base (Part D) can align.



### ADJUSTING CHAIR HEIGHT



Always **PULL** the Lever (Part G) up to adjust the height



Stand up to release weight for the chair to go higher  
Sit on the chair, using body weight to lower the chair height

**WARNING:** The chair is designed for active sitting and better posture. **DO NOT** lean and put your body weight against the Backrest.

**DO NOT PUSH THE LEVER (PART G), IT MIGHT DAMAGE THE CHAIR BASE.**