



SWISS BALL SAFETY GUIDE

// IMPORTANT TIPS ON THE SAFE USE & CARE OF FITNESS-MAD SWISS BALLS

DURABILITY OF SWISS BALLS

Swiss balls do not last forever and should be viewed in a similar way to tyres! The more and harder you use your ball the sooner it will need to be replaced. In commercial use and where there is possible risk of the ball being abused it would be advisable to change balls every 3-6 months. In a domestic environment where the ball is stored safely out of harms way a ball can last many years.

REPAIRING A DAMAGED BALL

Like all Swiss Balls, Fitness-Mad Swiss balls are not repairable. Damaged balls should be disposed of to avoid risk of injury.

WHERE TO USE A SWISS BALL

Swiss Balls are best used in rooms free of other gym equipment or furniture as this reduces the possibility for abuse of the ball. If balls get kicked against other pieces of gym equipment or furniture with corners this can damage the inside of the ball and reduce or remove the burst resistance. Do NOT exercise on a ball near furniture or objects that you could fall on. Ideally you should workout on a padded floor of at least 15mm thick to avoid the risk of injury if you fall off the ball. Do not leave other pieces of exercise equipment, such as dumbbells on the floor around where you are working out. Before working out check that the floor of your exercise area is clear of sharp objects such as stones, drawing pins, paper clips, glass etc.

INFLATION

Fitness-Mad Swiss Balls are heavy duty so on the first inflation blow the ball up to 70% and leave overnight, then complete inflation - this allows for the PVC to stretch. Each ball has been blown up to the correct size before leaving the factory as part of the production and testing process.

Warning - Be sure the Swiss Ball is inflated to the correct size prior to use - the size printed on the ball is the maximum diameter of the ball i.e. the height of the ball when inflated correctly. Over-inflation may damage the ball by over-stretching the skin.

STATIC VS DYNAMIC LOADING:

Though our 300 and 500Kg balls are tested with static loads in excess of 1.5 tons depending on the ball. Dynamic loads, such as you exercising on the ball are quite different and exert significantly greater forces on the ball, the Static load rating is therefore not a guide to how much weight you can use on the ball. Never exceed the burst-resistant rating of the swiss ball (300 or 500Kg depending on which Fitness-Mad ball).

USING WEIGHTS ON THE BALL

We recommend for safety that if you are using weights on the ball that you do not use more weights than your bodyweight. Never use heavy weights on a Swiss Ball without another person being present. Do not use weights on a Swiss Ball at all unless you are familiar with using a Swiss ball and its characteristic lack of stability. Do not leave dumbbells or other equipment on the floor around the area in which you are working out on your ball.

BACK EXERCISES ON THE SWISS BALL

It is advisable not to do supine exercises (back over the ball) without assistance from another person.

USERS NEW TO SWISS BALLS

Swiss Balls are fundamentally unstable and if you are unsure how suitable a Swiss Ball is for you or for any medical condition you may have consult a qualified health professional before use. You should always consult your Doctor before starting any new exercise regime. Similarly if you are unsure how good your balance is when first using a Swiss ball it is advisable to only use the ball in the company of another person.

CHILDREN & SWISS BALLS

Swiss Balls are not toys and are not suitable for unsupervised use by young children. Store out of reach of children as children are likely to play with the ball and may knock the ball against sharp objects which could damage the inside or the skin of the ball.

INSPECT BEFORE EACH USE

Check the surface of your Swiss Ball before each use for surface damage and abrasions. Look for any signs of damage and do not use your ball if the surface is damaged in any way. Damaged balls should be disposed of to prevent injury to yourself or others

CLEANING YOUR BALL

Your ball can be wiped clean using a damp cloth and mild detergent. Avoid using harsh chemicals.

NOTE FOR COMMERCIAL USERS OF FITNESS-MAD SWISS BALLS

As a commercial operator of a gym or studio you have the responsibility to ensure the safety of your customers whilst on your premises. Similarly it is your responsibility to ensure that all equipment is safe and does not present any danger to your clients.

Swiss balls are an essential piece of modern training equipment but they do require daily inspection as part of your safety policy to ensure that they are safe to use.

1) Inspect balls daily for

- a) Damage - disposing of any balls showing any signs of damage or where abuse is evident or has been reported
- b) Correct inflation - always use a measuring device to ensure correct inflation when inflating for the first time. Our balls require a two stage inflation for first inflation due to the heavyweight nature of these balls. Tip: Mark a wall close by showing vertical heights for each ball size for ease of checking measurement. Do NOT inflate Swiss Balls with a high pressure hose as this can damage the Ball. Do not inflate a ball if temperatures below 18 or higher than 32 degrees

2) Choose an appropriate place for using Swiss Balls

- a) Preferably in a room free of other equipment and furniture that balls can be kicked against
- b) Ensure that there is a suitably padded floor (preferably 15mm thick) underneath the area intended for Swiss Ball use
- c) Check the Swiss Ball exercise area regularly for dirt, grit or sharp objects that could damage the ball

3) Know the age of your balls & Replace every 6 months or on first sign of damage

It is nearly impossible to monitor the use or abuse of a Swiss ball in a commercial environment so it is advisable to replace Swiss Balls every 6 months regardless of appearance. If a ball has been kicked against the corner of a piece of equipment it is possible that damage can have been done to the inner structure of the ball that is not visible on the surface. Tip: Write the date of first inflation on the ball using a permanent marker pen and check this regularly. Diarise a balls replacement date 6 months from the date of first inflation.

4) Implement a Swiss Ball Safety Policy for all staff and make this part of your Staff Induction process

5) ALWAYS supervise clients using a Swiss Ball and instruct them on the correct use of the ball that matches their existing balance and core stability skills. High risk groups such as the elderly, injured or overweight should only use a Swiss Ball under supervision. Tip: A poster in your Swiss Ball training area highlighting these points is recommended.

6) STORAGE

- a) Store your balls in a place where they are unlikely to be abused. Investing in a rack prevents balls rolling around and reduces the temptation for people to kick them
- b) Never leave Swiss ball near a heat source

THE-MAD-GROUP OFFERS ONE OF THE LARGEST RANGES OF FITNESS, YOGA AND PILATES ACCESSORIES IN EUROPE FOR BOTH RETAIL SALE AND COMMERCIAL USE.

TOGETHER WITH THE SPECIALIST MAD BRANDS, THE COMPANY IS THE EXCLUSIVE EU* DISTRIBUTOR FOR THESE TOP FITNESS BRANDS:

Align-Pilates®

toesox®

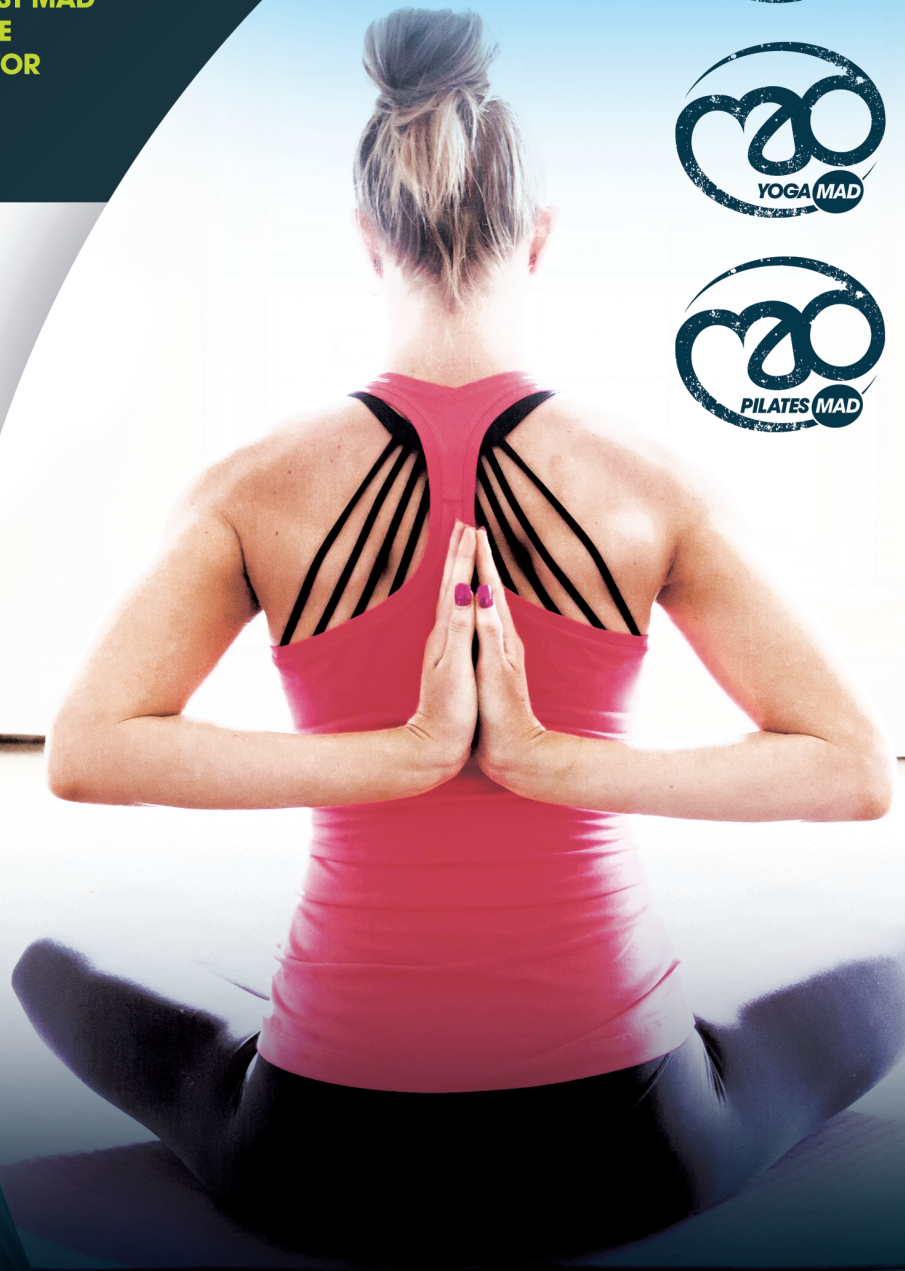
lavi noir

POWERBLOCK®
World's Best Dumbbell

THE BURN MACHINE
TRAIN LIKE A BOSS®

TALK TO US TODAY
ABOUT RESELLER
OR DISTRIBUTION
OPPORTUNITIES
IN YOUR MARKET...

*(EXCL. E. EUROPE & SCANDANAVIA)



WWW.MAD-HQ.COM

FITNESS-MAD.COM / YOGA-MAD.COM / PILATES-MAD.COM

- @FITNESSMADHQ / @YOGAMADHQ / @PILATESMADHQ
- @FITNESSMADHQ / @YOGAMAD / @PILATESMAD
- @MAD_HQ
- THE-MAD-GROUP

THE-MAD-GROUP / 430 ENTERPRISE WAY / VALE PARK / EVESHAM / WORCESTERSHIRE / WR11 1AD
T. +44 (0) 1386 425 920 F. +44 (0)1386 424 535 E. CUSTOMERCARE@MAD-HQ.COM

MAD™, FITNESS-MAD™ & YOGA-MAD™ ARE REGISTERED TRADE MARKS OF THE MAD GROUP (HQ) LTD, REGISTERED IN ENGLAND IN 1923. REG NO: 188425