



# ULTIMATE BODY PRESS

## Balance Ball

### FOR YOUR SAFETY:

Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this machine, discontinue use and consult your physician immediately.

### INFLATION INSTRUCTIONS

#### Inflation Level

1. On a wall, measure 55 cm and indicate with a small pencil mark.
2. While inflating, measure ball against the mark to gauge proper inflation.

**Warning:** Do not overinflate!

**Note:** It is normal for the ball to have slight creases or fold marks when it is first inflated. Allow the ball to reach room temperature prior to inflation, so as to ensure proper expansion.

#### Inflating Your Ball

1. Insert the pump adapter into the ball's hole.
2. Inflate your balance ball.
3. When the ball is fully inflated, remove the hose adapter quickly and insert the plug securely in the ball opening.

### CARE OF YOUR BALANCE BALL

- Do not store the ball near a heat source as damage may occur.
- Balance balls are not toys and should not be accessible to children.
- Use with caution and do not use near sharp objects.
- Do not puncture the ball.
- Inspect the ball frequently for nicks or tears.
- Use the ball only on even surfaces.
- Hand wash with a soft cloth and warm soapy water.

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