

## Circuband Swiss Ball Instruction Guide

**IMPORTANT:** For your safety DO NOT use this exercise ball until you have read and understood the instructions.

Unpack and remove ball, hand pump, and plugs from package. Open carefully and avoid using any sharp objects to open. Check the ball to ensure there are no cuts or damage that may have occurred during shipping.

### INFLATION INSTRUCTIONS:

**WARNING:** Do not inflate your exercise ball when the room temperature is greater than 32°C or lower than 18°C.

**Please note** that exercise balls are inflated to size not pressure. To help with inflation mark on a wall the recommend height for your ball. Your ball should not exceed the recommended height. Use hand pump to inflate the ball and insert plug once you have completed inflation.

Inflate the ball with the pump provided by inserting it into the hole of the ball. The ball should not exceed the recommended height. To help with inflation you can use a measuring tape to wrap around the center of the ball with the holes overlapping the air hole. Inflate until the measuring tape fits around the circumference of the ball. Once you have completed the inflation remove the pump and insert the plug into the air valve.

Size Guide		
Diameter:	Body Height:	Circumference (Around center of ball):
Small 55cm	150cm to 160cm	172cm (68 inches)
Medium 65cm	160cm to 180cm	204cm (80 inches)
Large 75cm	180cm to 195cm	235cm (92 inches)

### CAUTION:

- Consult with your healthcare provider or physician before commencing any exercise program for appropriate advice and safety precautions.

### WARNING:

- The manufacturer and its distributors assume no liability or responsibility for accidents or injury to persons or property that might result in connection with the exercises and use of exercise balls.
- This ball is not suitable for children unless being supervised by an adult.
- Stay hydrated before during and after exercise.
- If you experience unusual pain or discomfort while exercising you should stop immediately.

### Basic guidelines for use:

- Wear suitable clothing and remove any objects from your body that may potentially puncture the ball including rings, watches etc.
- Before each use inspect the ball for any wear or tear. Check that the ball has no damages including deep scratches, worn spots and cuts. **DO NOT** use the ball if the surface is damaged.
- The ball should only be used indoors – the ball is not intended for outdoor use. Make sure your surroundings are clear.
- Keep the ball away from sources of heat including heaters, lamps and fireplaces.
- Avoid exposing the ball to sunlight for prolonged periods of time. This may cause damage and deflation to your ball.
- Keep the ball away from any sharp objects that may cause damage to the ball.
- Clean the ball after use with a cloth and soapy water or light disinfectant. Prevent using severe chemical products that may cause damage.
- The ball is not a toy and should not be kicked.

### IMPORTANT:

- The ball should not hold more than 220 lbs./100kg's of weight.

### TO DEFLATE BALL:

- Squeeze the plug remover to grip the plug and press on the ball until it is deflated.

# CIRCUBAND

STRENGTH | PERFORMANCE | VERSATILITY

Swiss Balance Ball

