

# How to pump up the exercise ball



## Parts

1. Exercise ball.
2. Ball pump with a cone adapter.
3. Valve stopper.



## Instructions

1. Unfold the exercise ball.
2. Pry the valve stopper out, just before inserting the pump into the ball's air valve.
3. Work the pump, airing up the ball.
4. Remove the pump from the ball's valve and quickly insert the valve stopper.

