



# **INSTRUCTION GUIDE**

## **GYM BALL INFLATION**

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# I INFLATION

Once you receive your exercise ball it is recommended to unfold it and wait for the material to reach room temperature. This will help allow the material to stretch to the described size when inflating. Please follow the steps below for how to inflate your gym ball:

## STEP 1

Unpack the contents of your box, you should receive one gym ball, one pump and two valve stoppers.



## STEP 2

With the foot pump provided there will be two tapered ends. Select the wider end nozzle.



### STEP 3

Securely insert the nozzle into the air hole of the ball.



### STEP 4

Use your foot to press the bellow on the pump until it is fully inflated.



## STEP 5

Measure the ball to make sure the width is the size you selected. If you are struggling the pump to the size stated, inflate as much as possible, wait approx 24 hours then try and inflate again.



## STEP 6

Once you reach the correct size, insert the stopper into the air hole.



# CLEANING

To look after your exercise ball you will need:

You will need a soft cloth



Do not clean using strong bleaching agents



# | CONTACT DETAILS

For any technical queries, product defects or damage or delivery questions please contact us using the details below:



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