



# **INSTRUCTION GUIDE**

## **WOBBLE CUSHION INFLATION**

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# I INFLATION

Please follow the steps below for how to inflate your wobble cushion:

## STEP 1

Screw the pin into the end of the pump.



## STEP 2

Fully insert the pump into the valve, make sure not to pierce the pin through the other side of the cushion.



### STEP 3

Once inflated to your desired level simply remove the pump. The valve will seal when the pin is removed.



# I FAQ's

## **How do i deflate my cushion?**

Start by unscrewing the silver pin from the pump then insert it into the valve on the cushion. This activates the valve and allows the air to escape.

## **Why is my cushion deflating?**

If you feel your cushion deflating soon after use we'd recommend submerging it into a bowl of water and squeezing it to see if there any air bubbles escaping anywhere. Any defects can be reported to our customer service team.

## **How far should i pump up my cushion?**

This will depend on what you are using your cushion for. For stability exercises where you may require to stand on the cushion it may be best to not fully inflate your cushion to make these exercises a little harder.

If you are using it as a support when sitting in an office chair for example, it may be best to inflate further to make the cushion more sturdier for support.

# CLEANING

To look after your wobble cushion 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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