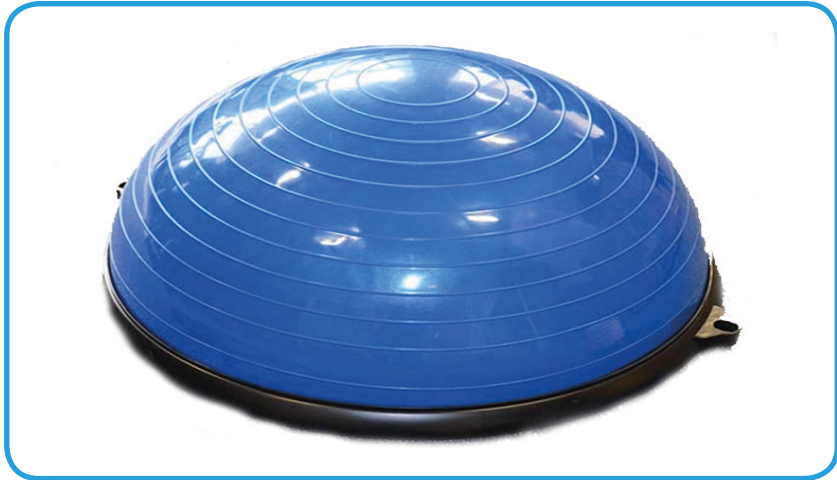
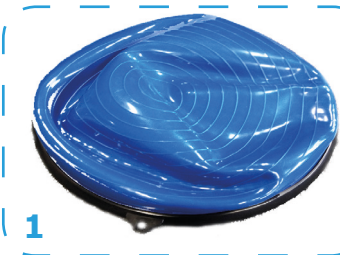


Balance Trainer Instructions



Parts

1. Balance trainer.
2. Ball pump with a cone adapter.
3. Valve stopper.
4. Handle expander (2 pcs)



Instructions

1. Unpack the balance trainer.
2. Turn the balance trainer and insert the pump into the ball's air valve.
3. Work the pump, airing up the ball until it is completely blown-up and firm. NOTE: DO NOT pump to much air.
4. Remove the pump from the ball's valve and quickly insert the valve stopper.
5. Lock the end of expander to the hole attached on the bottom of the hoop.
6. Push and revolve to make sure it will not fall off.

