

How to... Properly inflate your TKO Fitness Ball

INFLATING YOUR TKO FITNESS BALL FOR THE FIRST TIME:

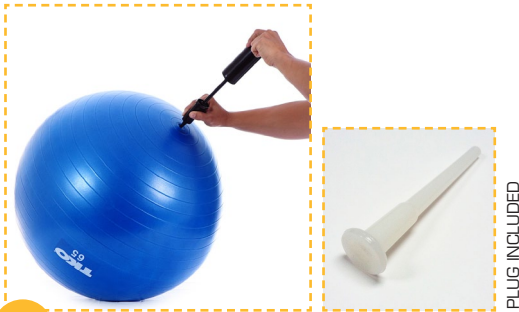
As an integral element of our quality control, all TKO Fitness Balls are inflated to their correct size and left for 24 hours to verify sizing and to check for possible leaks. It is therefore unlikely that our balls are smaller than the stated size. However, due to the heavier materials used in the manufacturing of TKO Fitness Balls, they may be more difficult to inflate than lower quality balls. Following are some helpful guidelines.



A» INFLATE BALL TO 80% OF ITS STATED SIZE, IF BALL FEELS HOT OR COLD, ALLOW IT TO COME TO ROOM TEMPERATURE BEFORE STARTING THE INFLATION PROCESS.



B» LEAVE FOR 24 HOURS BEFORE INFLATING TO FULL SIZE. THEN MEASURE TO ENSURE BALL IS PROPERLY INFLATED.



C» TO INFLATE YOUR TKO BALL, USE THE PUMP PROVIDED. USE OF AN AIR COMPRESSOR IS AT YOUR OWN RISK. AFTER BALL HAS BEEN INFLATED, USING THE PLUG THAT HAS BEEN PROVIDED, INSERT INTO THE HOLE AND PRESS FIRMLY SO NO AIR ESCAPES.



D» THE SIZING ON EACH BALL IS TO PROVIDE THE USER A GUIDELINE WHEN PURCHASING THE TKO FITNESS BALL.
» NOTE: THE THREE SIZES: 55CM, 65CM, & 75CM ARE THE ABSOLUTE MAXIMUM SIZE OF EACH BALL. AT THIS LEVEL OF INFLATION, THE BALL MAY BE TOO FIRM FOR COMFORTABLE USE.

E» TO DETERMINE THE CORRECT SIZING, PREFORM THIS SIMPLE TEST:
SIT ON THE BALL AND PLACE YOUR FEET FLAT ON THE FLOOR. IF THE FITNESS BALL IS INFLATED CORRECTLY, THERE WILL BE A 90 DEGREE ANGLE BETWEEN YOUR HIPS AND KNEES. ADJUST THE FITNESS BALL BY ADDING OR RELEASING AIR WITHOUT EXCEEDING MAXIMUM SIZE. IF YOU REACH THE 90 DEGREE ANGLE, THE BALL HAS SUFFICIENT AIR, EVEN IF NOT AT FULL SIZE.