

Instructions



BODY SPORT[®] Donut Ball

Please read the following instructions carefully before use. Improper use of this product, or failure to follow these warnings and instructions, may result in serious bodily injury, including death.

Features

Durable, versatile design for stability, balance, flexibility, and core training.

- Made with PVC material.
- Not made with natural rubber latex.
- Nonslip surface and subtle ribbing.
- One (1) flat side and one (1) rounded side.
- Ideal for yoga, Pilates, and strength training.
- Available in five (5) color-coded sizes: Purple, Green, Yellow, Red, and Blue.
- Designed for use by all age groups with supervision
- Maximum Weight Capacity: 400 lb. (136 kg)



Package Includes

One (1) Donut Ball, One (1) Pump, Two (2) Plugs, One (1) Plug Remover, One (1) Safety and Care Sheet, & One (1) Instruction Sheet

Instructions

Marking the Ball

While the ball is deflated, mark the “In Service Date” area with a permanent marker. Let dry for at least 24 hours. Gently blot after the drying period.

Your BodySport® Donut Ball is now ready to be inflated for use.

Ball Inflation

Locate and remove the plastic air hole plug from the ball. The plug may be found either inside the ball or included in a separate plastic bag.

Insert the pump nozzle tip through the hole in the ball.

Use your hand to repeatedly push and pull the air pump until the ball is inflated to the recommended diameter. Do not overinflate. Ball size indications reflect maximum inflation.

Remove the nozzle, and insert the plug into the air hole of the ball.






Like with most exercise balls, it may be necessary to inflate multiple times to reach the maximum size.

Ball Deflation

Locate the plug remover to remove the air hole plug.

Once removed, slowly let the air out until the ball is deflated.

Product Specifications

Donut Ball Color	Item #	Size	Maximum Weight Capacity
	BDS201BULK45	17.7" x 9.8" (45 cm x 25 cm)	400 lb. (136 kg)
	BDS201BULK55	21" x 11.8" (55 cm x 30 cm)	400 lb. (136 kg)
	BDS201BULK65	26" x 13.8" (65 cm x 35 cm)	400 lb. (136 kg)
	BDS201BULK75	29.5" x 15.7" (75 cm x 40 cm)	400 lb. (136 kg)
	BDS201BULK85	33.5" x 17.7" (85 cm x 45 cm)	400 lb. (136 kg)

WARNING

As with any exercise program, consult your physician or medical professional before beginning a workout routine. A workout routine utilizing this product is not meant to be a substitute for advice provided by a physician or medical professional. BodySport® Donut Balls may be used by children and adult consumers, with recommended supervision for users under the age of 18.

Exercise programs of any kind pose an inherent danger to the participant. Serious injury can occur. Use proper techniques and common sense when exercising. Check your equipment thoroughly and inspect for cracks, cuts, tears, etc. If any defects are found, discontinue use of the product immediately. The manufacturer and its distributor assume no liability or responsibility for accidents or injury to persons or property that result in connection with the exercises and use of BodySport® Donut Balls.

We recommend that BodySport® Donut Balls are frequently inspected and are removed and replaced from use if nicks, cuts, or scratches are found upon inspection. We also recommend that balls are replaced on an annual basis unless the use on the ball is used in a professional environment where usage varies and earlier replacement may be necessary.

Serious injury may occur if the inflation and deflation instructions are not carefully followed.

Donut balls may burst if not inflated properly or if handled improperly, which could cause serious injury.

Do not overinflate the ball.

Do not use an air compressor to inflate the ball.

Do not exceed the weight of 400 lb. on the ball.

Not recommended for use by persons who are or may be pregnant.

Do not use the ball as a toy. Children under the age of 18 should have adult supervision while using the ball.

Do not allow pets near the ball.

Do not use the ball for unusual routines with a high load level or difficulty. Any use other than those for which the ball has been designed or in ways contrary or inconsistent with any of these instructions or guidelines will increase the chances that the ball may fail and could lead to serious injury.

Inspect the ball before each use for cracks, wear, or other damage. If there is any sign of damage, DO NOT use the ball and DO NOT attempt to repair damage.

Keep the ball away from direct sunlight, and do not expose it to high temperatures.

IMPORTANT: READ ALL INSTRUCTIONS AND WARNINGS PRIOR TO USE TO REDUCE THE RISK OF INJURY DURING USE.

GUIDELINES FOR USE

Follow the ball inflation instructions included in this manual. The ball should only be inflated according to these methods for proper use. **Improper inflation of the ball can damage the ball and increase the risk of injury.**

Wear appropriate clothing and footwear while utilizing the ball.

Perform all routines in a controlled manner with proper techniques.

Remove all objects (rings, watches, etc.) and clothing from the body that contain sharp edges, pins, buckles, belts, or other objects that may puncture the ball during use.

Use the ball on a padded floor (recommended). The ball may slip on carpeted or hard, waxed floor surfaces.

Use on a clean, level, and nonslip surface.

Check the area for any sharp objects or debris before use. There should be adequate clearance around the ball during use.

Do not use the ball outdoors. The ball is intended for indoor use only.

Prior to use, read the care and safety information at
[BodySportProducts.com/safety](https://www.bodysportproducts.com/safety)



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