



BODY SPORT® Fitness Ball

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

GUIDELINES FOR USE

- The ball should be inflated properly using only the methods described below.
IMPROPER INFLATION OF THE BALL CAN DAMAGE THE BALL AND INCREASE THE RISK OF INJURY.
- Be sure to wear appropriate clothing and footwear while exercising on the ball.
- Exercise routines should be done in a controlled manner with proper techniques.
- Remove all objects from body (rings, watches, etc.) and do not use any clothing that contains pins, buckles, belts, or any other objects that may puncture the ball during use.
- The ball should be used on a padded floor material. The ball can slip on carpeted or hard, waxed floor surfaces.
- The surface should be clean, level, and nonslip.
- Check area for any sharp objects or debris. There should be adequate clearance around the ball during use.
- The ball is not intended for outdoor use. The ball should only be used indoors.

Instructions for Marking 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 drying period. Your Body Sport® Fitness Ball is now ready to be inflated for use.

Prior to use, read the care and safety information at
BodySportProducts.com/safety

Ball Inflation Instructions

- 1 Locate and wrap the tape measure around the ball. **(See figure 1)**
- 2 Locate and remove the plastic air hole plug from the ball. (The plug can be found either inside the ball or included in a separate plastic bag.)
- 3 Align the two holes in the tape measure with the air hole of the ball. **(See figure 2)**
- 4 Insert the pump nozzle tip through the holes in the tape measure and ball. **(See figure 3)**
- 5 Use your hand to repeatedly pull and push the air pump until the ball is inflated to the recommended diameter. **DO NOT OVERINFLATE.** Ball size indications reflect maximum inflation.

Diameter
Purple Ball = 45 cm (18")
Green Ball = 55 cm (21")
Yellow Ball = 65 cm (26")
Red Ball = 75 cm (29")
Teal Ball = 85 cm (33")

- 6 Partially insert the plug to check sizing while tape is still attached. **(See figure 4)**
- 7 Remove the partially inserted plug and/or nozzle and tape measure before fully inserting the plug into the air hole of the ball.

Ball Deflation Instructions

- 1 Locate the plastic pick to remove the air hole plug, slowly letting the air out.

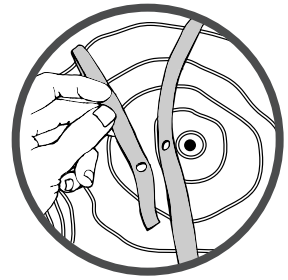


Figure 1

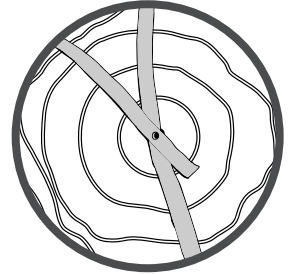


Figure 2

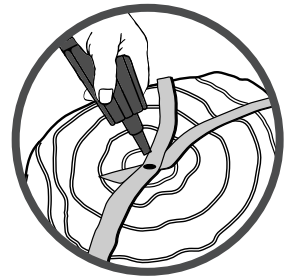


Figure 3

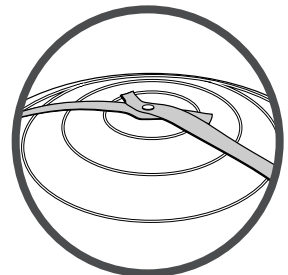


Figure 4

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. Body Sport® Fitness Balls are to be used only by adult consumers. Anyone under the age of 18 should have adult supervision.

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 Body Sport® Fitness Balls.

We recommend that Body Sport Fitness 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.
- FITNESS 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.
- The ball should not be used with more than 500 lb. of weight.
- The weight on the ball should not exceed 500 lb.
- This ball is not recommended for use by persons who are or may be pregnant.
- This ball is not a toy. Keep out of reach of children. 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.
- Before each use, the ball should be inspected 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 to high temperatures.



BODY SPORT[®]

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Made in China