

STRONG CORE & BACK KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Strong Core and Back Kit.

SETUP

1. Remove the Therapy Ball from box and check for shipping damage.
(Note: It is normal for balls to have slight creases or fold marks when first inflated.)
2. Allow the Therapy Ball to reach room temperature before inflating.
3. The inflator tip can be used with most standard bike pumps. Insert inflator tip into hole in the Therapy Ball. Inflate ball to the desired firmness.
DO NOT overinflate.
4. Your Therapy Ball is now ready for use.

WORKOUT TIPS

1. Follow exercise instructions presented in the program.
2. Always use the Therapy Ball in an open area free of furniture or other items that could get in the way while exercising.
3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

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CARE

1. Clear the area of sharp objects that may puncture the Therapy Ball. Use only on a smooth surface.
2. It is not necessary to deflate the Therapy Ball after use; however, slight leakage may occur over time. Re-inflate when necessary.
3. Hand wash the Therapy Ball with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch or damage ball.
4. Always check the Therapy Ball for nicks or scratches before each use. If damaged in any way, do not use.
5. Avoid placing or rolling the Therapy Ball on newspaper, photocopies or other materials printed with ink as ink may permanently mark ball.
6. Avoid exposing the Therapy Ball to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.

IMPORTANT SAFETY CAUTIONS!

1. Consult with your doctor before beginning this or any other exercise program.
2. Perform exercises in a slow and controlled manner.
3. Use the Therapy Ball only on smooth surfaces. Do not use ball if deep scratches or gouges exist.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as demonstrated in the workout program.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

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MADE IN CHINA.

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