

STRONG BACK

STABILITY BALL KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Strong Back Stability Ball Kit.

TOOLS NEEDED

1. Stability Ball pump (you may want to use a bicycle pump or compressor for initial inflation).

SETUP

1. Remove Stability 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 ball to reach room temperature before inflating.
3. Insert tip of pump into hole in Stability Ball. Inflate ball to the desired height and firmness. DO NOT overinflate.
4. Remove pump from ball and immediately insert plug into hole (so head is flush with surface of ball).
5. Your Stability Ball is now ready for use.

For optimal performance, it may be necessary to re-inflate your new Stability Ball once or twice after the initial inflation. Once your Stability Ball is inflated, re-check the ball size the next day. If necessary, add additional air and check once more the following day. Your new Stability Ball may need a day or two to “stretch” to its final size.

INFLATION NOTICE

- Inflate ball and plug.
- Ball may not inflate to 100% of size on initial inflation.
- Wait 24 hours.
- Deflate 50% and inflate again.
- Due to the ball's material, the ball will increase to proper size with second inflation.

WORKOUT TIPS

1. Follow the exercises shown from the digital download at gaiam.com/strongbackballkit
2. Always use the Stability 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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IMPORTANT SAFETY CAUTIONS!

1. Consult with your doctor before beginning this or any other exercise program.
2. Follow the exercises shown from the digital download at gaiam.com/strongbackballkit
3. Perform exercises in a slow and controlled manner.
4. Use Stability Ball only on smooth surfaces. Do not use ball if deep scratches or gouges exist.
5. Stop and rest if you feel dizzy or short of breath.
6. Use product only as demonstrated in the workout program.
7. 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.

CARE

1. Clear workout area of sharp objects that may puncture ball. Use only on a smooth surface.
2. It is not necessary to deflate ball after use; however, slight leakage may occur over time. Re-inflate when necessary.
3. Hand wash 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 ball for nicks or scratches before each use. If damaged in any way, do not use.
5. Avoid placing or rolling ball on newspaper, photocopies or other materials printed in ink as ink may permanently mark ball.
6. Avoid exposing ball to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.

Learn more at <http://life.gaiam.com>

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MADE IN CHINA.

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