

# yoga for kids

# BALANCE BALL® JR.

## Setup, Usage Tips, and Care & Safety Guide

Please read before setting up or using your Balance Ball® Jr.

### TOOLS NEEDED

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

### SETUP

1. Remove Balance Ball® Jr. 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 Balance Ball® Jr. 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). DO NOT overinflate.
5. Your Balance Ball® Jr. is now ready for use.

#### INFLATION NOTICE

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

#### RECOMMENDATION

Recommended for children ages 5 - 8 ranging in heights from 42" - 51".

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### IMPORTANT SAFETY CAUTIONS!

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1. Always use the Balance Ball® Jr. in an open area free of furniture or other items that could get in the way during use.
2. Use Balance Ball® Jr. only on smooth surfaces. Do not use ball if deep scratches or gouges exist.
3. Stop and rest if you feel dizzy or short of breath.
4. 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.
5. Intended for sitting, DO NOT stand or kneel on ball.
6. Do not leave child unattended while using the Balance Ball® Jr.

### CARE

1. Clear play 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.

**CAUTION:** DO NOT place Balance Ball® Jr. in contact with woodwork, wood furniture or painted walls for any period of time. Damage to finish may occur.

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