

STABILITY BALL KIT

Setup, Workout Tips and Care & Safety Guide

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

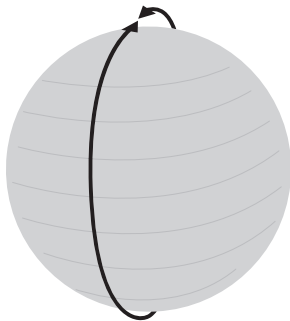
TOOLS NEEDED:

Core & Back Stability Ball Pump (you may want to use a bicycle pump or compressor for initial inflation).

SET-UP

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. Attach inflator tip to the Stability Ball pump. Alternatively, the inflator tip can be used with most standard bike pumps. Insert inflator tip into hole in Balance Ball®. Inflate ball to the desired height and firmness.
4. Remove inflator tip from ball and immediately insert plug into hole so head is flush with surface of ball.
5. Use the enclosed measuring tape to ensure proper size. Hold one end of the measuring tape over the plug, then wrap around the ball's circumference until the holes on each end of the measuring tape meet.

55cm - 21.7 inches • **65cm - 25.6 inches** • **75cm - 29.5 inches**



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.

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CARE

1. Hand wash ball with a soft cloth and warm soapy water. Do not use harsh, abrasive chemicals or cleaning tools that may scratch or damage the ball.
2. To Deflate Ball, DO NOT use a sharp instrument to remove the plug. Remove the plug and apply pressure to the ball until deflated.

WORKOUT TIPS

1. Use ball only as instructed. Follow exercise instructions presented in the program.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercise routines to the best of your ability without strain.
4. Avoid holding your breath while exercising.

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using the Core & Back Stability Ball.

1. Consult with your doctor before beginning this or any other exercise program
2. Do not use the Stability Ball if you are Pregnant.
3. Maximum weight limit for user is 300 lbs.
4. Use for one person at a time only. Keep ball away from children and pets.
5. Stop and rest if you feel dizzy or short of breath.
6. DO NOT OVERINFLATE the ball, over inflation may cause the ball to explode.
7. Fitness Balls are subject to deflation, which can cause serious injury to the back, head and other parts of the body. Always check for proper inflation prior to use.
8. Only use the fitness ball indoors, on a carpeted area, away from walls, tables or other obstructions. Make sure the floor surface is free of pins, staples or other sharp objects. Inspect the ball frequently for damage and replace when damaged.
9. Use with extreme caution in a home or office environment where staples, tacks, pencils and other small or sharp items could damage the ball.
10. Ball pigment may also transfer to other surfaces. DO NOT rest the ball on surfaces for extended periods. The ball may adsorb materials such as inks, prints, dyes or varnish.
11. This product is sold without any warranties or guarantees of any kind the manufacturer and distributor disclaim any liability, loss or damage caused by it's use.

DO NOT OVER INFLATE BALL. OVER INFLATION CAN LEAD TO BALL EXPLODING

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

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