



CORE & BACK STRENGTH BALL

Setup, Workout Tips and Care & Safety Guide

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

SETUP

1. Remove the Core & Back Strength Ball from the box and check for shipping damage (scratches, gouges or tears).
2. Allow Core & Back Strength Ball to reach room temperature before inflating.
3. Insert the inflation straw into hole in Core & Back Strength Ball. Inflate to desired firmness. Insert plug into hole so head is even with surface of ball. DO NOT OVERINFLATE.
4. Your Core & Back Strength Ball is now ready for use.

WORKOUT TIPS

1. Follow the exercise instructions presented.
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.
5. Always use the Core & Back Strength Ball in an open area free of furniture or other items that could get in the way while exercising.

CARE

1. Dry the Core & Back Strength Ball with a towel after use.
2. Wipe the Core & Strength Ball with a damp cloth to clean. Air dry.
3. Avoid exposing Therapy Band to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.



CORE & BACK STRENGTH BALL

Setup, Workout Tips and Care & Safety Guide

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

IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated on the exercise guide.
6. This product is sold without any warranties or guarantees of any kind and distributor, manufacturer and licensor disclaim any liability, loss or damage caused by its use.

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

©2016 Gaiam and the "Flower of Life" logo design are registered trademarks and Wellbeing is a trademark of Gaiam Americas, Inc. or its subsidiaries. Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452.

MADE IN CHINA.

SKU 05-62104CARE