



BALANCE BALL® STABILITY RING

Setup, Workout Tips, and Care & Safety Guide

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

SETUP

1. Remove Balance Ball® Stability Ring from box and check for shipping damage.
2. Assemble your Balance Ball® Stability Ring (see back for assembly instructions). Your Balance Ball® Stability Ring is now ready for use.

WORKOUT TIPS

1. Initially follow the exercises presented in the program without using the Balance Ball® Stability Ring. This will help you become more familiar with the workout and its benefits.
2. Ensure the Balance Ball® Stability Ring is secure against the floor before applying pressure to the Balance Ball®.

CARE

1. Dry Balance Ball® Stability Ring with a towel after use.
2. Wipe the Balance Ball® Stability Ring with a damp cloth to clean. Air dry.
3. Avoid exposing the Balance Ball® Stability Ring to heat or excessive sunlight.
4. Store in a cool, dry place.

IMPORTANT SAFETY CAUTIONS!

1. 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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ASSEMBLY



STEP 1.

Snap the 3 pegs into the 3 holes and lock the two pieces together.



STEP 2.

Ensure the pieces are locked securely into place.



STEP 3.

Repeat Step 1. Ensure the four pieces are locked securely into place. Your Balance Ball® Stability Ring is now ready for use.

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

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