



# BALANCE BALL<sup>®</sup>

## STOOL

## Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Balance Ball<sup>®</sup> Stool.

### TOOLS NEEDED

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

### BALANCE BALL<sup>®</sup> STOOL SEAT INFLATION INSTRUCTIONS

1. Remove the Balance Ball<sup>®</sup> Stool from the packaging and inspect for shipping damage. Follow included Balance Ball<sup>®</sup> Stool assembly instructions. Please note: It is normal for the ball seat to have slight creases when first inflated.
2. Make sure that the Balance Ball<sup>®</sup> Stool seat is at room temperature before inflating.
3. Using the supplied pump, insert it into the inflation hole in the seat. Inflate the Balance Ball<sup>®</sup> Stool seat to the desired height and firmness. **DO NOT** overinflate.
4. Remove pump from Balance Ball<sup>®</sup> Stool seat and immediately insert plug into hole (so head is flush with surface of the seat).

### CARE

1. Clear workout area of sharp objects that may puncture the Balance Ball<sup>®</sup> Stool seat.
2. Slight leakage is normal with your Balance Ball<sup>®</sup> Stool seat. Re-inflate when necessary.
3. Hand wash the Balance Ball<sup>®</sup> Stool with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch or damage the Balance Ball<sup>®</sup> Stool.
4. Always check the Balance Ball<sup>®</sup> Stool seat for nicks or scratches before each use. If damaged in any way, do not use.
5. Avoid placing or rolling the Balance Ball<sup>®</sup> Stool seat on newspaper, photocopies or other materials printed in ink, as ink may permanently mark ball.
6. Avoid exposing the Balance Ball<sup>®</sup> Stool seat to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
7. Do not store the seat against painted or wood surfaces for any prolonged period of time.

### IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using the Balance Ball<sup>®</sup> Stool.

1. Consult with your doctor before beginning this or any other exercise program.
2. Use the Balance Ball<sup>®</sup> Stool seat only on smooth surfaces. Do not use the Balance Ball<sup>®</sup> Stool seat if deep scratches or gouges exist.
3. Please contact Gaiam for any product questions or regarding any defects. Manufacturer and distributor disclaim any liability, loss or damage caused by its use.

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

### INFLATION NOTICE

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



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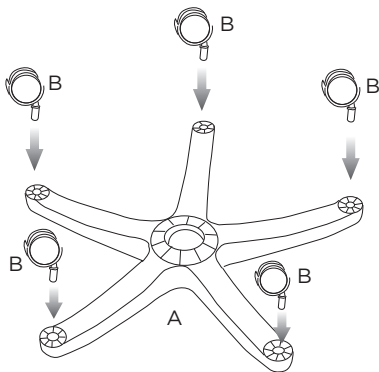
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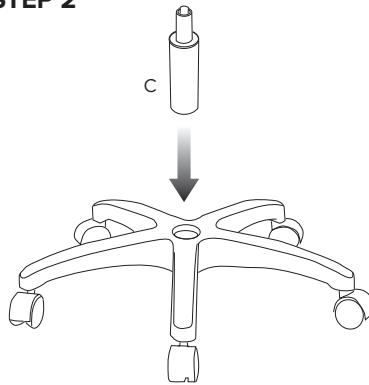
### PARTS INCLUDED

A	B	C	D	E	F	G	H	I	J
QTY: 1	QTY: 5	QTY: 1	QTY: 1	QTY: 1	QTY: 4	QTY: 1	QTY: 1	QTY: 1	QTY: 1

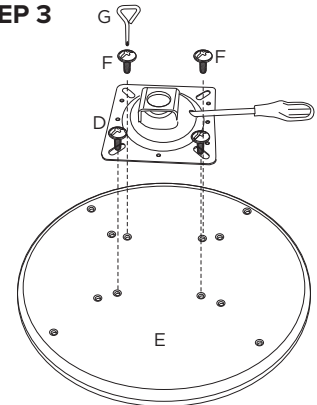
#### STEP 1



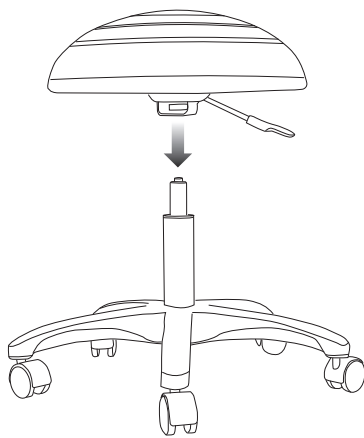
#### STEP 2



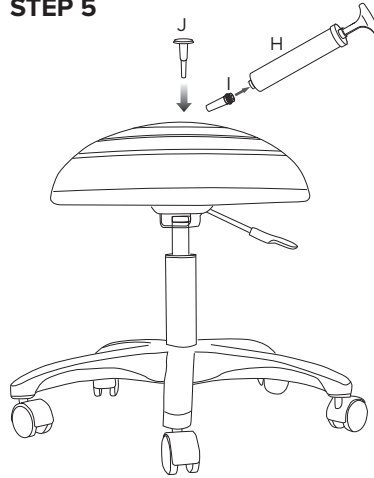
#### STEP 3



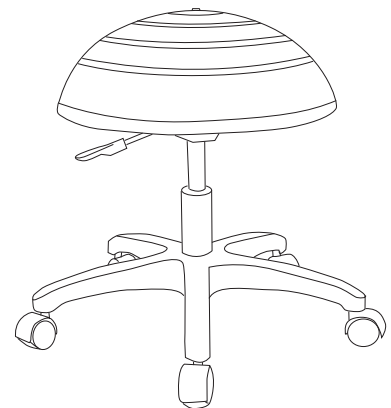
#### STEP 4



#### STEP 5



#### STEP 6



Learn more at [gaiam.com](http://gaiam.com)

Balance Ball<sup>®</sup> colors and Stool design will vary from images shown in the guide. The Balance Ball<sup>®</sup> Stool is designed for persons up to 6' tall. Perform movements to the best of your ability without strain. See the Care and Safety guide included with the Stool for details. Maximum weight 300 lbs.

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