



ULTIMATE BALANCE BALL® CHAIR

Setup, Workout Tips and Care & Safety Guide

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

TOOLS NEEDED

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

SETUP

1. Remove the ball from packaging and inspect for shipping damage. It is normal for the ball to have slight creases or fold marks when first inflated.
2. Before inflating the ball, use a tape measure or ruler to mark 52cm or 20" on wall or floor, or place two objects approximately 52cm apart. This will be your guide for proper inflation size.
3. Make sure that the ball is at room temperature before inflating.
4. Using the supplied pump, insert it into the inflation hole in the ball. Inflate the Balance Ball® to the desired height and firmness. DO NOT overinflate.
5. Remove pump from Balance Ball® and immediately insert plug into hole (so head is flush with surface of ball).
6. Never inflate the ball larger than 52cm or 20" in diameter.

WORKOUT TIPS

1. Follow exercise instructions presented in the program.
2. Always use the Ultimate Balance Ball® Chair in an open area, free of furniture or other items that could get in the way while exercising.
3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

CARE

1. Clear workout area of sharp objects that may puncture the Balance Ball®. Use only on a smooth surface.
2. It is not necessary to deflate the Balance Ball® after use; however, slight leakage may occur over time. Re-inflate when necessary.
3. Hand wash the Ultimate Balance Ball® Chair with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch or damage the Ultimate Balance Ball® Chair.
4. Always check the Balance Ball® for nicks or scratches before each use. If damaged in any way, do not use.
5. Avoid placing or rolling the Balance Ball® on newspaper, photocopies or other materials printed in ink, as ink may permanently mark ball.
6. Avoid exposing the Balance Ball® to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
7. The Ultimate Balance Ball® Chair is designed to be used by one person at a time.

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using the Ultimate Balance Ball® Chair.

1. Consult with your doctor before beginning this or any other exercise program.
2. Perform exercises in a slow and controlled manner.
3. Use the Ultimate Balance Ball® Chair only on smooth surfaces. Do not use the Ultimate Balance Ball® Chair if deep scratches or gouges exist.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as demonstrated in the workout program. To avoid injury, do not lean against the back support when seated on the Ultimate Balance Ball® Chair. The back support is designed for support during specified exercises.
6. 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® in contact with woodwork, wood furniture or painted walls for any period of time. Damage to finish may occur.

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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PARTS INCLUDED

Letter	Part	Name	Quantity
A		back /handle	1
B		chair base	1
C		bars	1
D		pentagram stand	1

E		balance ball	1
F		caster	5
G		tube fixer	2
H		connector	1

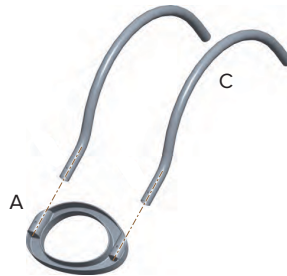
I		cover plate	1
J		flat washer	9
K		spring washer	9
L		screw	9

STEP 1



Impress the casters into the appropriate holes of the pentagram stand.

STEP 2



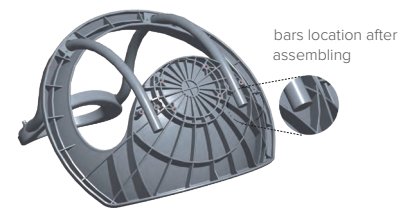
Insert bars to the back seat until it clips in.

STEP 3



Insert bars into chair base until reaching base bottom.

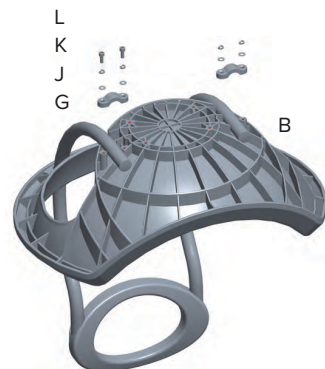
STEP 4



Pay attention to where the bars' location is after assembling, and try to keep both bars at same end.

STEP 5

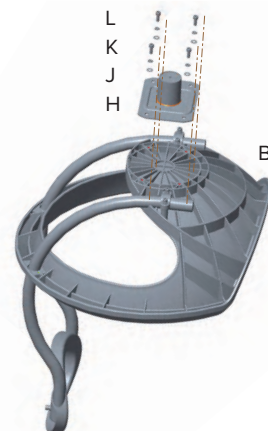
screw set: Screw 4 • Springwasher 4 • Flatwasher 4



Use tube fixers and screw sets to fix bars on the chair base bottom. Fasten screw sets.

STEP 6

screw set: Screw 4 • Springwasher 4 • Flatwasher 4



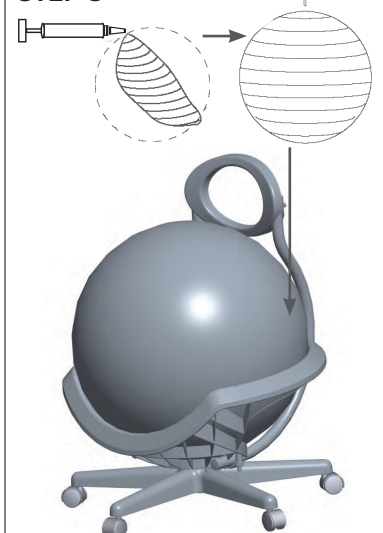
Use the screw sets to fix the connector into the middle of the chair base bottom.

STEP 7



Insert the stand into connector, press hard (or press with a hammer), then add the cover plate onto it and use the screw sets to affix it.

STEP 8



After assembling the chair, check if all parts are put together correctly. Place the inflated Balance Ball in the base of the chair and assembly is complete.

Learn more at gaiam.com

Balance Ball® colors and chair design will vary from images shown in the guide. The Ultimate Balance Ball® Chair is designed for persons up to 5'11" tall. Perform movements to the best of your ability without strain. See the Care and Safety guide included with the chair for details. Maximum weight 300 lbs.

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Ultimate Balance Ball® Chair U.S. Patent Pending. **MADE IN CHINA.**