



BALANCE BALL®

# STABILITY RING

## Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Stability Ring.

### TOOLS NEEDED:

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

### SETUP

1. Remove Stability Ring from box and check for shipping damage. (Note: It is normal for Stability Rings to have slight creases or fold marks when first inflated.)
2. Allow Stability Ring to reach room temperature before inflating.
3. Attach inflator tip to Stability Ring pump. Alternatively, the inflator tip can be used with most standard bike pumps. Insert inflator tip into hole in Stability Ring. Inflate Stability Ring to the desired height and firmness. DO NOT overinflate.
4. Remove inflator tip from Stability Ring and immediately insert plug into hole so head is flush with surface of Stability Ring.
5. Your Stability Ring is now ready for use.

### WORKOUT TIPS

1. Always use the Stability Ring in an open area free of furniture or other items that could get in the way while exercising.
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.



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### CARE

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

### IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using your Stability Ring.

1. Consult with your doctor before beginning this or any other exercise program.
2. Perform exercises in a slow and controlled manner.
3. Use Stability Ring only on smooth surfaces. Do not use Stability Ring 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.
6. 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.

**CAUTION:** DO NOT place Stability Ring in contact with woodwork, wood furniture or painted walls for any period of time. Damage to finish may occur.

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