Setup, Workout Tips and Care & Safety Guide
Please read before setting up or using your Balance Cushion.

SETUP
1. Remove from box and check for shipping damage. (Note: it is normal for cushion to have slight creases or fold marks at first. Do not use cushion if deep scratches or gouges exist.
2. Your pre-inflated back cushion is ready to use.
3. If more firmness is desired, allow product to reach room temperature before inflating.
4. Using an inflation needle, inflate to the desired firmness. Do not over-inflate. (Inflation needle and pump included.) Do not use air compressor, use hand pump.
5. To remove air, place the inflate tip into the cushion, press slightly until air releases.

IMPORTANT SAFETY CAUTIONS!
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.

CARE
1. It is not uncommon for inflated products to lose air over time. Re-inflate when necessary.
2. Hand wash with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch or damage cushion.
3. Always check for nicks or scratches before each use. If damaged in any way, do not use.
4. Avoid exposing product to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
5. To avoid damage, do not store the product against painted/finished surfaces or newsprint.

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