



Stability Ball, BASE & RESISTANCE CORD SET

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Stability Ball, Base & Resistance Cord Set.

TOOLS NEEDED TO SET UP STABILITY BALL:

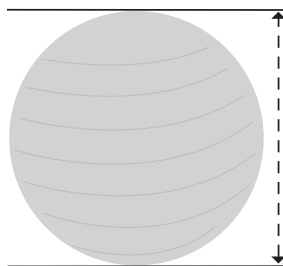
1. Stability Ball pump (you may want to use a bicycle pump or compressor for initial inflation).

SETUP

1. Remove Stability Ball from box and check for shipping damage. (Note: It is normal for balls to have slight creases or fold marks when first inflated.)
2. Allow ball to reach room temperature before inflating.
3. Insert the pump with inflation tip into your Stability Ball. Inflate ball to correct inflation size. Do not over inflate.
4. Remove inflator tip from ball and immediately insert plug into hole so head is flush with surface of ball.
5. To ensure proper sizing, please measure your ball diameter to 65cm
– 26.56 inches using the diagram below as an example.

INFLATION NOTICE

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



WORKOUT TIPS

1. Use ball only as instructed. Follow exercise instructions presented on the Exercise Guide.
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.

CARE

1. Hand wash ball with a soft cloth and warm soapy water. Do not use harsh, abrasive chemicals or cleaning tools that may scratch or damage the ball.
2. When deflating ball, DO NOT use a sharp instrument to remove the plug. Remove the plug and apply pressure to the ball until deflated.

IMPORTANT SAFETY CAUTIONS!

1. Consult with your doctor before beginning this or any other exercise program.
2. Do not use if pregnant.
3. Design to be used by one person at a time only.
4. Perform exercises in a slow and controlled manner.
5. Use Stability Ball only on smooth surfaces. Do not use ball if deep scratches or gouges exist.
6. Stop and rest if you feel dizzy or short of breath.
7. Use product only as demonstrated in the workout program.
8. 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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TOOLS NEEDED TO SET UP STABILITY RING:

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.

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.

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

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