



# BALANCE BALL®

## CHAIR SYSTEM

## Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your 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 55cm or 22" on wall or floor, or place two objects approximately 55cm 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 55cm or 22" in diameter.

### WORKOUT TIPS

1. Follow exercise instructions presented in the program.
2. Always use the 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 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 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. Do not store the ball against painted or wood surfaces for any prolonged period of time.

### IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using the 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 Balance Ball® Chair only on smooth surfaces. Do not use the 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.
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.



# BALANCE BALL® CHAIR SYSTEM

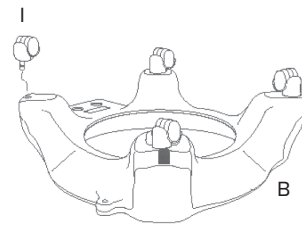
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### PARTS INCLUDED

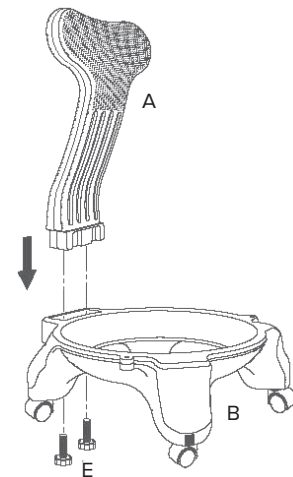
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A		1
B		1
C		1
D		1
E		2
F		1
G		1
H		1
I		4
J		4
K		1
L		2

### STEP 1

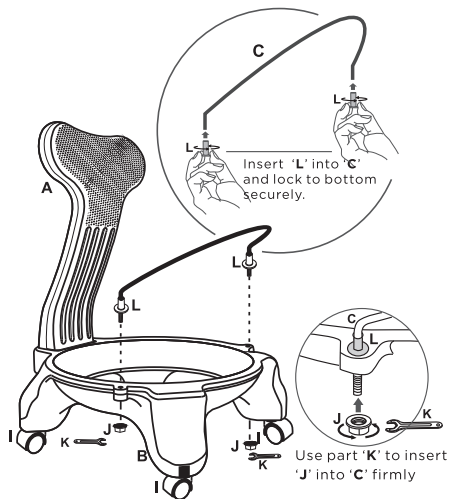


\*Insert the locking casters into the two rear legs. The two casters in the front legs should roll freely.

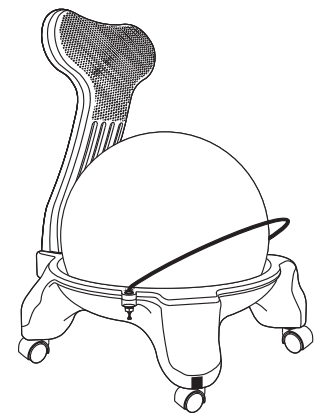
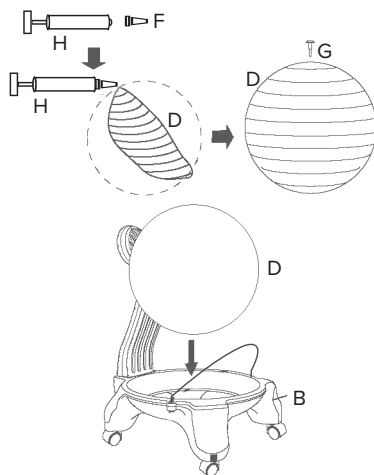
### STEP 2



### STEP 3



### STEP 4



Learn more at <http://life.gaiam.com>

Balance Ball® colors and chair design will vary from images shown in the guide. The Balance Ball® Chair 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 chair for details. Maximum weight 300 lbs.

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