Backless Balance Ball®

Setup, Workout Tips and Care & Safety Guide

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

TOOLS NEEDED:

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

SETUP

- Remove Balance 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.
- Insert the pump with inflation tip into your Balance 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.
- To ensure correct inflation size, please measure your ball diameter to the specification shown based on the ball. 52cm - 20.5 inches.

INFLATION NOTICE

- Inflate ball and insert 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.

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

- 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.
- To deflate 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. Perform exercises in a slow and controlled manner.
- 3. Use Balance Ball only on smooth surfaces. Do not use ball 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.
- 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 Balance Ball in contact with woodwork, wood furniture or painted walls for any period of time. Damage to finish may occur.



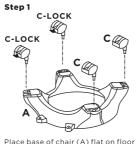
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PARTS INCLUDED

Letter	Part	Quantity
A		1
В	~	2
С		2
с-ьоск	ø	2
D	9	4
E	≥	1
F	ව	4
G		1
н	Ŧ	1
1	⊫	1
J	₽	1



Place base of chair (A) flat on floor and insert casters (C).

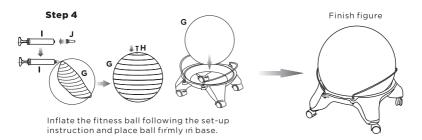
Step 2



Insert 'F' into 'B' and lock to bottom securely.

Use part 'E' to insert 'D into 'B' firmly.

Install the support bar (B) and secure each side.



SEE MORE AT WWW.GAIAM.COM

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

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Backless Balance Ball® Chair U.S. Patent #: 6702388, D471371, D471025, 6832817, D503553 / Taiwan Patent #: M250599, 220793, M240145, 85689, 85634, M249692, 220793 / Japan Patent #: 3086945 / European Community Patent #: 186226-0001