



General Exercise Instructions

1. Consult your physician before beginning any type of exercise. The instructions provided with this product are general in nature and should be performed with a Certified Personal trainer.
2. Always read instructions carefully and follow with professional guidance.
3. Stretch before and after your workout to reduce the risk of injury.
4. Perform 8-15 repetitions of each exercise at least two times per week, allowing two days of rest between exercises.
5. Work the muscles through the full range of motion, if not able, discontinue the exercise.
6. Exercise in a slow and controlled manner.
7. If any exercise gives you difficulty or creates discomfort at any level, discontinue use and consult your physician immediately.

Care

1. Your exercise ball can be cleaned with warm soapy water and nothing else.
2. Do not store the ball in direct sunlight, near any heat source, open flames, or open sun areas.
3. Keep plastic packaging material away from small children.
4. Inspect ball for damage prior to use. Never use on abrasive surfaces.





Inflation

1. Remove the stability ball from packaging. Creases or folds in the ball when first inflated are normal.
2. A ball plug and adapter are included. (Figure 1). The white small adapter is for use with a bicycle pump and may not fit all pump types.
3. Attach the black hose to the end of the pump. Locate the small black cone-shaped nozzle and insert into end of pump hose.
4. Locate the opening in the bottom of the ball. Insert pump nozzle into the opening, pressing firmly.
5. Do not place your hand directly over the back of the pump. The pump fills the ball with each stroke.
6. Each ball has a maximum diameter. A tape measure may be used, placed on the wall and mark off the balls maximum height. Measuring the top of the ball, while inflating.

Ball Diameter off the floor

45cm...17.7" Diameter

55cm...21.6" Diameter

65cm...25.5" Diameter

75cm...29.5" Diameter



Ball Pump

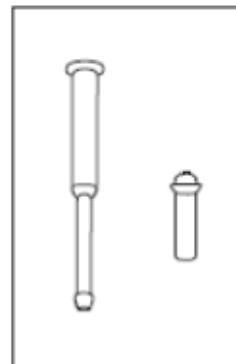


Figure 1