WARNING

Do Not Over Inflate Fitness Balls

An over inflated ball CAN BURST during use and cause serious injury
Read and closely follow inflation instructions provided.

FITNESS BALL

IMPORTANT: READ ALL WARNINGS & CAUTIONARY
STATEMENTS TO REDUCE THE RISK OF INJURY WHEN USING YOUR EXERCISE BALL

CAUTION Before beginning your exercise program, please see a healthcare provider or physician for appropriate exercise advice and safety precautions.

WARNING

- This ball is not recommended for use throughout the pregnancy period.
- The manufacturer and its distributors assume no liability or responsibility for accidents or injury to persons or property that might result in connection with the exercises and use of exercise balls. Be sure to read these instructions before use.
- Drink plenty of fluids before, during and after exercise.
- Exercises should be done in a slow and controlled manner.
- If you feel any pain or experience dizziness while exercising you should stop immediately.
- Using exercise balls for unusual exercises with a high load or level of difficulty, or used for purposes other than those for which they have been designed or in ways inconsistent with any of these instructions will increase the possibility that your ball may fail and possibly cause injury. We can assume no liability for the results of not closely following these instructions.
- This ball is not a toy; keep out of reach of children. If allowing young children to use it for exercise purposes they must have adult supervision.
- Never allow pets near the ball.

IMPORTANT

- The ball should not hold more than 250lbs /113kg total weight.
- It is NOT recommended to use additional weights while performing exercises using this ball. Extra weights could potentially cause the user to exceed the maximum weight.

BASIC GUIDELINES FOR USE

- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- Remove all objects from your body (rings, watches, etc.), clothing with pins, buckles, belts, etc. and pocket contents such as keys, pens, pencils, etc. that could potentially puncture the ball during use and afterwards when stored.
- For your protection, use the ball on a padded floor material as the ball can slip on carpet surfaces or hard and waxed floor surfaces.
- Make sure you have adequate clearance in the area around the ball where you are using it. It should be a clean, level, non-slip, solid surface.
- Keep the ball away from any sharp objects, debris or direct sunlight. The ball should not be placed anywhere where it would be exposed to high temperatures or heat sources.
- Before each use inspect the ball for any damage, worn spots, cracks or foreign objects that might harm the surface. If there is any sign of damage, DO NOT attempt to use it or repair it.
- Inflate the ball only as described below. Improper inflation may cause damage to the ball.
- The ball should never be kicked.
- Make sure the valve plug is fully inserted to seal the valve closed.
- The ball should only be used indoors - the ball is not intended for outdoor use.
- Exercise balls should not be exposed to extreme variations in temperature. Do not store in extreme hot or cold environments - such as vehicles, outdoor sheds, in an attic, etc.
- Mount, dismount and change position on your ball slowly. Due to the round ball shape it could roll out from under the user with quick movements and possibly result in injury to the user.

INFLATION/DEFLATION INSTRUCTIONS

WARNING

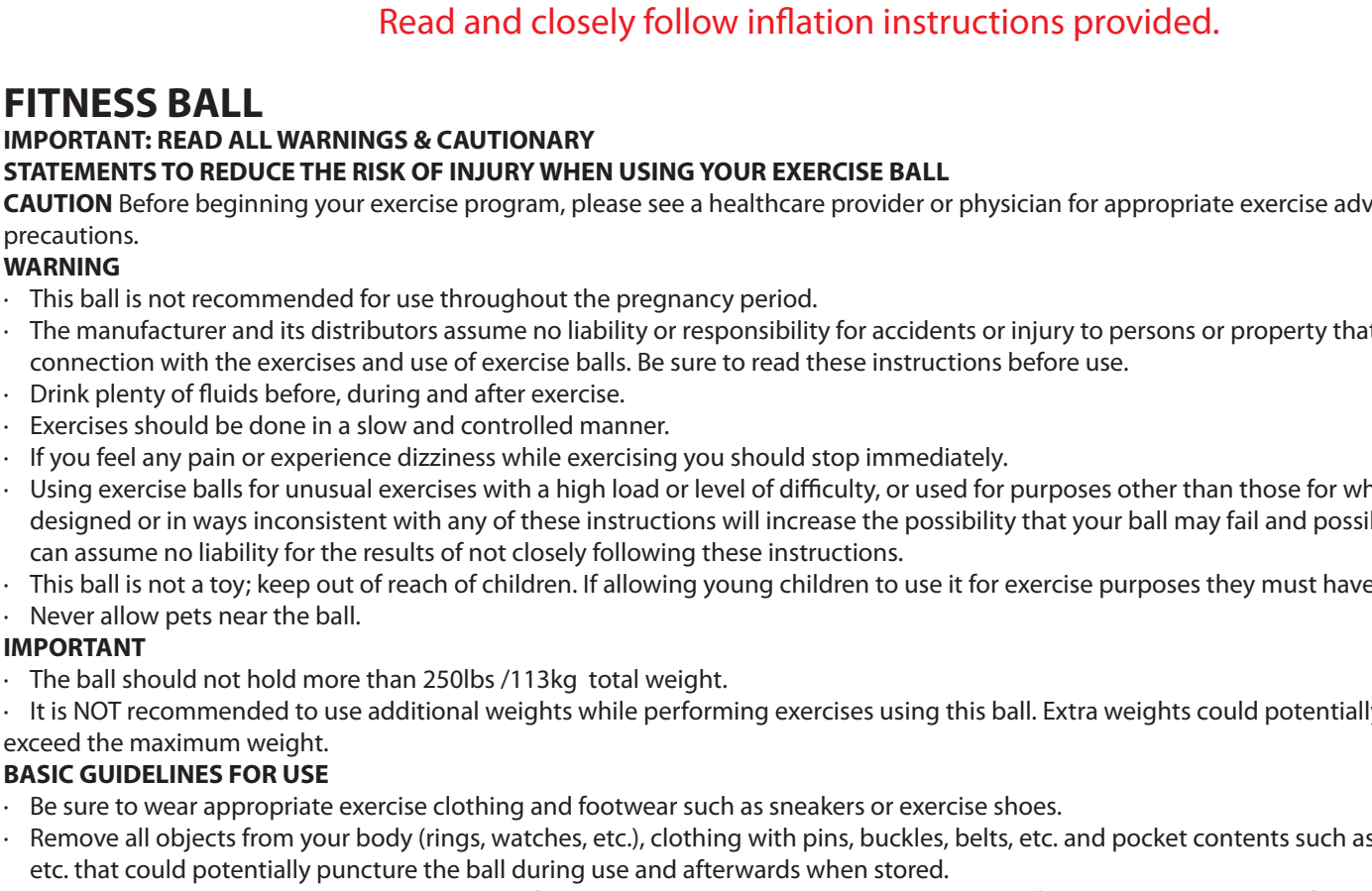
- Serious bodily injury may result if inflation and deflation instructions are not carefully followed. Exercise balls MAY BURST from the effects of improper handling, which could cause serious injury from a fall.
- **DO NOT** inflate your exercise ball when the room temperature where you will use the ball is greater than 90° F/32° C OR less than 65° F/18° C.

TO INFLATE BALL

WARNING: DO NOT OVER INFLATE

- **DO NOT** use an air compressor to inflate the ball. Air compressors blow cold air that could expand after returning to room temperature. Only inflate the ball with the pump that is included with this product.
- Ball should not be inflated greater than the size specification for your ball's maximum inflation size. After the ball is inflated, measure the ball periodically to verify it has remained at the correct dimension.

Cory Everson *Foot Pump - Included
Pure Fitness *Foot Pump #8037FP – Sold Separately



A tape measure should be used to measure around the center of the ball; the circumference should be as follows:

Diameter:	**Circumference (around center of ball):**
55cm ball (22 inches)	172 cm (68 inches)
65 cm ball (26 inches)	204 cm (80 inches)
75 cm ball (30 inches)	235 cm (92 inches)

- **DO NOT** use the ball if it is over inflated or expanded to a size greater than the correct size.

TO DEFLATE BALL

- **DO NOT** use a sharp instrument to remove the plug.
- Simply remove the plug and press on ball to help let the air out until it is deflated.

RECOMMENDED SIZING GUIDELINES

The following is a suggested reference chart for choosing a properly size exercise ball. These guidelines were developed with users in a seated position. For persons of heavy proportions or with especially long legs, a larger size ball may be appropriate.

Body Height	**Recommended Ball Size**
5 ft. 0 in. to 5 ft. 4 in.	55cm
5 ft. 5 in. to 5 ft. 11 in.	65cm
6 ft. 0 in. and over	75cm

MAINTENANCE AND CARE

- Clean your exercise ball using a soft cloth and warm, soapy water
- DO NOT use abrasive or chemical cleaners