

# exercise ball

## instruction sheet

**Congratulations!** You are now the proud owner of a Fitness Ball.

Made in Australia, your Fitness Ball is one of the strongest, most flexible fitness balls in the market today.

Widely used by fitness professionals, chiropractors, and physiotherapists, your Fitness Ball is ideal for the gym, office and home.

We are confident that you will enjoy the many health benefits you can attain by owning your very own fitness ball.

### Size guide

Ball size	Your height
Junior 45cm	150cm and below
Small 55cm	150cm to 160cm
Medium 65cm	160cm to 180cm
Large 75cm	180cm to 195cm
Extra Large 85cm	195cm and above

### Inflation Instructions:

*(Read all instructions carefully before proceeding)*

Remove ball, adaptor and plug from package. Open carefully and avoid using blades to open. Check the ball for any damage that may have occurred during shipment. Make sure the ball is at room temperature before proceeding. **WARNING: Do not inflate when the temperature is lower than 18°C and greater than 32°C.**

Please be aware that Fitness balls are inflated to size not pressure. To help with inflation, mark on a door or wall the height as indicated on your ball. Your ball should not be inflated to greater than this height.

A clear adaptor is supplied if needed. This can be simply screwed into the end of a bicycle pump, foot pump or airline hose at your local petrol station. Once adaptor is attached to your pump, insert nozzle into ball hole and inflate. A compressor can also be used to inflate your ball.

Do not fully inflate your ball at this stage - leave it 10cm less than its maximum diameter as shown on the ball. When inflated, remove pump/adaptor and insert plug into ball hole. Leave for 24 hours to allow the ball to stretch.

Complete inflation of the ball to its maximum size and re-insert plug. Do not over inflate the ball as this will compromise the integrity and performance of the ball.

**WARNING: With frequent use, just like a car tyre, your fitness ball will not last forever. Ensure that you follow the care instructions for your ball and continue to check for possible damage to its surface. Replace your fitness ball if wear and tear is prevalent.**

Your fitness ball comes with a 90 (ninety) day manufacturers warranty from the date of purchase. Your ball is not guaranteed against scratches, cuts and punctures.

### Care Instructions:

1. The ball can be cleaned with a soft cloth and warm, soapy water (with mild disinfectant if required). Do not use harsh chemical cleaners that may damage the ball.
2. Prior to each use, check for wear and tear on the ball. Inspect the ball for deep scratches, worn spots and cuts. Do not use the ball if the surface is damaged.
3. Avoid exposing the ball to rough or abrasive surfaces. Extra care should be taken when using the ball outdoors.
4. Make sure the workout area is clear of sharp or pointed objects that may damage the ball. Check clothes for sharp or angular objects when the ball is used for exercise.
5. Do not patch or repair punctured balls.
6. Avoid exposing the ball to sunlight for prolonged periods of time. This may lead to damage and deflation of your ball.
7. Be careful when using the ball in temperatures above 32°C and below 18°C.
8. Keep the ball away from sources of heat such as heaters, lamps, fireplaces etc. These sources will damage the ball.
9. Your fitness ball should only be used for its intended use, i.e. Fitness exercises and sitting.

**NOTE: Your fitness ball is made to stringent quality controls but all care must be taken by the person using the ball to prevent damage. Maintenance of your ball is important to ensure its integrity is not compromised.**

### Safety Instructions:

1. If you suffer from back pain or injury always be sure to consult with a health care professional for advice before using your ball.
2. Seek professional advice before commencing any exercise program.
3. Children should be supervised at all times when using the fitness ball.
4. Always perform general warm-up activities prior to performing fitness ball exercises.
5. Perform exercises in a slow and controlled manner. Be sure to discontinue any exercise that causes discomfort.
6. Use correct ball size for your height.
7. Use the ball in an open space, away from furniture and fixtures that may cause injury.

**LOADING:** Your fitness ball has been tested to hold 350kg if inflated correctly. If using weights it is recommended not to exceed your body weight as a load.

**DISCLAIMER:** No responsibility or liability is accepted for any loss or damage suffered by any person as a result of adopting the information or recommendations.