

## PRODUCT IMAGE



## INSTRUCTIONS:

1. Unfold the ball and pull apart the sides.
2. Locate the valve and remove valve stem with included tool.
3. Inflate the ball up to its full size (approx. 26"). To determine the ball's size during inflation, use a tailor's measuring tape or make an erasable mark on a wall 26" from a level floor and inflate the ball to this line.
4. Once inflated, quickly insert the valve plug and let stand for 4 hours to allow the ball material to stretch.
5. If necessary, add more air to the exercise ball. Once inflated, re-insert the valve plug.

## MAINTENANCE AND CARE:

- After each use, wipe your fitness ball down using a soft cloth and a solution of warm water and a gentle cleansing agent.
- DO NOT use abrasive or harsh chemical cleaners.
- Allow the product to full air dry before resuming use.
- Always check the ball for proper inflation before beginning use.
- Always check the valve plug to ensure proper insertion before beginning use.

## PUMP INSTRUCTIONS:

- Insert the nozzle end of the hand pump into the ball.
- Gripping the ridged pump head in one hand, use your other to extend and compress the pump base until the ball is filled.

## WARNINGS

- 65cm is recommended for users 5'8" to 6'2"
- Do not exceed the MAXIMUM WEIGHT of 350LBS (158KG).
- Do not allow pets on or near this ball.
- It is not recommended that additional weights are used while performing exercises with this product.
- Always wear appropriate fitness attire and footwear when using this product.
- Keep the ball away from any sharp objects or debris.
- Do not store in direct sunlight, outdoors, or in extreme temperatures.
- Remove all foreign objects from your person such as: rings, watches, keys, buckles, belts, or any item that could potentially puncture the ball during use.
- Always use the exercise ball on a padded flooring or exercise mat to minimize the chance of injury from slippage. This ball may unexpectedly slide out from underneath you on carpeted surfaces, linoleum, tile, wood flooring and other common household floors.
- Always ensure you have an adequately sized, well-lit, obstruction free workout area before beginning use of this product.
- Do not use this product on sloped or uneven ground.
- Check your ball prior to each use to ensure that the valve plug is properly inserted, the ball is not over or under inflated, and there is no sign of punctures, cracking, or excessive wear on the ball surface.
- Do not inflate the ball beyond the stated diameter on the instructions.
- Do not use the ball if its diameter is greater than stated on the instructions.
- Always consult a physician before beginning any exercise program to determine your physical condition.
- This ball is not recommended for use during pregnancy, or for those who may be pregnant.
- This ball is intended for indoor, home use only. It is not meant for commercial use.
- Mount, dismount, and change position with the ball carefully. Failure to do so may result in damage to the product and/or injury, for which Pure Fitness is not liable.
- If you feel any pain, dizziness, or experience any unusual discomfort while exercising, cease use immediately and contact a medical professional and/or emergency services.
- Do not use this exercise ball for anything other than its intended purpose. This product is not a toy nor should it be used as a water toy.
- Do not use an air compressor to inflate this product.

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