



# BALANCE BALL



ITEM CODE:  
BALANCEBALL

**OWNER'S MANUAL**

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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## INFLATING YOUR BALANCE BALL

FIG.

1. Locate the pump that came with your Balance Ball.
2. Place your Balance Trainer at a 45° with the platform (flat) side facing up.
3. Insert the pump nozzle firmly into the valve housing and inflate to a height of around 22cm.

DO NOT exceed 25cm.

**TIP 1:** To measure inflation, hold a ruler vertically against the side of the Balance Ball and inflate until the platform (flat side) is approximately 22cm high on the ruler with dome side down and a maximum of 25cm high with dome side up.

**Caution:** Adding too much air will cause the bladder to separate from the base and rim.

4. Once you have inflated your Balance Ball to the correct level, insert the plug firmly into the valve inlet.
5. Before each use, visually inspect the equipment. Never use the equipment if parts are missing or if the equipment is not functioning properly.