

210mm

297mm

Exercise Ball Instructions

#90927 Ø55cm (22")
Ø65cm (26")
Ø75cm (30")



The ball is designed as a piece of exercise and sports equipment and not as a permanent seat. Improper use of this product may cause damage to health!

WARNING! DO NOT OVER INFLATE EXERCISE BALLS. An over inflated ball **CAN BURST** during use and cause serious injury. Read and closely follow inflation instructions provided.

IMPORTANT: READ ALL WARNINGS & CAUTIONARY STATEMENTS TO REDUCE THE RISK OF INJURY WHEN USING YOUR EXERCISE BALL. PLEASE KEEP THE INSTRUCTIONS IN A SAFE PLACE. DO NOT LEND OUT OR GIVE THE PRODUCT TO A THIRD PARTY WITHOUT THESE INSTRUCTIONS.

SCOPE OF SUPPLY

- 1 exercise ball
- 1 foot pump
- 1 accessory bag incl. Instructions, 1 tape measure, 1 fitness guide (poster), 2 plugs, 1 deflation tube, 1 inflatable plug

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 during pregnancy.
- 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.
- Exercise should be done at a slow and steady pace.
- If you feel any pain or experience dizziness while exercising you should stop immediately.
- Using exercise balls for unusual exercises with an overload 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 fall 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.
- **DO NOT** inflate the exercise ball by mouth; this can lead to dizziness.
- The ball offers no security against rolling away. People with impaired motor skills should only carry out exercises with support.

IMPORTANT

- The ball should not hold more than 264lbs/120kg 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 be inflated and deflated by an adult or in the presence of an adult.
- The ball should never be kicked.
- Make sure the valve plug is fully inserted to seal the valve shut.
- 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.
- Test the size of the ball / the pressure at regular intervals.
- Should the air pressure increase in warm temperatures, this must be appropriately adjusted by releasing some of the air.

INFLATION/DEFLATION INSTRUCTIONS (WARNINGS)

- Serious bodily injury may result during inflation and deflation if 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.
- Only air may be used to inflate the ball!

TO INFLATE BALL (WARNING: DO NOT OVER INFLATE)

- Prior to inflating the ball, let the ball rest at a normal temperature for approx. 2 hours. Never inflate the ball when it is cold.
 - **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.
- Pump the exercise ball until it is approx. 3-5 cm smaller than the maximum diameter indicated (approx. 10-15 cm smaller in circumference).
- After the desired diameter size is reached, remove the hose nozzle and seal the ball with the plug.
- As the exercise ball automatically stretches, leave it now for a further 2 hours to allow the air to disperse perfectly, depending on the ball size and temperature.
- After 2 hours, measure the ball again with the tape measure that is included with this product and pump more air or release air until the desired circumference is reached. Measure around the center of the ball. Check that the enclosed measuring tape has the correct color. The circumference should be as follows:

Diameter:	Circumference (around center of ball):	Tape measure color:
55 cm ball (22 inches)	172 cm (68 inches)	Red
65 cm ball (26 inches)	204 cm (80 inches)	Green
75 cm ball (30 inches)	235 cm (92 inches)	Blue

- **DO NOT** use the ball if it is over inflated or expanded to a size greater than the correct size.
- After the ball is inflated, measure the ball periodically to verify it has remained at the correct dimension.



1. Remove ball and foot pump from box. Remove the ball from the polybag. **DO NOT** use a sharp instrument to open the bag. To inflate attach hose on white pump valve. Make sure hose is secure.



2. Place white nozzle tip on the opposite end of the hose.



3. Insert nozzle in to inflation hole of exercise ball.



4. Place ball on flat surface and begin pumping air into ball. Press pump repeatedly.

5. Once ball is completely inflated remove the hose nozzle.

6. A spare plug is also included in the box.

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.
- To deflate the ball more quickly, you can place the tube provided in the inflation opening.

RECOMMENDED SIZING GUIDELINES

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

Body Height	Recommended Ball Size
Up to 5 ft. 5 in. (up to 165cm)	55cm
5 ft. 3 in. to 5 ft. 9 in. (160-175cm)	65cm
5 ft. 7 in. to 6 ft. 3 in. (170-190cm)	75cm

MAINTENANCE AND CARE

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

STORAGE

Always store the item dry, clean and deflated in a temperate room.

IMPORTED BY:
ALDI INC.
BATAVIA, IL 60510
www.aldi.us
Made in China

MYSGS Job No.:		JOB DESCRIPTION:							BRAND:	PACKING STYLE:	FACTORY NAME:	
438511		Instruction Manual US							Crane International 2013	Instruction Manual	Changzhou Bosket Plastic Products Co. Ltd.	
VERSION	V1.0	V1.0a	V1.0b	V1.1	V1.2	V1.3	V1.4	REPRO	BARCODE NUMBER:	SIZE:	COLOUR:	
1.4	ST	DC	RP	KHK	DC	DC	DC	/	COLOURS: 3	PRINT PROCESS: TBC	SUBSTRATE: -	VARNISH: -
	20/06/13	24/06/13	28/06/13	18/07/13	23/07/13	25/07/13	01/08/13	00/00/13	Black	PMS Grey 8C	PMS 286C	

