

USE OF YOUR BALANCE BALL

Important: It is advisable that you consult your physician before starting this or any exercise regimen. Stop immediately if you experience any pain. Perform the exercises slowly and with control.

How to Sit on Your Ball

Start with your feet flat on the floor, shoulder-width apart. Placing your hands on the ball for support, slowly lower yourself onto the ball and shift your weight until you feel comfortable.

Caution: Do not lift your feet off the floor, tip your head back, or push backward, or you may fall off of the ball.

How to Roll Down Your Ball

Using your hands for balance, slowly roll your rear end down the ball toward the floor, so the ball literally rolls up your back. In the ending position, your upper back, neck, and head should be supported by the ball.

Follow the exercise instructions in the videos.

Money-Back Guarantee

We want you to be 100% satisfied or your money back! If you're not satisfied with the performance of this product, please contact Customer Service to return it within 30 days for a refund of the purchase price.

If you are a member of the Team Beachbody™ community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

© 2008 Beachbody. All rights reserved. Product Partners, LLC, is the owner of Beachbody, *Decide. Commit. Succeed.*, Team Beachbody, and all related designs and trademarks.

BALANCE BALL

INFLATION INSTRUCTIONS

CARE AND USE



BEACHBODY

Decide. Commit. Succeed.

INFLATION INSTRUCTIONS

Ball Size and Inflation Level

See packaging for ball size (55 cm or 65 cm). On a wall, measure 55 cm or 65 cm and indicate with a small pencil mark. While inflating, measure ball against the mark to gauge proper inflation.

Warning: *Do not overinflate!*

Note: It is normal for the ball to have slight creases or fold marks when it is first inflated. Allow the ball to reach room temperature prior to inflation, so as to ensure proper expansion.

Assembling Your Pump

Attach the end of the hose to the blue nozzle at the base of the pump. Attach one of the adapters to the end of the hose. Your foot pump is now ready to use.

Inflating Your Ball

- ✓ Use the U-shaped plug remover to gently remove the plug from the ball and insert the pump adapter into the ball's hole.
- ✓ Place the ball on the floor next to the pump. With your foot, apply smooth pressure repeatedly to the pump in a pumping action.
- ✓ When the ball is fully inflated, remove the hose adapter quickly and replace the plug securely in the ball opening.

CARE OF YOUR BALANCE BALL

Read these tips and safety precautions before using your balance ball.

Caring for Your Ball

- Do not store the ball near a heat source as damage may occur.
- Balance balls are not toys and should not be accessible to children.
- Use with caution and do not use near sharp objects.
- Do not puncture the ball.
- Inspect the ball frequently for nicks or tears.
- Use the ball only on even surfaces.
- Hand wash with a soft cloth and warm soapy water.