



# BALANCE BALL

## Care and Safety Instructions

### LIMITED LIABILITY

Under no circumstances shall Product Partners, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damage to any person or property, or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the Balance Ball.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of Product Partners, LLC, has been advised of or should have known of the possibility of such damages.

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

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### IMPORTANT!

Please read this entire pamphlet carefully and completely before using Balance Ball. Do not discard this pamphlet. Failure to review and follow these instructions can lead to significant and permanent injury and/or property damage.

## PHYSICIAN WARNING

Not all exercise equipment and programs are suitable for everyone. Beachbody® recommends that you consult your physician before using this equipment or beginning this or any other exercise program. Using the Balance Ball involves strenuous activity, so learning and practicing the proper use and care of this equipment is imperative. Always listen to your own body and take breaks, modify movements, or stop your workouts as necessary.

### ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Balance Ball, do not use it until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Always inspect the Balance Ball prior to and after every use for scratches, nicks, holes, worn or rough areas, abrasions, scuffing, stretch marks, discoloration, tears, punctures, or cuts. If you find any defect or flaw, DO NOT USE THE BALANCE BALL, and contact Beachbody Customer Service for a replacement.
3. **Do not attempt any movements, activities, or exercises with the Balance Ball that are not specifically demonstrated in Beachbody workouts. Any use other than as instructed and any use contrary to these safety instructions may lead to serious and permanent injury, disfigurement, and/or property damage.**
4. **Always maintain correct, balanced posture when using the Balance Ball. Never lean backward far enough to lose your balance while on the Balance Ball, since tipping off of the ball can cause significant and permanent injury.**
5. Use caution when using the Balance Ball to prevent any damage or injury. Any improper use may cause the ball to roll out from underneath you and cause severe injury or property damage.
6. Always store the Balance Ball in a secure, childproof location.
7. Only use the Balance Ball on a clear, level surface. Beachbody recommends a 7' X 7' space. Ensure that you have removed all obstructions, people, pets, sharp objects, and other distractions from your workout area prior to use.
8. Do not use the Balance Ball on concrete or other rough surfaces, as such use could weaken the Balance Ball and cause it to burst, potentially resulting in serious injury.
9. Remove all jewelry and other objects from your body, including rings, chains, piercings, watches, and pins, before exercising. Note: use with long or sharp fingernails can lead to damage and injury.
10. Begin your workout slowly to build strength and stamina safely; this is especially critical if you are new to exercise or out of condition.
11. Begin each move slowly and with control to learn proper form, balance, and coordination, and always use smooth and controlled movements to maintain balance and stability.

12. Do not perform moves that are beyond your ability to stay balanced and in control.
13. Do not attempt to complete all of the repetitions of an exercise if you are not able to complete them with proper form.
14. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
15. Always wear suitable workout clothing and exercise shoes (avoid loose or excess fabric).
16. Never inflate a Balance Ball beyond its intended size (55 cm or 65 cm). Overinflating a Balance Ball and/or using an overinflated Balance Ball could cause it to burst, potentially resulting in serious injury or property damage.
17. Do not stand, jump, or bounce on a Balance Ball.
18. Do not throw, kick, hit, or otherwise propel a Balance Ball.
19. Two or more persons should never use the Balance Ball at the same time. Use by more than one person at a time could result in serious injury.
20. The Balance Ball is not designed for outdoor use.
21. The Balance Ball is not designed for use as a chair.
22. The Balance Ball is NOT A TOY OR PLAYTHING. KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION! If treated with care and seriousness, the Balance Ball will give you fine service. Abuse can quickly ruin its usefulness.

### CARE AND STORAGE INSTRUCTIONS

1. Never expose the Balance Ball to, or store the Balance Ball near, abrasive or sharp objects or surfaces.
2. Do not expose Balance Ball to extreme temperatures, excessive sunlight, heat sources, or lamps.
3. Store in a cool, dry, secure place.
4. Do not use chemical or abrasive materials to clean the Balance Ball. To clean the Balance Ball use a soft cloth and warm, soapy water.

### PUMP ASSEMBLY INSTRUCTIONS

1. Attach the end of the hose to the blue nozzle on the pump.
2. Attach one of the adapters to the end of the hose.
3. Place pump on a sturdy and level surface next to the Balance Ball.

### BALANCE BALL INFLATION INSTRUCTIONS

1. Use the U-shaped plug remover to gently remove the plug from the ball. Firmly insert the pump adapter into the ball.
2. With your foot, apply smooth pressure repeatedly to the pump.
3. When the ball is fully inflated (either 55 cm or 65 cm), remove the adapter quickly and replace the plug securely in the ball opening. Do not overinflate the Balance Ball.