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## CARE AND USE GUIDE

### How to Inflate:

- 1) Read the label on your ball to confirm the ball's size. eg 65cm
- 2) Locate the ball stopper (plug) and inflation adapter;
- 3) Slowly inflate the ball to 5cm less than its maximum capacity diameter eg 58 cm for a 65cm ball
- 4) Insert the ball stopper and do not use your ball for 24 hours;
- 5) Complete the inflation of the ball to your correct sitting height and wait another 24 hours before use.

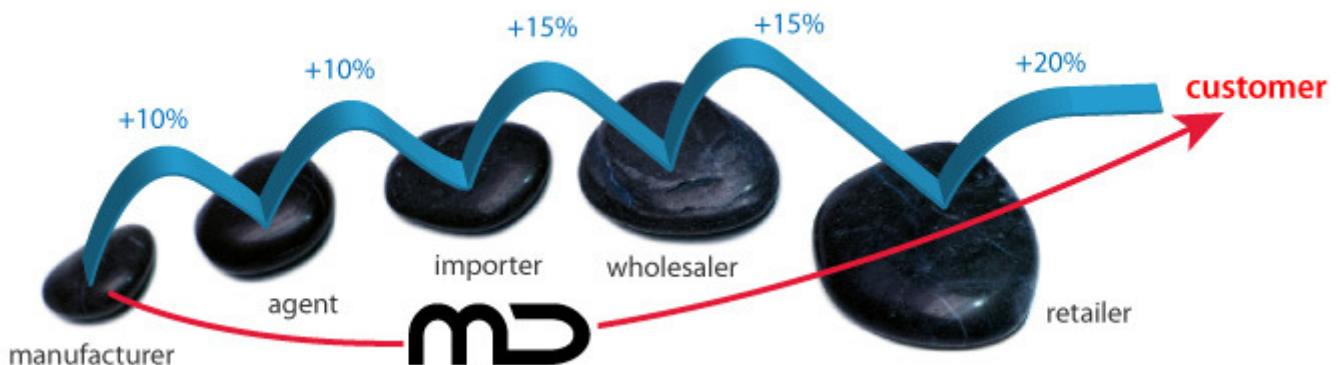
### Caring For Your ERGONOMIC OFFICE CHAIR ANTI-BURST FITNESS BALL - 65CM

- 1) To clean, simply use a clean damp cloth with water;
- 2) Inspect the ball prior to use to ensure the surface is clean and free of defect;
- 3) Ensure the floor and surroundings are clear of sharp objects;
- 4) Care should be taken if using in temperatures less than 18°C or more than 32°C;
- 5) Always use ball on a padded surface.

### Warning!

- **Never inflate the ball to greater than 95% of the maximum diameter stated on the label;**
- **Do NOT patch/repair burst/punctured balls and keep away from direct sunlight and open flames;**
- **Do not leave an inflated ball or drive with one in your car;**
- **Do not over inflate ball as this will void your warranty;**
- **If you have a pre-existing medical condition and/or are unsure of your balance, consult a qualified health practitioner prior to use of ball;**
- **Always supervise young children – they could remove and ingest the ball stopper**
- **Never use anyone else's ball as you do not know its history;**
- **Do not use a ball for sports that require kicking, bouncing, or hitting.**

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