

Safety Manual for Medicine Ball

Introduction: Thank you for purchasing our medicine ball. This product is designed to improve strength, balance, and coordination through dynamic workouts. To ensure safe and effective use, please read and follow the instructions carefully.

1. General Safety Precautions:

- **Intended Use:** The medicine ball is designed for fitness training purposes only. It is intended for exercises such as squats, throws, lunges, and core workouts. Do not use for any purpose other than its intended use.
- **Surface:** Always use the medicine ball on a flat, non-slippery surface. Avoid using it on rough or uneven surfaces that could damage the ball or lead to accidents.
- **Age and Ability:** This product is intended for adults and children under supervision. Ensure that users are physically able to safely perform exercises with the medicine ball.

2. Usage Instructions:

- **Correct Technique:** Use proper form and technique when performing exercises with the medicine ball. Start with lighter weights and gradually increase the load as you build strength and technique. Always warm up before use to reduce the risk of injury.
- **Avoid Overloading:** Do not exceed the recommended weight of the medicine ball for your skill level. Excessive weight can lead to strain or injury.
- **Exercise Space:** Ensure sufficient space around you when using the medicine ball to avoid hitting nearby objects or people.

3. Maintenance and Care:

- **Inspection:** Before each use, check the medicine ball for signs of damage, such as cracks, punctures, or deflation. If the ball is damaged, stop using it immediately and replace it.
- **Cleaning:** Clean the ball regularly with a damp cloth and mild soap. Avoid using harsh chemicals that may damage the surface. Do not submerge the ball in water.
- **Storage:** Store the medicine ball in a cool, dry place, away from direct sunlight and extreme heat. Avoid storing it in damp or humid environments to prevent the growth of mold or mildew.

4. Important Warnings:

- **Impact Risk:** Medicine balls are heavy and can cause injury if dropped or used improperly. Always ensure a stable grip when lifting or tossing the ball, and avoid dropping it onto hard surfaces.
- **Supervision:** Always supervise children when they are using the medicine ball. Improper use can result in injury.
- **Choking Hazard:** Ensure that the ball is used only as intended. If the ball's outer surface shows signs of peeling or tearing, discontinue use immediately.

5. Emergency Contact: For further assistance or questions about the product, please contact our customer service team at +31464496100 or info@meijers.com.

By following these safety instructions, you will maximize the benefits of your medicine ball while minimizing the risk of injury. Always use it with caution and respect for your own physical limits.
