

EXERCISE BALL QUICK START GUIDE



TIPS FOR PROPER USE:

- Inflate the ball only as described below. Improper inflation may cause damage to the ball.
- The ball should never be kicked.
- Make sure the valve plug is fully inserted to seal the valve completely.
- The ball is intended for indoor use only.

INFLATION INSTRUCTIONS:

Note: DO NOT discard the black measuring tape included in the box - You will need it after the initial inflation

STEP 1 - INITIAL INFLATION

- Let the ball sit at room temperature for at least 2 hours
- Insert the pump nozzle into the air hole of the ball
- Pump with even strokes until the ball is approx. 80% of its diameter (45cm, 55cm, 65cm or 75cm), then plug the hole with one of the ball plugs
- Wait 24 hours

STEP 2 - FINAL INFLATION

- Remove the ball plug with the removal tool and place your finger over the hole to avoid air escaping
- Wrap the black measuring tape (included in the box) around the center of the ball lining up the holes on each end to the air hole of the ball
- Insert the pump nozzle through the measuring tape holes and into the air hole of the ball
- Pump with even strokes until the measuring tape is stretched around the center of the ball (not too tight)
- Remove the pump nozzle and re-insert the ball plug and confirm that the plug is fully inserted

Congratulations! You have successfully inflated your new SmarterLife exercise ball!

