



Instructions

LIMITED PRODUCT WARRANTY

Your Full Circle Padding, Inc. Fitness Ball is warranted to be free from defects in material and workmanship occurring within 90 days from date of purchase, when used in strict accordance with the instructions provided. The sole remedy for a breach of this warranty is replacement of the defective materials or components. This warranty extends only to the original purchaser. The purchase receipt or other proof of date of original purchase is required before full replacement will be provided.

FULL CIRCLE PADDING, INC. MAKES NO OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ALL SUCH WARRANTIES BEING HERBY EXPRESSLY EXCLUDED.

GUIDELINES FOR USE:

- The ball should be inflated properly using only the methods described below. **IMPROPER INFLATION OF THE BALL CAN DAMAGE THE BALL AND INCREASE THE RISK OF INJURY.**
- Be sure to wear appropriate clothing and footwear while exercising on the ball.
- Exercise routines should be done in a controlled manner with proper techniques.
- Remove all objects from body (rings, watches etc.) and do not use any clothing that contains pins, buckles, belts or any other objects that may puncture the ball during use.
- The ball should be used on a padded floor material. The ball can slip on carpeted or hard, waxed floor surfaces.
- The surface should be clean, level and non-slip.
- Check area for any sharp objects or debris. There should be adequate clearance around the ball during use.
- The ball is not intended for outdoor use. The ball should only be used indoors.

Fitness Ball



Instructions for marking balls:

While ball is deflated, mark date placed in service with a permanent marker. Let dry for at least 8 hours (overnight is preferable). After 8 hours, gently blot. Your Full Circle Padding Fitness Ball is now ready to be inflated for use!

Thank you for your purchase,

The Full Circle Padding team

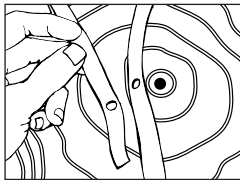


figure 1

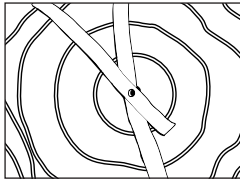


figure 2

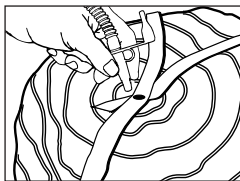


figure 3

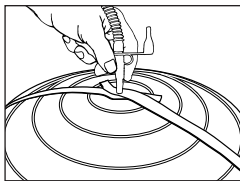


figure 4

Ball Inflation Instructions

- Locate and wrap the tape measure around the ball. (See figure 1.)
- Locate and remove the plastic air hole plug from the ball.
- Align the two holes in the tape measure with the air hole of the ball. (See figure 2.)
- Insert the pump nozzle tip through the holes in the tape measure and ball. (See figure 3.)
- Inflate to the recommended diameter.

DO NOT OVERINFLATE. Ball size indications reflect maximum inflation. Diameter:

Green Ball = 55 cm (21")

Yellow Ball = 65 cm (26")

Red Ball = 75 cm (29")

- The ball is inflated properly when the tape measure is tight around the ball. (See figure 4.)
- Remove the nozzle and quickly insert the plug into the air hole of the ball.

Ball Deflation Instructions

- Remove plug from the ball.
- Let ball deflate naturally.
- Store at room temperature.

IMPORTANT: READ ALL INSTRUCTIONS AND WARNINGS PRIOR TO USE TO REDUCE THE RISK OF INJURY DURING USE OF YOUR FITNESS BALL.

WARNING: As with any exercise program, consult your physician or a medical professional before beginning a workout routine. A workout routine utilizing this product is not meant to be a substitute for advice provided by a physician or medical professional. Full Circle Padding, Inc. Fitness Balls are to be used only by adult consumers. Anyone under the age of 18 should have adult supervision.

WARNING: Exercise programs of any kind pose an inherent danger to the participant. Serious injury can occur. Use proper techniques and common sense when exercising. Check your equipment thoroughly and inspect for cracks, cuts, tears, etc. If any defects are found, discontinue use of the product immediately. The manufacturer and its distributor assume no liability or responsibility for accidents or injury to persons or property that result in connection with the exercises and use of Full Circle Padding, Inc. Fitness Balls.

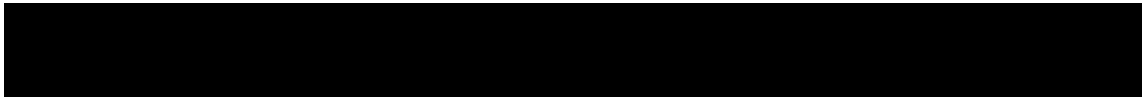
WARNING:

- SERIOUS INJURY MAY OCCUR IF THE INFLATION AND DEFLATION INSTRUCTIONS ARE NOT CAREFULLY FOLLOWED.
- FITNESS BALLS **MAY BURST** IF NOT INFLATED PROPERLY OR IF HANDLED IMPROPERLY, WHICH COULD CAUSE SERIOUS INJURY.
- **DO NOT OVERINFLATE THE BALL.**

WARNING:

- **The ball should not be used with more than 600 lbs. of weight.**
- **The weight of a person using the ball together with any weights, dumbbells or barbells also being used by the person exercising with the ball should not exceed 600 lbs. of weight.**
- This ball is not recommended for use by women who are or may be pregnant.
- This ball is not a toy. Keep out of reach of children. Children under the age of 18 should have adult supervision while using the ball.
- Do not allow pets near the ball.

Warnings continued on the back page.





WARNING:

- Do not use the ball for unusual routines, with a high load level or difficulty. Any use other than those for which the ball has been designed or in ways contrary or inconsistent with any of these instructions or guidelines will increase the chances that your ball may fail and could lead to serious injury.
- Before each use, the ball should be inspected for cracks, wear, or other damage. If there is any sign of damage, DO NOT use the ball and DO NOT attempt to repair damage.
- Keep the ball away from direct sunlight and do not expose to high temperatures.

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