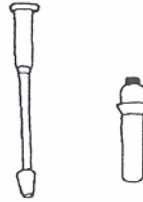


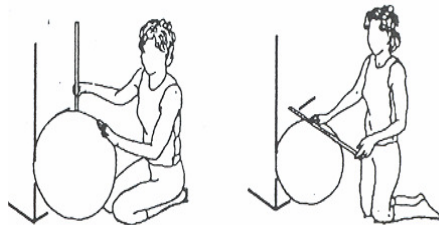
Inflation & Care Instructions

Inflation:

1. Remove ball from packaging. Check the ball for any damage that may have occurred during shipment. It is normal for the balls to have slight creases (fold marks) when first inflated. Call the supplier if you notice any damage. Make sure the ball is at room temperature before proceeding.
2. Remove the plug from the ball. The manufacturer includes a packet containing an extra plug and an adapter. The adapter is made for European bicycle pumps and generally will not work with American pumps.



3. **The balls are inflated according to size not pressure.** Each ball has the maximum diameter (height off the floor) in centimetres printed on it. A hand pump for air rafts or air mattresses with a cone shaped nozzle work best. **Never inflate the ball larger than the maximum diameter. Don't use any air compressor.**
4. To begin, take a yardstick or tape measure and mark the maximum diameter for the ball on a wall. Use the pump and start pumping air into the ball. When the ball approaches the mark on the wall, put the plug in the ball and measure the ball by placing a yardstick on top of the ball and comparing in with the mark on the wall. Add more air if necessary. **You are kindly advised not to inflate the ball to its maximum diameter immediately. It is advisable to proceed through various inflation stages.**



Care:

1. Before use, check the area and clothing for sharp objects that may puncture the ball. If possible, use a carpeted surface or exercise mat when using the ball. The ball is not intended for outdoor use as risk of puncture is high. Ball should be inspected before each use for gouges or deep scratches.
2. The ball can be cleaned with a soft cloth and warm, soapy water. Do not use harsh, abrasive chemical cleaners that may scratch the ball.
3. Do not let the ball come in contact with newspaper, photocopies or other materials printed in black ink. The ink will mark the ball permanently.

