

## BalanceBall Chair

### Inflation

1. Remove the BalanceBall chair or Balance ball from the box, assuring that no damages have occurred during transport. (The ball may have become wrinkled during packing);
2. Let the ball warm to room temperature before inflating;
3. Inflate using a standard pump. (After inflation, the ball may seem only partially inflated, wait 24-48 hours and to adjust air level);
4. Close the valve with the enclosed plug;
5. Assemble the chair as indicated on verso;
6. Place the ball on the chair – Try the chair with your legs together and your feet on the ground, deflate the ball if necessary, to obtain the required height, while maintaining adequate firmness (see guide for details) ;

### Getting Started!

1. Follow the instructions in the guide book;
2. Secure the chair before commencing;
3. Use fluid and constant movements;
4. Do your best – without using excessive force;
5. Do not hold your breath while exercising

### Maintenance













1. To avoid injury, use only with adequate space, on a flat surface; remove all sharp objects and furniture from immediate surroundings;
2. Keep far from sources of heat;
3. Keep from newspaper as the ink may transfer permanently;
4. Wash with warm soapy water; do not use detergents or chemical cleaners

### Warning

1. Please see your doctor before starting this or any other fitness programme;
2. Stop immediately if you experience trouble breathing or dizziness;
3. Use only as indicated in the guide

This product is sold without guarantee; the maker and distributor disclaim all responsibility, loss or harm caused by its use.

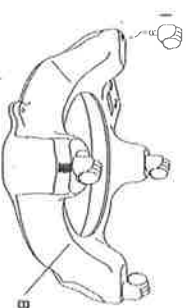
## PARTS INCLUDED

Letter	Part	Quantity
A		1
B		1
C		1
D		1
E		2
F		1
G		1
H		1
I		4
J		2
K		1
L		2

### CHAIR ASSEMBLY

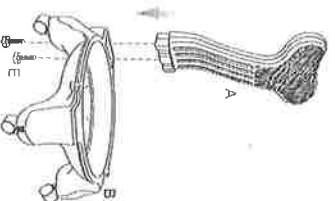
#### Step 1

Place base of chair (B) flat on floor and insert Casters(I).



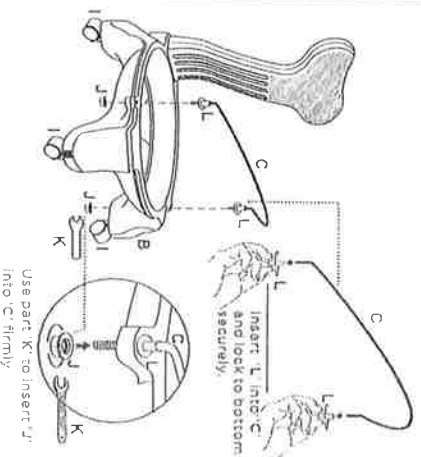
#### Step 2

Turn base over and inset Chair Back (A) into Base (B), locking in place with the two knobs (E).



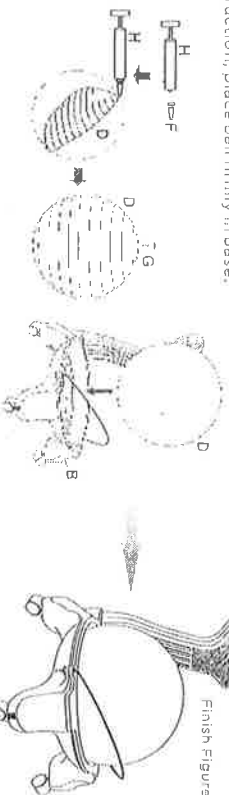
#### Step 3

Install the support bar (C) and secure each side



#### Step 4

Inflate the fitness ball following the set-up instruction, place ball firmly in base.



Dist. By/par:  
Relaxus Products Ltd.  
Vancouver, B.C., Canada

contact@relaxus.com  
1.800.668-9876  
www.relaxus.com