

Ball Inflation

Read the label on your Ball to confirm the ball size. eg: 25"/65cm. Locate the ball plug and inflation adapter. Slowly inflate the ball to 4"/10cm less than its maximum diameter eg: 21"/55cm for a 25"/65cm ball. Insert the plug and do not use

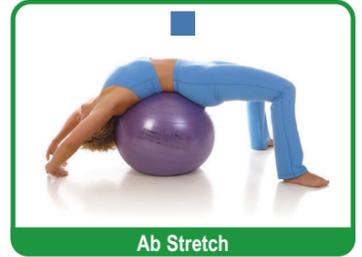
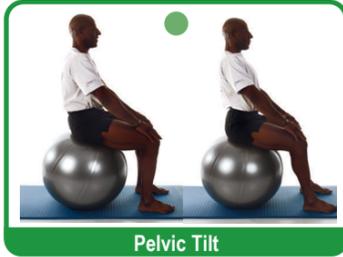
your Ball for 24 hours. Complete the inflation of the ball to your correct sitting height and wait another 24 hours before use. *Note:* If you have purchased the correct ball size, you should never need to inflate greater than 95% of the maximum diameter.



WARMUP

A warm up walk, run, bike or similar activity is recommended to increase circulation.

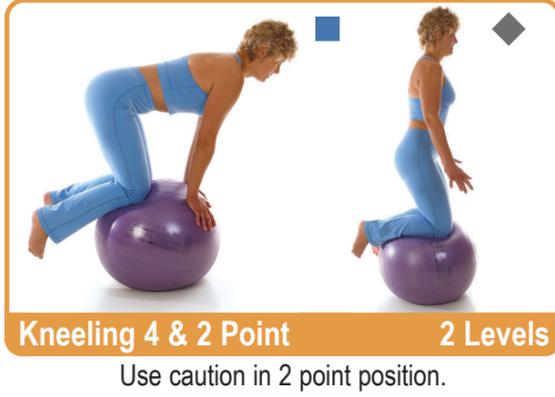
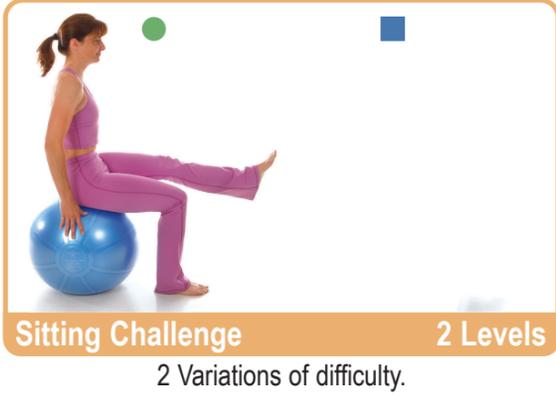
- Beginner
- Intermediate
- ◆ Advanced



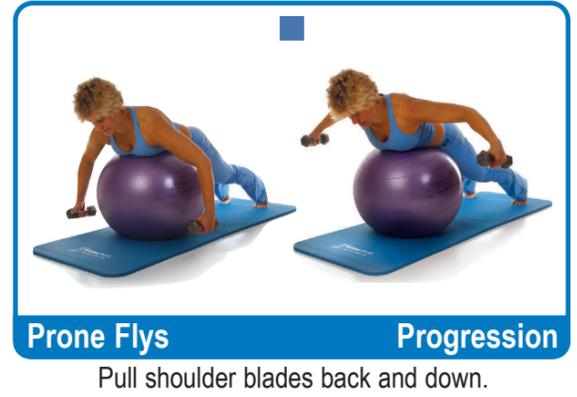
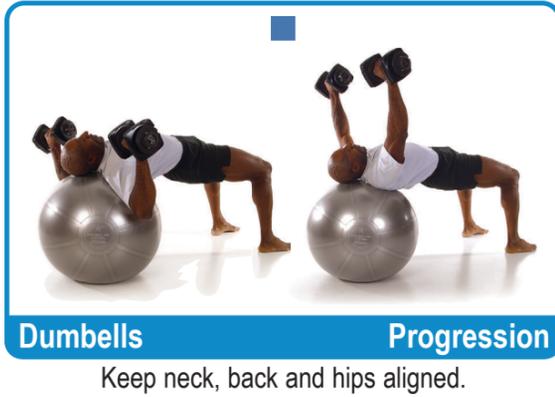
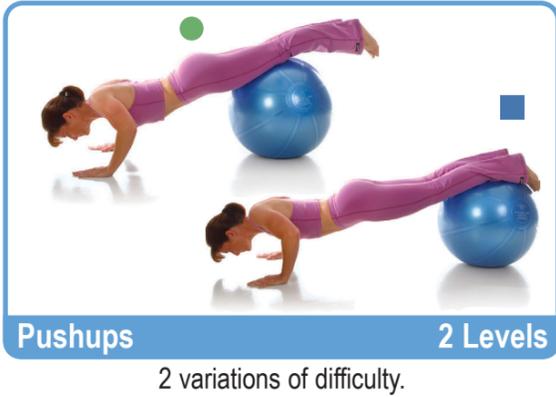
GENERAL BALANCE

LESS DIFFICULT

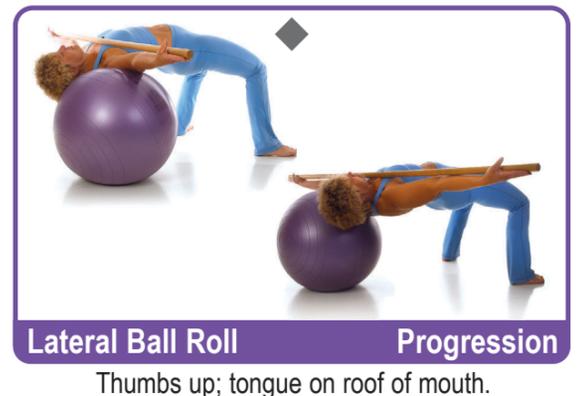
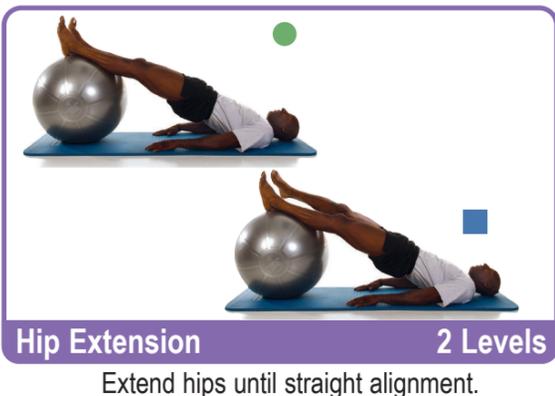
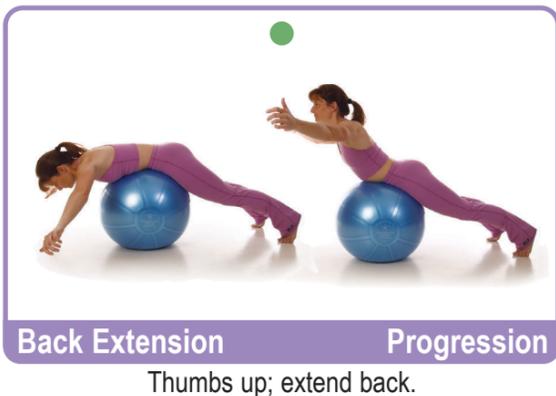
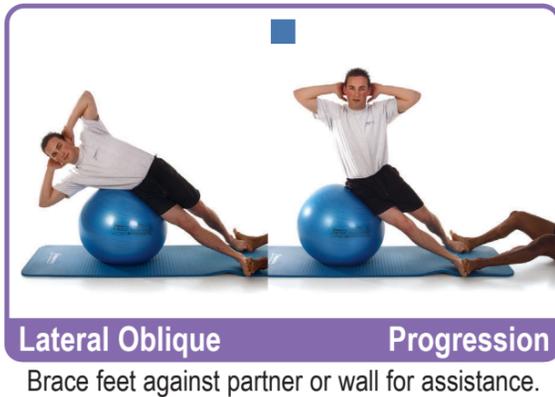
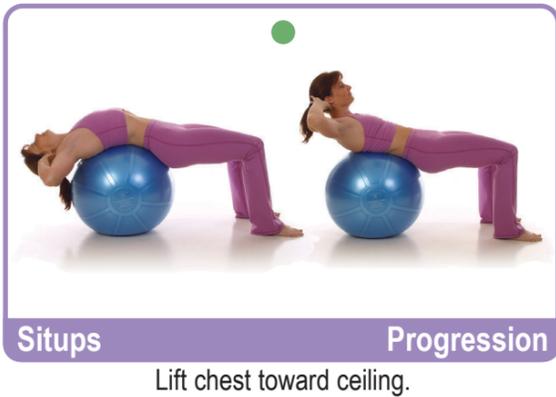
MORE DIFFICULT



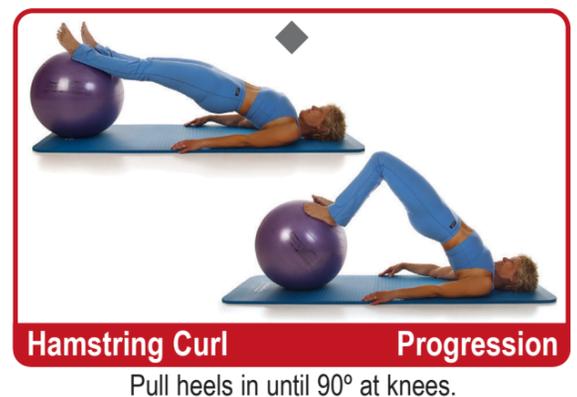
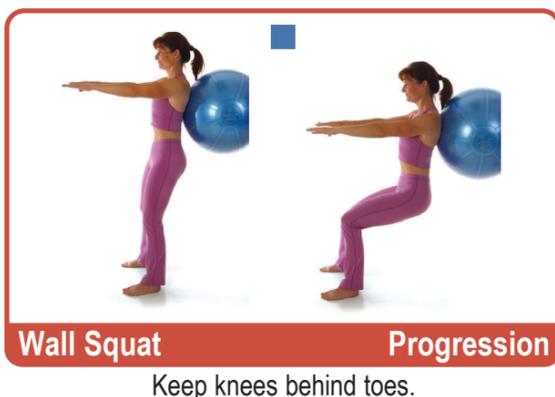
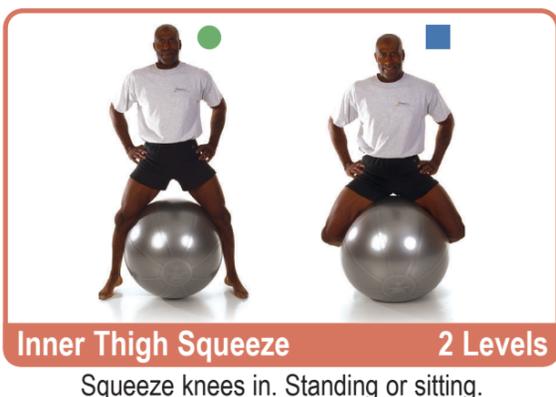
UPPER BODY



CORE/TRUNK



LOWER BODY



WARNING - Do not use this equipment without a complete understanding of its intended purpose and function. By stepping on this equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play on this equipment unattended. Consult a physician before starting this or any exercise program.