

INFLATING YOUR DURABALL PRO



- 1** Remove the ball from its packaging. Included with the ball are two plugs. (Adapters are only included in the Australian packaging.)



- 2** Using a tape measure, pencil and masking tape or stickey note, mark the height of your ball on the wall (55cm, 65cm, etc.)

Metric Conversions

45cm = 18" 55cm = 21" 65cm = 25" 75cm = 29"



- 3** Inflate the ball to about 80% of its maximum height using a ball pump or a foot pump, air mattress pump, etc. (Bike pumps are not recommended.)



- 4** Hold a book squarely against the wall (or use a carpenter's square) and compare the height of the ball with your mark. Ensure the ball is inflated to 80% of its recommended size.



- 5** Once the ball is inflated to 80%, insert the plug. Let the ball stretch out for at least a few hours, ideally overnight.



- 6** After the ball has been allowed to stretch at 80% inflation, remove the plug again. Finish inflating to desired level, keeping between 80% and 100%. If you prefer the ball to be softer, you can leave inflation at less than 100%. Reinsert the plug and enjoy your ball!

NOTE: NEVER INFLATE THE BALL OVER 100%

See other side for inflating instructions if you have a Classic Exercise Ball.

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Do's and Don'ts for Safe Exercise Ball Use



Do:

- Use only high quality burst resistance exercise balls (DuraBall Pro or similar) that display an inflation date that is less than 12 months old
- Inspect the ball before each use, look for gouges, cracks, peeling or underinflation
- Exercise on a padded floor or a mat
- Use a spotter and extreme caution when using resistance equipment with an exercise ball**
- Replace balls every 12 months or at the first sign of wear; especially in high use facilities
- New exercise balls should be inflated as per instructions and clearly labeled with the inflation date (Month / Year) in permanent ink

Don't:

- Use a ball with visible signs of wear
- Patch or plug a damaged or leaking ball
- Inflate larger than the recommended size
- Store balls near sharp metal or heat sources
- Kick an exercise ball

Be Smart - Be on the Ball

**Use of resistance equipment such as bar/dumbbells while on a ball is not recommended as it dramatically increases the risk of serious injury.