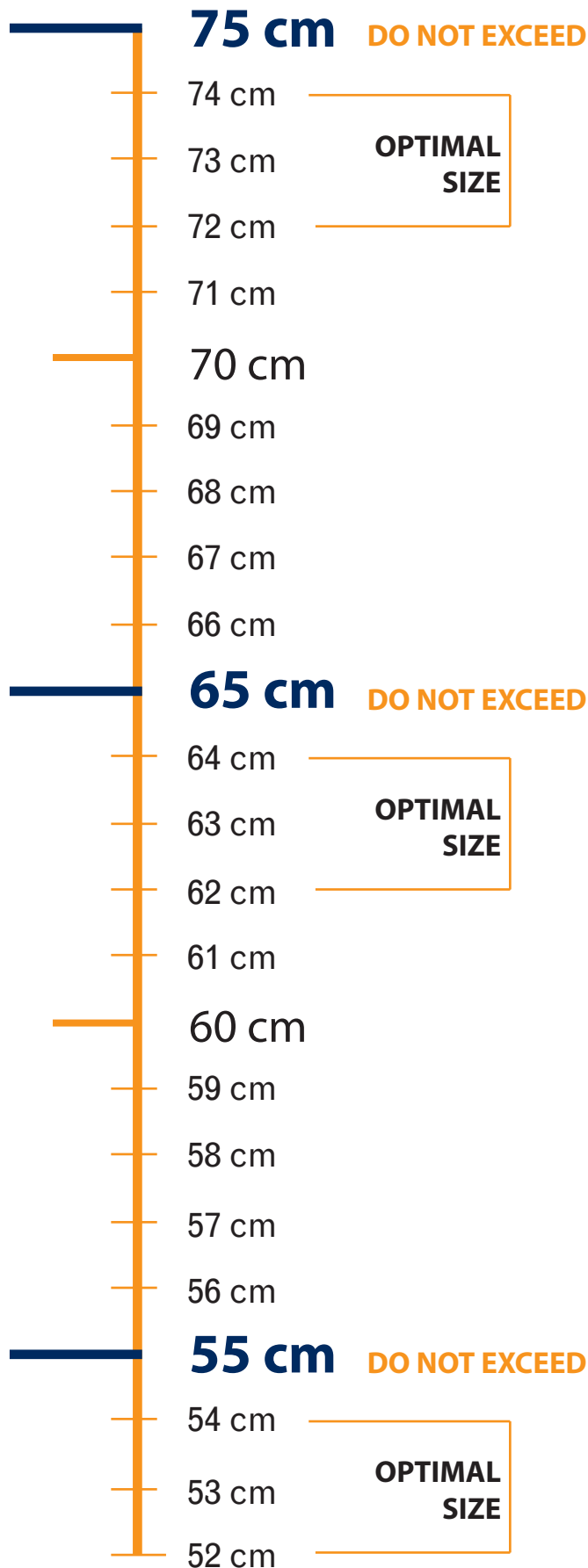




SWISS BALL INFLATION HEIGHT GUIDE



> Inspect the Swiss Ball surface before each use. If you find gouges, cracks, peeling or other blemishes **DO NOT** use the ball. Report any damage to your Gym supervisor.

> Check the inflation of the Swiss Ball and **DO NOT** use if over inflated or under inflated by more than 10% of maximum diameter (see ball label). Report poor inflation to your Gym Supervisor.

> Burst resistance (Your Safety Factor) is greatly reduced if you use a damaged or incorrectly inflated Swiss Ball.

> **DO NOT** use a Swiss Ball unsupervised if you have any balance or musculo-skeletal problems, as this may lead to injury.

> Exercise away from exercise equipment, sharp objects or high traffic areas.

> Always exercise on a padded floor

> If you use resistance aids such as dumbbells or medicine balls ensure you train with a partner to act as safety catcher.

> Check the inflation date and do not use balls that have been inflated more than 6 months.