

## RULES OF THE BALL...NEVER:

- NEVER Use anybody else's ball. You don't know it's history
- NEVER Use a ball in conjunction with sharp instruments
- NEVER Leave an inflated ball in your car during daylight
- NEVER Drive with a fully inflated ball in your car
- NEVER Inflate a ball past maximum diameter
- NEVER Leave a ball near any heat source
- NEVER Use a damaged or marked ball
- NEVER Attempt to repair a ball
- NEVER Use a ball for sports that require kicking, bouncing or hitting
- NEVER Use a ball without first checking for any marks or defects



EXERCISE  
improve posture  
SITTING  
strength training  
stabilisation  
stretching  
CHALLENGE  
REHABILITATION  
training



CARE AND USE GUIDE



## DURABALL PRO SWISS BALL - EASY TO INFLATE



- 1) Read the label on your ball to confirm the ball's size eg. 65cm
- 2) Locate the ball stopper (plug) and inflation adaptor
- 3) Slowly inflate the ball to 5cm less than its maximum diameter e.g. 60 cm for a 65 cm ball
- 4) Insert the ball stopper and do not use your ball for 24 hours
- 5) Complete the inflation of the ball to your correct sitting height and wait another 24 hours before use



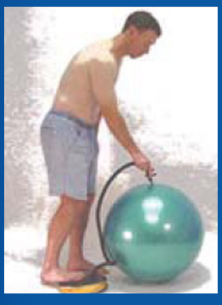
**NOTE:** If you have purchased the correct ball size, you should never have to inflate greater than 95% of the maximum diameter stated on the label.

**WARNING** Do not inflate when the temperature is greater than 32 C or less than 18 C

**WARNING** Do not over inflate ball as this will void your warranty. Maximum diameter is on the label.

**WARNING** If you have a pre-existing medical condition and/or are unsure of your balance, consult a qualified health practitioner prior to using your ball.

**WARNING** Always supervise young children - they may remove and ingest the ball stopper.



Do NOT patch or repair burst / punctured balls.  
Keep away from naked flames and direct sunlight.



For quality and safety, AOK are the only Swiss Ball manufacturer in the world to label their balls with a batch number and inflation date.

## CARING FOR YOUR DURABALL PRO SWISS BALL

**CLEAN:** Using a damp cloth

**INSPECT:** The ball's surface before use and do not use if damaged

**ENSURE:** The floor and surroundings are clear of sharp or angular objects

**CARE:** Should be taken if using in temperatures greater than 32 C or less than 18 C as this may reduce ball strength.

**LOADING:** While static load is greater than 1000kg, your ball is rated Burst Resistant to 500kg total load. Body weight and equipment should not exceed 350kg. Care should always be taken when performing dynamic exercise. Always exercise on a padded floor.

## YOU RISK INJURY WHEN USING UNSTABLE PRODUCTS. SEEK ADVICE PRIOR TO USE.

### Sitting Instructions:

Sit upright with your hips slightly higher than your knees.

Do not slouch or slump.

Your hips should be 3cm to 5cm higher than your knees.

For exercising you can be level i.e. knees at 90 degrees.

