



Instruction Manual

Exercise Ball Stool/Trainer

50cm

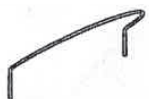


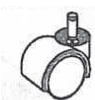
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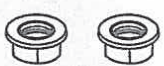
30-1796
30-1796B
30-1796R
30-1796G

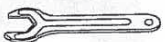
No	Parts	QTY
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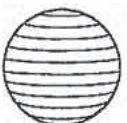
A		1
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B		2
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C		4
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D		4
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E		1
---	---	---

F		1
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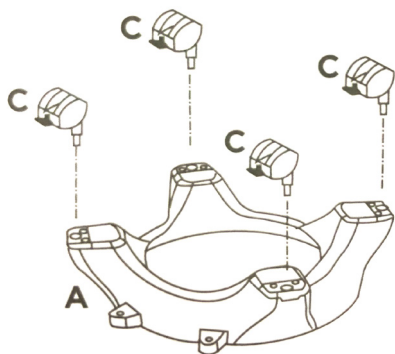
G		1
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H		1
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No	Parts	QTY
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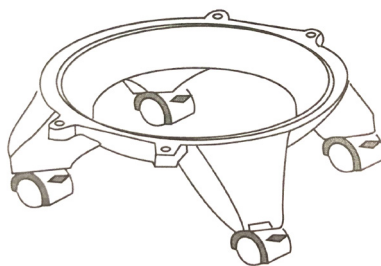
I		1
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STEP 1



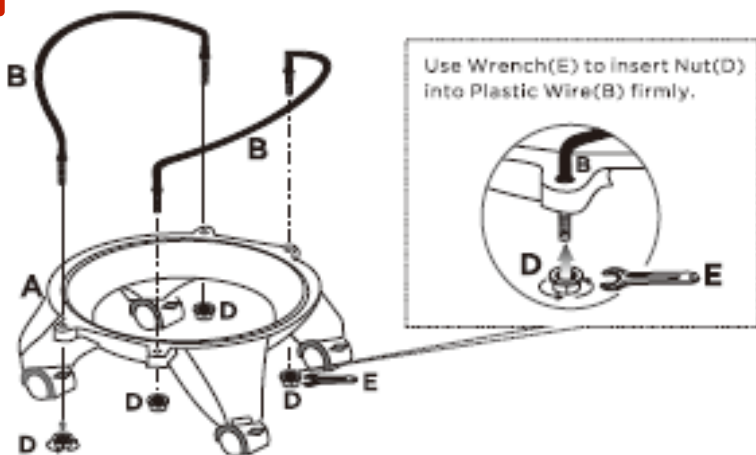
Begin by placing the base, labeled (A), upside down on the floor, and installing the wheels, labeled (C).

STEP 2



Turn the base over

STEP 3

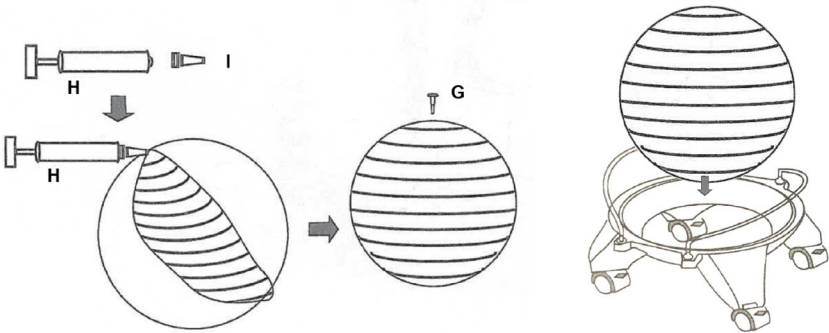


Install each Plastic Wire (B) to base (A) and secure each side using Nut (D). Use the Wrench (E) to secure Nut (D) onto Plastic Wire (B) firmly.

STEP 4

To pump the ball, screw part (I) into the pump (H), and inflate the ball until it is firm, then insert the plug (G).

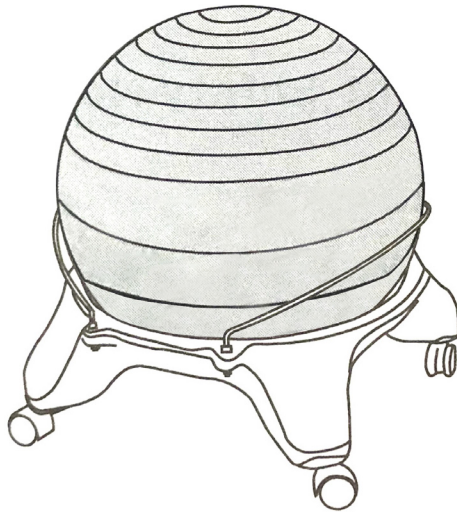
The pump can be found taped to the ball.



FINISHED

The material will expand to it's full size 24 to 48 hours later, and you may finish inflating.

The ball may need to be topped off periodically over time.



Fabrication Enterprises Inc
250 Clearbrook Road, Suite 240
Elmsford, NY 10523 (USA)
tel: +1-914-345-9300 • 800-431-2830
fax: +1-914-345-9800 • 800-634-5370
FabEnt.com



AJW Technology Consulting GmbH,
Breite Strasse 3
40213 Düsseldorf Germany



MedEnvoy
NL-4M-000000248
Prinses Margrietplantsoen 33,
Suite 123, 2595 AM,
The Hague (NL)



AJW Technology Consulting GmbH,
Düsseldorf, Zweigniederlassung Zürich
Kreuzplatz 2, 8032 Zürich, Switzerland



MedEnvoy Switzerland
Gothardstrasse 28
6302 Zug
Switzerland



AJW Technology Consulting Ltd
98 Theobalds Rd
London, WC1X 8WB, United Kingdom



MedEnvoy UK Limited
167-169 Great Portland Street,
5th Floor, London, W1W 5PF
United Kingdom