

- improve balance, coordination and flexibility
- stabilizing “feet” keep ball from rolling when not in use; “feet” retract during use
- non-slip surface is ribbed for extra security
- supports up to 300 lbs (136 kg)

## Precautions

- Perform exercises in a slow and controlled motion, in an open area.
- Maintain proper posture throughout exercise session.

## CAUTION

- Consult your healthcare professional before beginning your rehabilitation or exercise program.
- For use under professional supervision or direction.
- Balls are not puncture-proof and may cause serious bodily injury.
- Exercise away from sharp objects that might puncture the ball or cause you injury. Remove sharp objects (i.e. rings) before you begin using your ball.
- Keep away from heat sources and direct sunlight.

## Inflation

Ball size reflects diameter at maximum inflation. For best results, use an electric inflater to inflate the ball to its approximate size. Wait 24 hours, then finish the inflation process using a manual inflation pump. Do not over-inflate. You may under inflate for a soft, mushy feel.

## Sizing

Suggested ball diameter for use during seated activities.

REF	color	ball diameter	user height
30-1891	yellow	17.7 in (45 cm)	under 56 in (142 cm)
30-1892	orange	21.6 in (55 cm)	57-63 in (144-160 cm)
30-1893	green	25.6 in (65 cm)	64-72 in (162-183 cm)
30-1894	red	29.5 in (75 cm)	73-79 in (185-201 cm)



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