Caring for your mediBall Duraball PRO

CLEAN: Using a damp cloth

INSPECT: The balls 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

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

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.

For more information please see the following documents

- * Floor Surface Selection
- * Inflation Height Guide
- * Care & Use Guide
- * Gym Safety Poster

- * Ball Sizing Instructions
- * Inflation Instructions
- * Safety Policies for Gyms
- * Point of Sale Poster

These documents are available at www.mediBall.com and www.duraball.com



For Quality and Safety, AOK are the only Swiss Ball producer in the World to label their balls with a batch number and inflation date.

To assist you in keeping track of your Swiss ball inflation history we have modified our mediball Pro® Plus label to include space for you to write the batch number and inflation date of the ball. You can find the batch number marked on the plastic wrapper that your ball comes in.





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
- Slowly inflate the ball to 5cm less than it's maximum diameter eq 60cm for a 65cm 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

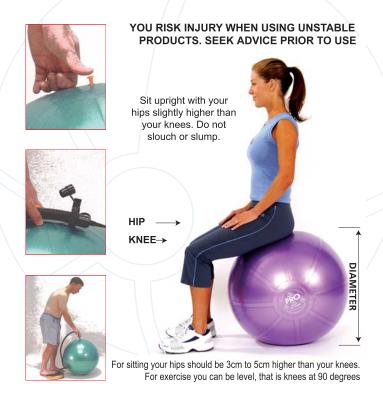
NOTE: If you have purchased the correct ball size, you should never have to inflate greater than 95% of the maximum diameter stated on the label.

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



NEVER

NEVER Inflate past maximum diameter

NEVER Use without first checking for any marks or defects

NEVER Use a damaged or marked ball

EVER Attempt to repair a ball

NEVER Use 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 Leave a ball near a heat source

NEVER Use to kick, bounce or hit

NEVER Use anybody else's ball. You do not know it's history

IF UNSURE SEEK PROFESSIONAL ADVICE





Selection of pumps available - Enquiries: 1300 790 900