



ANTI-BURST **EXERCISE BALL**

**IMPORTANT: READ ALL WARNING & CAUTIONARY STATEMENTS TO
REDUCE THE RISK OF INJURY WHEN USING YOUR EXERCISE BALL**

CAUTION

- Before beginning your exercise program, please see a healthcare provider or physician for appropriate exercise advice and safety precautions.
- The ball should not hold more than 330 lbs (150 kgs. of weight).
- It is **NOT** recommended to use additional weights while performing exercises using this ball. Extra weights could potentially cause the user to exceed the maximum weight.

WARNING

- This ball is not recommended for use throughout the pregnancy period.
- The manufacturer and its distributors assume no liability or responsibility for accidents or injury to persons or property that might result in connection with the exercises and use of exercise balls. Be sure to read these instructions before use.
- Drink plenty of fluids before, during and after exercise.
- Exercises should be done in a slow and controlled manner.
- If you feel any pain or experience dizziness while exercising you should stop immediately.
- Using exercise balls for unusual exercises with a high load or level of difficulty, or used for purposes other than those for which the exercise balls have been designed or in ways inconsistent with any of these instructions will increase the possibility that your ball may fail and possibly cause injury. We can assume no liability for the results of not closely following these instructions.
- This ball is not a toy; keep out of reach of children. If allowing young children to use it for exercise purposes they must have adult supervision.
- Never allow pets near the ball.

BASIC GUIDELINES FOR USE

- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- Remove all objects from your body (rings, watches, etc.), clothing with pins, buckles, belts, etc. and pocket contents such as keys, pens, pencils, etc. that could potentially puncture the ball during use and afterwards when stored.
- For your protection, use the ball on a padded floor material as the ball can slip on carpet surfaces or hard and waxed floor surfaces.
- Make sure you have adequate clearance in the area around the ball where you are using it. It should be a clean, level, non-slip, solid surface.
- Keep the ball away from any sharp objects, debris or direct sunlight. The ball should not be placed anywhere where it would be exposed to high temperatures or heat sources.
- Before each use inspect the ball for any damage, worn spots, cracks or foreign objects that might harm the surface. If there is any sign of damage, **DO NOT** attempt to use it or repair it.
- Inflate the ball only as instructed. Improper inflation may cause damage to the ball.
- The ball should never be kicked.
- Make sure the valve plug is fully inserted to seal the valve closed.
- The ball should only be used indoors - the ball is not intended for outdoor use.
- Exercise balls should not be exposed to extreme variations in temperature. Do not store in extreme hot or cold environments - such as vehicles, outdoor sheds, in an attic, etc.
- Mount, dismount and change position on your ball slowly. Due to the round ball shape it could roll out from under the user with quick movements and possibly result in injury to the user.

Body Solid Exercise Manual

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Body Solid Exercise Manual:

Body Solid Exercise Manual Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Body Solid Exercise Manual**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Body Solid Exercise Manual Introduction

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