



BODY BALL

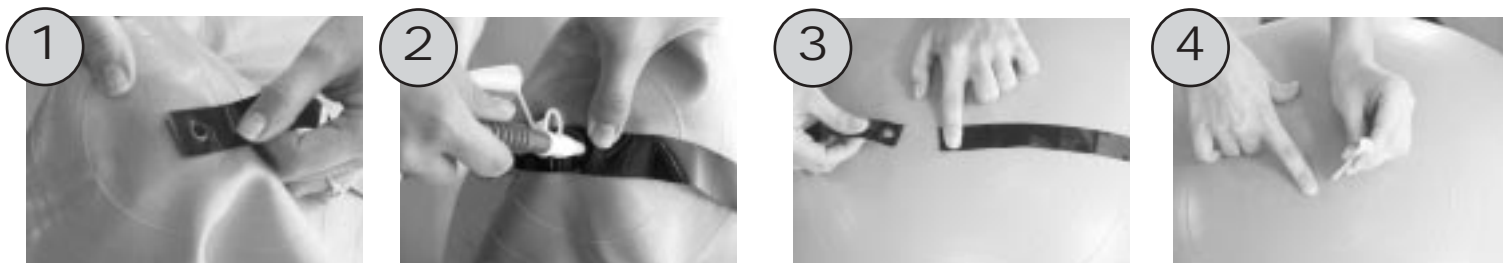


Thank you for choosing a genuine Altus Athletic Body Ball. With proper care, you'll enjoy this product for many years to come. The instructions below apply to the following models:

Body Balls: 55, 65 & 75

Anti-Burst Body Balls: 55, 65, 75

Body Ball with Massage Cones



Inflation Instructions

The first step to inflating your new Body Ball is to wrap the measuring tape around the deflated ball.

- ① To do this, place the hole in the measuring tape directly over the air hole and wrap tape completely around the ball so both ends of the tape line up together.
- ② Next, insert the inflation nozzle through the measuring tape and into the air hole. Using the foot pump, inflate the Body Ball until the measuring tape becomes tight.
- ③ When the Body Ball has reached its optimum inflation level, remove the inflation nozzle and tape and immediately place your finger over the air hole to keep any air from leaking out.
- ④ Finally, firmly insert the plug into the Body Ball to keep the ball at full inflation.



Safety Tips

- Be careful not to over-inflate the ball, as it may cause breakage.
- Maximum weight on ball is 300 lbs.
- Keep ball away from all sharp objects and hot objects that may puncture or damage the ball.

	Maximum Circumference / Diameter	
	Circumference	Diameter
55 cm	68.5"	21.5"
65 cm	80.25"	25.5"
75 cm	93.25"	29.5"

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