



# Gym Ball

## Inflation and User Instructions

### Inflating your Gym Ball:

1. You'll need a bicycle pump or an air compressor to inflate the ball.
2. Insert the ball needle (included) and begin inflating.
3. Fill to approximately 55 cm and leave for 24 hours, allowing the Gym Ball to stretch, then fill the final 10 cm. The Gym Ball is designed to inflate to a maximum of 65 cm - DO NOT over-inflate.
4. Sit on the ball and make sure your thighs are parallel with the floor.
5. You may adjust the pressure as necessary.



Teeter Hang Ups® Gym Ball is an ideal addition to your workout. In order for your body to maintain position and balance, all your muscle groups must participate in the workout. Exercising with your Gym Ball targets seldom used, weakened muscles. *You should always check with your physician before beginning any new exercise program. For maximum comfort, exercise clothes like tights or sweat pants are recommended to eliminate the amount of friction between you and the ball.*

### Stretch your Thighs

- Lie on the floor with your knees bent and feet on the floor. Lift your right leg and place the ball underneath the right thigh, resting the bottom of the ball on the top of your left thigh. Vary the intensity by varying the distance between your left foot and your body. Relax your body to feel a comfortable stretch.
- Sit on the ball with your legs open in a wide stance with toes turned out. With your left foot planted, roll the ball to the right while turning your right foot onto its side. Roll forward on the ball to enhance the stretch. Feel a gentle stretch to the front of your right thigh. Change positions to stretch the other side.

### Stretch your Hips

- Lie on the floor with your knees bent and feet on the floor. Lift your right leg and place the ball underneath the right thigh, resting the bottom of the ball on the top of your left thigh. Keeping the ball centered, roll your right leg across your left leg and your left leg under your right. This scissor position will stretch your hips. Change positions to stretch the other side.
- Reposition your legs to mimic the previous exercise. Reach your arms out to each side and allow both legs to roll to the right to stretch your hips and torso. Roll to the right to stretch the other side.



### Stretch your Abs

- Place the ball on the floor. Lay back on the ball located in the small of your back. Place one hand on the floor for balance while the other supports your head. Relax and extend your legs until you feel a comfortable stretch to your abdomen.

### Stretch your Side

- Kneel on the floor next to the ball. Lay your right side over the ball, reaching your right arm around the ball and placing your hand on the floor. Extend your left arm over your head and your left leg out to the side. Relax and feel the comfortable stretch down your left side. Change positions to stretch the other side.

### Stretch your Back:

- Kneel on the floor and lean forward over the ball, supporting your chest and abdomen. Gently roll forward, lifting your knees off the floor and resting your forearms on the floor in front of the ball. Relax your body to feel a gentle stretch throughout your back.
- Kneel on the floor and place your hands on the ball. Roll the ball forward until your arms are stretched in front of you. Be careful to keep your hips directly above your knees and to not overextend. This provides a mild stretch to your back and shoulders.

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This document is intended for use in the U.S. and Canada only.

For additional languages in Spanish, French, Dutch, German, or Italian, please contact Teeter Hang Ups® customer service.

**FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.** It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risk of exercising with a Gym Ball, such as falling on your head, falling from the product, or product failure. No responsibility or liability is accepted for any loss, damage or injury as a result of using the Gym Ball.

#### RESTRICTIONS ON USE:

- As with other fitness programs, consult your health care professional before using this product.
- Immediately stop use of the Gym Ball and call your health care professional if you feel nauseous or have chest or head pains.
- NEVER allow children to use the Gym Ball unsupervised. The Gym Ball is not a toy.
- DO NOT use hard or abrasive cleaners or chemicals on the Gym Ball.
- NEVER leave the Gym Ball in direct sunlight or next to a heat source.
- DO NOT use the Gym Ball for more than one year. The Gym Ball will experience wear as it is used; wear can compromise the integrity of the Gym Ball and increase the risk of product failure.
- DO NOT use if over 300 lbs.

#### PRECAUTIONS BEFORE USING

- DO NOT use the product until you have read all accompanying warnings and literature.
- DO NOT use the product until you have thoroughly inspected it for defects, damage, tears, deep scratches, wear, punctures, or weak spots that could cause the Gym Ball to fail. You must inspect the Gym Ball each time before use. DO NOT use the Gym Ball if you find any damage or defects, discard or replace the Gym Ball immediately. DO NOT attempt to repair or patch the Gym Ball.
- DO NOT over-inflate the Gym Ball. This ball is designed to inflate to 65 cm; inflating less or more will affect the stability and integrity of the ball. When first inflating, fill to 55 cm and leave for 24 hours, allowing the Gym Ball to stretch, then fill the final 10 cm.
- DO NOT inflate the Gym Ball unless it is at room temperature; do not inflate or use the Gym Ball if the temperature is lower than 64° F or higher than 89 F°.

#### PRECAUTIONS DURING USE

- ALWAYS use a spotter until comfortable balancing on the Gym Ball. Users who have poor balance should only use the Gym Ball under the supervision of a health care professional. There is a risk of falling off the Gym Ball, which could cause injury.
- ALWAYS check the area where you are using the Gym Ball, and check your clothes, jewelry, watches, and shoes to make sure they are clear of sharp objects that could puncture the Gym Ball.
- DO NOT use the Gym Ball outside, where risk of puncture is higher, or on rough surfaces that could damage the Gym Ball.
- DO NOT use the Gym Ball on slippery surfaces, or while wearing slippery clothing.
- ALWAYS clear a proper amount of space when using the Gym Ball, as obstruction with furniture and other items can cause injury.
- DO NOT lift weights or use other accessories while using the Gym Ball.
- DO NOT attempt to stand on the Gym Ball.