

## IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions and all instructions before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

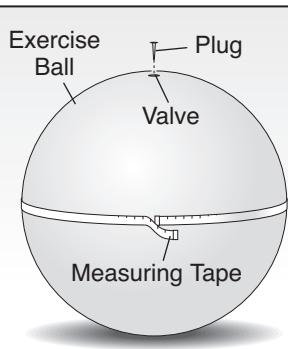
1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
3. This product is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
4. Use this product only as described. Use this product only indoors on a clean, level, non-slip surface. Make sure that there is adequate clearance around this product.
5. Keep this product away from sharp objects, heat sources, and direct sunlight. Do not leave this product in automobiles where it may be exposed to high temperatures. Keep pets away from this product.
6. Inspect this product before each use for worn spots, cracks, and foreign objects. Do not use this product or attempt to repair it if it is damaged.
7. Inflate this product only as described in this guide. Improper inflation may result in damage to this product and will void the warranty.
8. Do not allow young children to use this product without adult supervision.
9. This product should not be used by persons weighing more than 250 lbs. (115 kg). No more than 30 lbs. (14 kg) of weights should be used with this product.
10. Do not kick this product.
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

## BEFORE YOU BEGIN

Thank you for purchasing the versatile Exercise Ball. With the included air pump, you'll soon be ready to begin your first fun and effective Exercise Ball workout. If you have questions after reading this guide, call our Customer Service Department toll-free at 1-800-288-4802, Mon.-Fri., 6 a.m.-6 p.m., Sat., 8 a.m.-5 p.m. Mountain Time (excluding holidays).

## INFLATING THE EXERCISE BALL

1. Pull the plug out of the valve in the Exercise Ball.
2. Insert the tip of the air pump hose into the valve.
3. Push down repeatedly on the air pump until the Ball is inflated to the size listed at the right. Use a soft measuring tape or a string to check for proper inflation. **Do not overinflate the Ball or use an air compressor.**
4. Remove the hose from the valve and reinser the plug.



Exercise Ball Size	Inflation Size (Circumference)
55 cm	173 cm (68 in.)
65 cm	204 cm (80 in.)
75 cm	235 cm (93 in.)

## CARING FOR THE EXERCISE BALL

Clean the Exercise Ball with a damp cloth and mild dishwashing soap. Then, rinse the Exercise Ball with clean water and towel dry it completely.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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