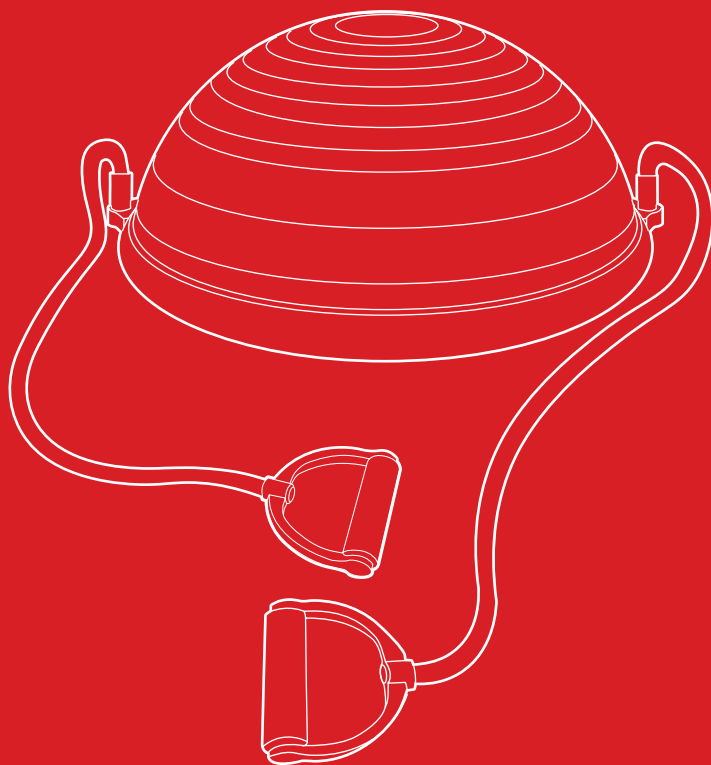




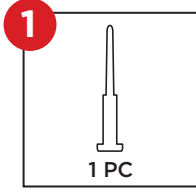
bestchoiceproducts



INSTRUCTION MANUAL

Yoga Balance Trainer Ball

HARDWARE



660 LBS
CAPACITY

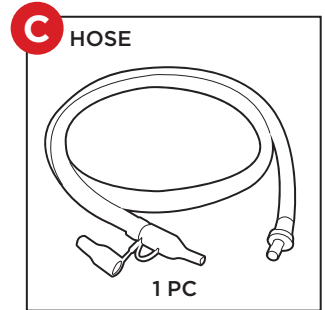
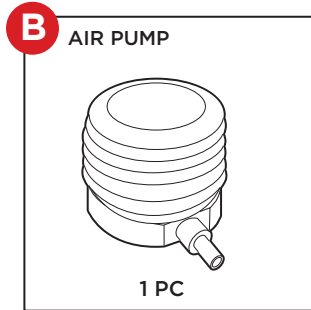
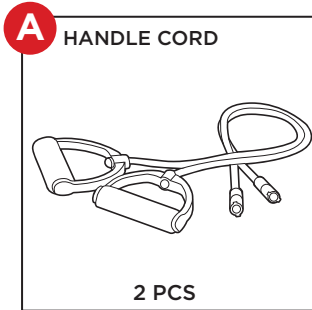


1 PERSON
ASSEMBLY



APPROXIMATELY
5 MIN.
ASSEMBLY

PARTS



NOTICE

- This product is not designed to hold more than 660 lbs. Do not exceed this amount of weight on top of the yoga ball.
- This product contains some small parts for assembly. Keep small children and pets away during assembly.
- Do not leave children unsupervised with this product. The yoga ball is not a toy and should not be used as such.
- Do not expose this product to heat, especially while inflated.
- Do not store at locations that are subject to high temperatures, such as inside a car or outdoors.
- Do not expose this product to direct sunlight.
- Do not expose this product to heavily acidic or basic products.
- Do not expose this product to sharp objects. Doing so may cause the ball to puncture.
- Do not over-inflate the dome of this yoga ball. The ball should have a little “give” when pressure is applied during use.
- Do not apply pressure to the edge of the ball. Doing so can dislodge the ball from its housing.
- Before starting any exercise or using any exercise equipment, it is recommended to consult with your health professional or physician.
- Wipe off sweat that accumulates on the ball during a workout. Failure to do so can result in a slippery surface.
- Make sure you have adequate space for your workout. Using the ball on a mat can help prevent injury.
- Do not over-exert yourself when working out.

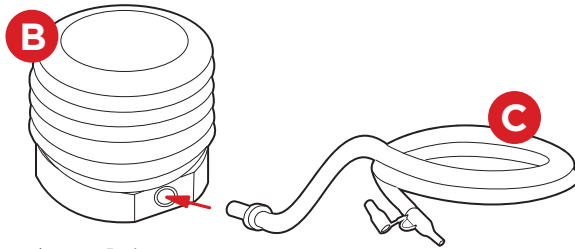
CARE AND MAINTENANCE

- Before and after use, clean this product with mild soap and water.
- This product can be inflated and later deflated. You may deflate the yoga ball if it is not in use.
- To remove the air plug, forcefully pull out the plug. You may use a spoon to help wedge the air plug out.
- To deflate the ball, simply remove the air plug and let the ball deflate.
- Make sure to keep the air pump for future use.

PRODUCT ASSEMBLY

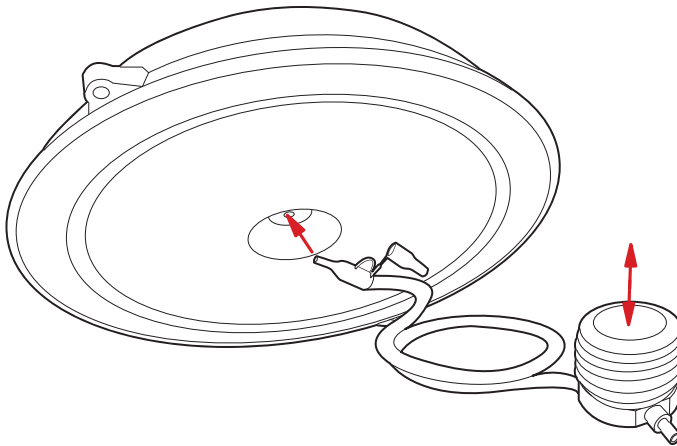
Please retain these instructions for future reference.

1



Connect the part C hose to the part B air pump.

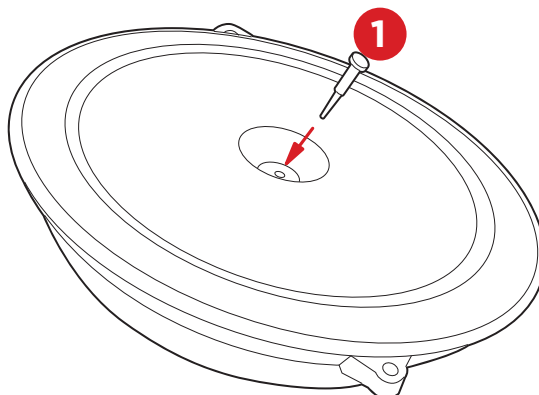
2



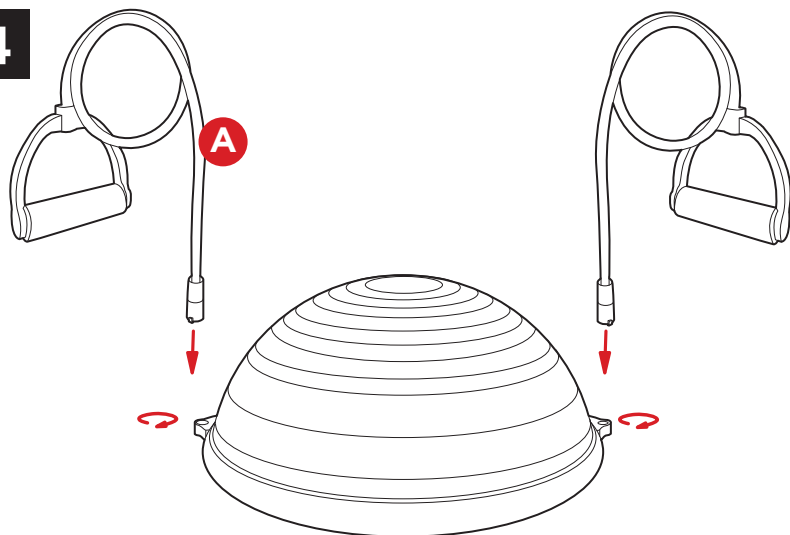
Connect the air pump nozzle to the opening on the bottom of the platform. Pump air into the ball until it is at the desired level of inflation.

NOTE: Do not over-inflate the dome of this yoga ball. The ball should have a little "give" when pressure is applied during use.

3



Press the part 1 air plug into the hole once desired inflation is reached. Make sure the plug is tightly in place.

4

Push the two part A handle cords into the holes on the sides of the ball. Rotate and pull the cord until it locks flush.

PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.

CONTACT US; WE'RE HERE 7 DAYS A WEEK TO HELP YOU!



bestchoiceproducts.com



customerservice@bestchoiceproducts.com



844.948.8400



LEARN MORE!

! WARNING

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, or neglect of this product.