

## READ CAREFULLY BEFORE EACH USE OF THE

### WITTFITT BALL WITH LEGS DIAM. CM. 35-42-55-65-75

#### **DIRECTIONS AND WARNINGS**

This document is the **essential guide** for a proper and safe usage of the ball: it contains the **necessary information** in order to use the product with **full satisfaction** and in the respect of the **safety rules** during the life of the product itself and/or its parts.

#### **PROVIDED USAGES - LIMITS AND EXCLUSIONS**



1. This ball has been designed and arranged to be used in various fields, such as sports, fitness, gymnastics but also in the medical and educational settings. It must not be used for different purposes other than the ones stated by WittFitt LLC.
2. This ball can bear up to 400 kg (880 lbs) weights.
3. **IT IS NOT A TOY** and, in any case, it's not suitable for children under 36 months : small parts included. Choking hazard.
4. **DO NOT** perform exercises with barbells, dumbbells or any kind of weights on the ball.

#### **PACKAGE CONTENT**

5. The package contains a ball and two white plugs.

#### **INFLATION**

6. To inflate the ball, an air pump or air compressors must be used. **DO NOT** inflate by mouth.

#### **FIRST USAGE: MODE AND PROCEDURE TO FOLLOW**

7. By first usage, proceed in accordance to the following directions:
  - 7.1) start to inflate the ball slowly, with the above mentioned tools, having a break sometimes.
  - 7.2) don't exceed the 90% of the maximum diameter, indicated on the ball itself and/or on the packaging.
  - 7.3) close the hole with one of the two provided white plugs ( the second plug is a spare).
  - 7.4) wait 24 hours before inflating it to its maximum diameter and start to use it.

#### **DIRECTIONS AND WARNINGS FOR THE FOLLOWING INFLATIONS**



8. For the following inflations, never exceed the prescribed and indicated maximum diameter. If an air compressor is used, proceed slowly while approaching the prescribed maximum diameter. The plug can be removed using a coffee spoon.

#### **PRECAUTIONS TO ADOPT BEFORE EACH USAGE**



9. Before each use, check the surface of the ball and don't use it if it shows cuts, abrasions, holes or any other kind of damage. In all these cases, the safety of the ball is compromised and the ball itself could instantly tear, causing the user possible injuries.
10. Wash the ball with water and mild dishwashing liquid and remove the more obstinate stains with diluted rubbing alcohol.

#### **USAGE TEMPERATURE**



11. Caution: the ball must be kept at room temperature (18 - 20°C). In case of particularly low temperature, proceed with inflation only after letting the ball reach the above mentioned room temperature.

#### **USED SURFACES**



12. The ball must be used **INSIDE** on soft surfaces, such as carpets, rugs, exercise mats. Never use the ball in presence of sharp objects or close to heating elements; when not in use, never leave the ball directly exposed to the sun.



#### **REPAIR WARNINGS**

13. If the ball shows holes or cuts, don't try to repair it: self made repairs invalidate the integrity of the product causing serious risks for the safety and health of the user.

#### **TRACEABILITY:**

14. A traceability code is marked on the ball, close to the plug. This code is necessary in the case of a claim, to identify the production time and the batch materials.

#### **DISCLAIMER**

15. The manufacturer and WittFitt LLC decline any liability for damages to persons, animals, objects or to the environment arising from the use of our stability balls.

#### **WARRANTY**

16. The warranty is 30 days against a manufacturer defect. **WittFitt stability balls are not warranted against punctures by an object.**

#### **Address details to keep:**

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