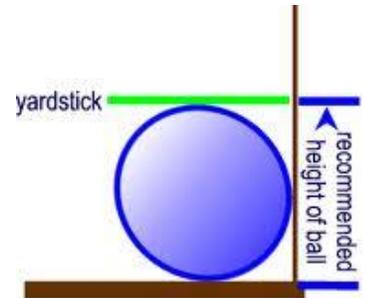


Your WittFitt Stability Ball

1. Open the bag to remove the ball and locate the small bag with 2 plugs. These are easy to miss!
2. Begin to inflate the ball using the mini pump provided. This may take several minutes.
3. Place a tape measure on the wall or mark the height that corresponds to your ball. i.e. if you have the green ball then you would mark the wall at 42cm.
4. Fill the ball close to the max height. To check this, turn the ball so the legs are on the side. Put the ball against the wall near your max height marking, Refer to this image:



Stability ball	Max Height	Approx. User Ht. Range:
Red Ball:	35cm	38-43 inches
Green Ball:	42cm	43-50 inches
Blue Ball:	55cm	50-63 inches
Yellow Ball:	65cm	63-72 inches
Orange Ball:	75cm	72 inches & taller

*NEVER go past the measurement listed!

4.



You should be able to sit right on top of the ball.

Check that your hips are slightly higher than your knees.

If the ball is **too big**, let some air out of the ball until it fits correctly fits properly.

If the ball is **too small**, add a bit more air.

Visit the **SUPPORT** page on the WittFitt website for more information about:

- Product Safety
- Using your pump
- Measuring for your stability ball

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CLEANING, CARE & PATCHING

WittFitt recommends that teachers or students clean the stability ball once a week to remove surface dirt/debris that may rub on the ball over time and then cause a small hole. The stability balls work best on carpet, so if you have tile/wood/laminate flooring, we suggest using a carpet square under the stability ball.

Safe weekly clean methods:

- Spray bottle with water and vinegar
- Unscented baby wipes
- Castile soap and water [just a little soap or it will be difficult to wipe off]
- Clorox "Green Works"- use occasionally, as they are not completely natural
- Any wipe/clearer that has no chemicals

Patching and Holes:

Tell students that if they ever hear a 'hissing' sound that they need to stand up, as the ball may have a hole and this is air escaping. Also, if you or the students notice any unusual wear spots or other damage, they need to tell you right away. Immediately discontinue use of that ball.

PLEASE DO NOT PATCH! The manufacturer in Italy does not suggest patching, as this 'weak' spot could give way under the pressure of someone sitting the ball. Most patching does not hold anyway and you do not want to be putting a child at risk.