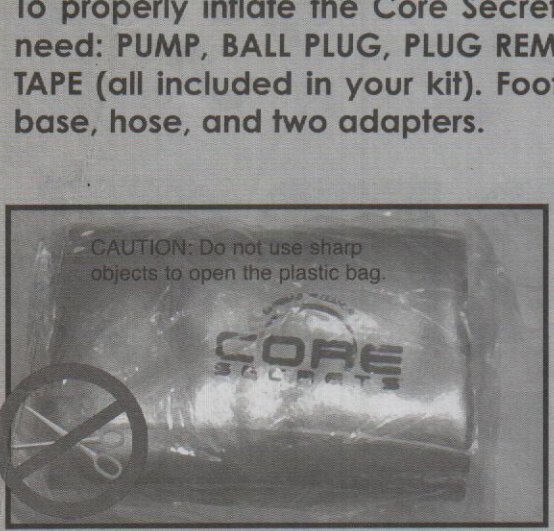
GUNNAR'S CORE SECRETS®

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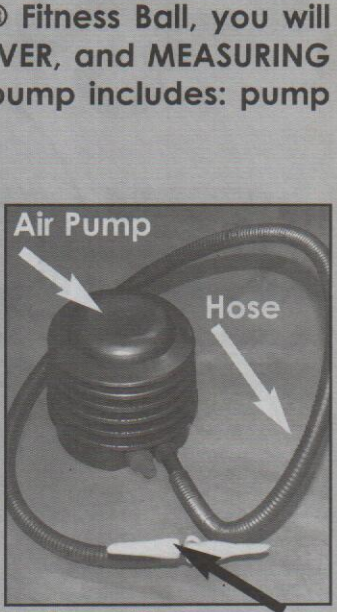
- **INFLATION INSTRUCTIONS**
- **USE AND CARE OF THE CORE SECRETS® FITNESS BALL**

CORE SECRETS® INFLATION INSTRUCTIONS

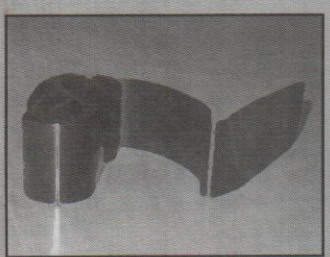
To properly inflate the Core Secrets® Fitness Ball, you will need: PUMP, BALL PLUG, PLUG REMOVER, and MEASURING TAPE (all included in your kit). Foot pump includes: pump base, hose, and two adapters.



Ball Inside Plastic Packaging (A)



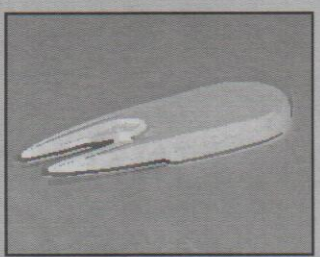
Air Pump (B) Adapters



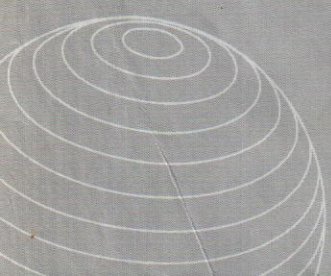
Measuring Tape (C)



Ball Plug (D)



Plug Remover (E)



STEP 1

- Carefully remove the Core Secrets® Fitness Ball from plastic packaging (A). **Do not use any sharp objects to cut through the packaging.**
- Please note that it is normal for balls to have slight creases or fold marks when first inflated.
- Allow the ball to reach room temperature prior to inflation. This will ensure that your ball inflates properly.

STEP 2

- Carefully remove the ball pump from the plastic wrap.
- Attach the silver end of the pump hose to the blue nozzle at the base of the pump.
- At the opposite end of the hose, attach the smaller of the two white adapters to the end of the hose.
- Your foot pump is now ready for use.

STEP 3

- Using the plug remover (E), slip the u-shaped end underneath the plug (D) that is in the deflated ball and lift as shown in Figure (F).
- Always use the plug remover (E) to remove the plug from the ball. Do not use any sharp objects to remove the plug.



Figure (F)

STEP 4

- Insert the small adapter attached to the air pump hose into the ball and inflate the ball using the foot pump as shown in Figure (G).
- Inflate the ball until it is approximately 55 cm (21 in. tall). It is 80% full at this point.
- Approximate inflation time using the enclosed foot pump is 15 minutes.
- Reinsert plug until the top of the plug is even with the ball.
- It is recommended that you let the ball sit for at least one hour to allow material to adapt to the expansion, before inflating it to its full capacity.



Figure (G)

STEP 5

- After waiting the recommended time, follow the instructions above to inflate the ball to the optimum size. Using the enclosed measuring tape, start at the plug and wrap the tape measure around the ball until the ends meet. When the holes on each end of the measuring tape meet, the ball has been inflated to the optimum size. Refer to Figure (H).

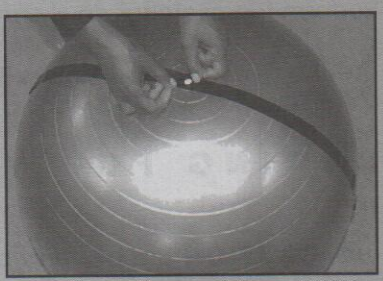


Figure (H)

- ⚠ **CAUTION** Do not over inflate the ball. An over inflated ball may burst causing injury. An over inflated ball will cause the ball to become weaker and will not last as long. An over inflated ball will not provide the optimal workout
- Reinsert the plug when inflation is complete.
- Follow the instructions above to inflate the ball as needed.

USE AND CARE OF THE CORE SECRETS® FITNESS BALL

Read these important tips and safety precautions before using your fitness ball

IMPORTANT SAFETY PRECAUTIONS

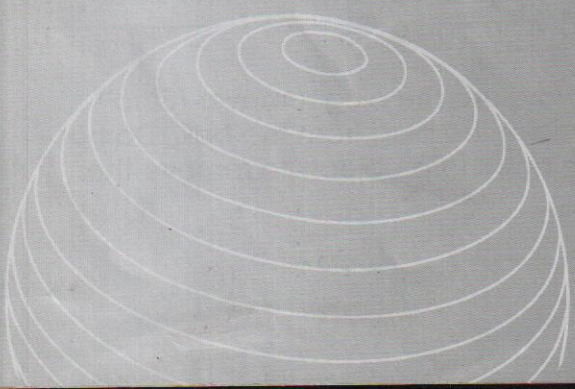
- **CAUTION** Do not over inflate the ball. An over inflated ball may burst causing injury. An over inflated ball will cause the ball to become weaker, not last as long and will not provide the optimal workout.
- The maximum size of the ball is the point at which the holes on each end of the enclosed measuring tape meet when wrapped around the ball as shown in the instructions.
- Do not inflate when the temperature is greater than 90°F (32°C) or less than 65°F (18°C).
- The Core Secrets® Fitness Ball is NOT a toy and should be kept out of reach of children.
- The Core Secrets® Fitness Ball is not a flotation device. It should not be used in the water.

TIPS FOR MAXIMUM BENEFITS

- It is advisable that you consult your physician before starting this or any exercise regimen.
- Perform the exercises slowly and with control.
- Use the Core Secrets® Fitness Ball only as intended and demonstrated in the Core Secrets® workout videos.

CARING FOR YOUR BALL

- **CAUTION** Use ball only on smooth surfaces. Do not use fitness ball on abrasive or rough surfaces, as tearing or puncturing may occur.
- To prevent injury you should inspect your fitness ball periodically. If you find any nicks, cuts or gouges in your ball discontinue use.
- Store at room temperature to extend the life of the Core Secrets® Fitness Ball. Prevent prolonged exposure to direct sunlight.
- It is not necessary to deflate ball after use, however, slight leakage may occur over time. Re-inflate as necessary. (See Inflation Instructions).
- Periodically hand-wash your ball with a soft cloth and warm soapy water. Do not use harsh chemicals that may damage the surface of the Core Secrets® Fitness Ball.



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