













Setup, Care and Safety Guide

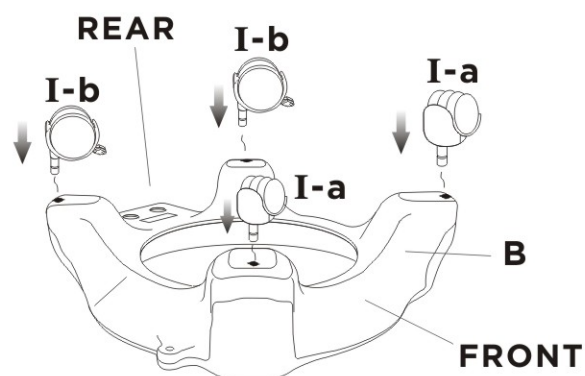
Please read before setting up or using your Balance Chair

PARTS INCLUDED

Letter	A	B	C	D	E	F	G	H	I-a	I-b	J	K
Parts												
Description	Back Rest	Chair Base	Nylon Wire	Balance Ball	Knob	Needle	Plug	Ball Pump	Non-locking Casters	Locking Casters	Nut	Wrench
Qty	1	1	1	1	2	1	1	1	2	2	2	1

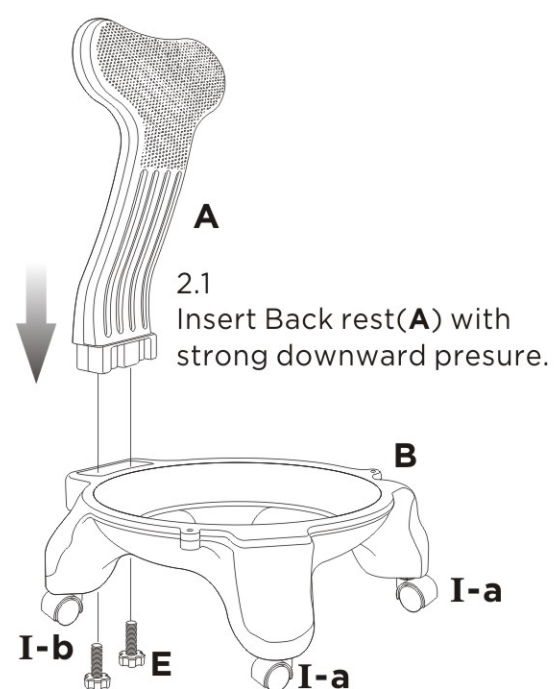
Step 1

1.A
Insert Casters with downward pressure.



*Insert the locking casters (I-b) into the two rear legs. The two casters in the front legs should roll freely.

Step 2



2.2 Lock Back rest(A) into chair base (B) by Knob(E).

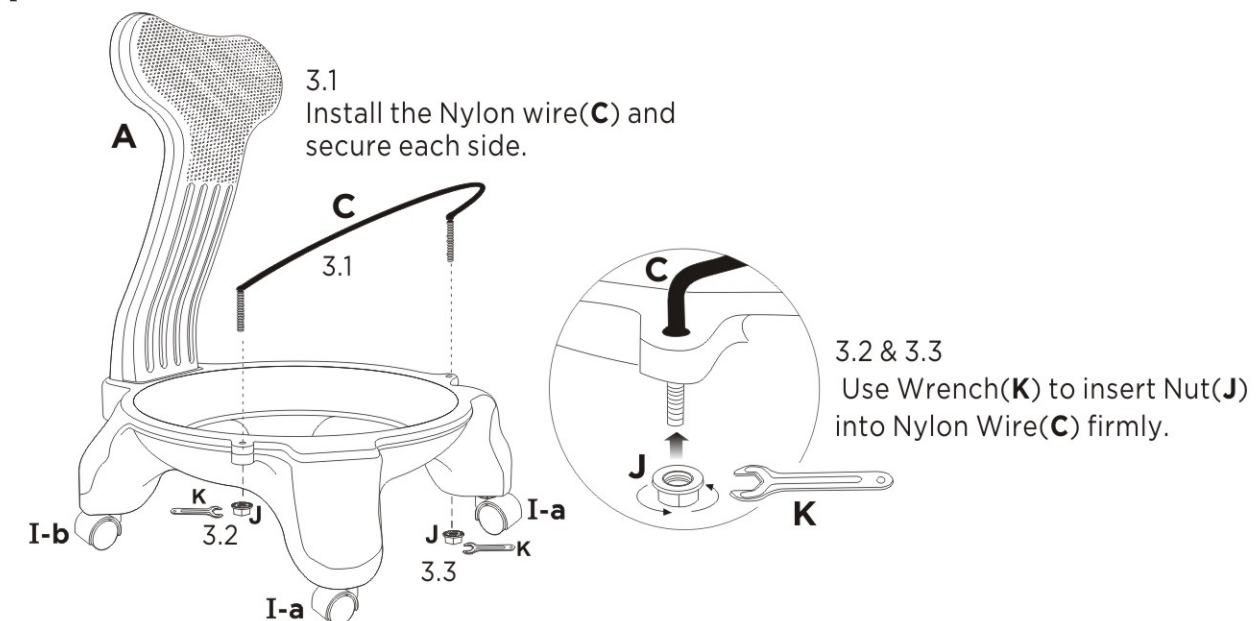
BALANCE CHAIR

Activate your posture!

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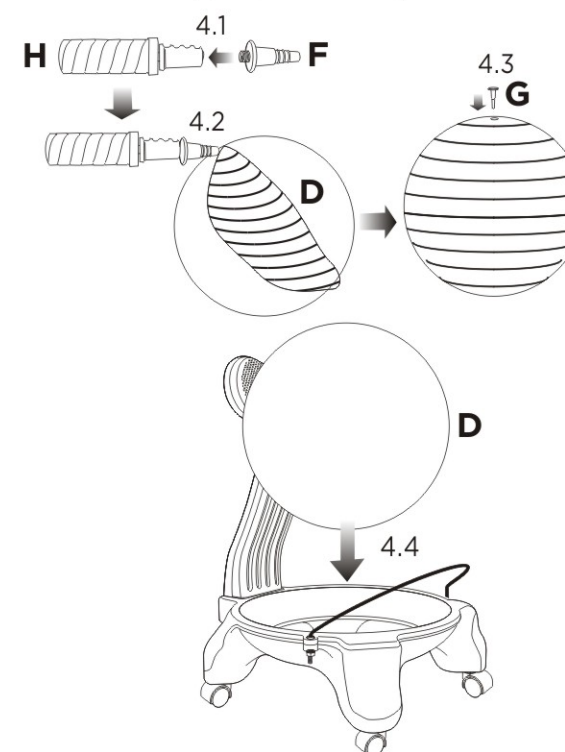
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Step 3

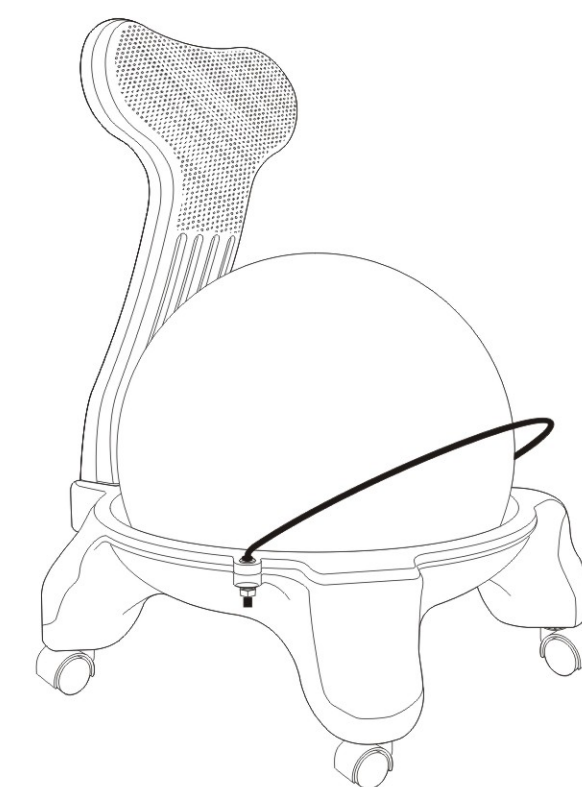


Step 4

Inflate the Balance ball(D) following the set-up instruction, place ball firmly in chair base(B).



Finish Figure



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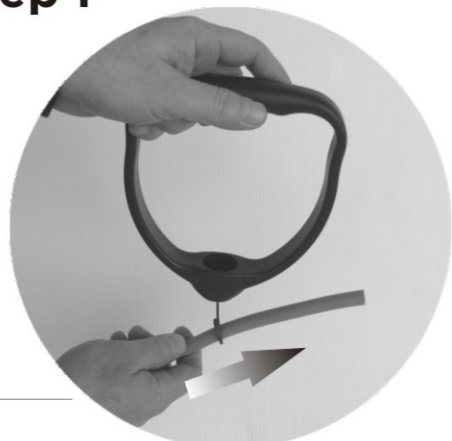
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Adjustable Exercise Band

Unique pressure-locking handles hold band into position so that user can control range of motion for total body fitness and strength exercise. Band lengths can be adjust to different resistance levels. Shorter length is stronger resistant. Longer length is weaker resistant.

Setup

Step 1



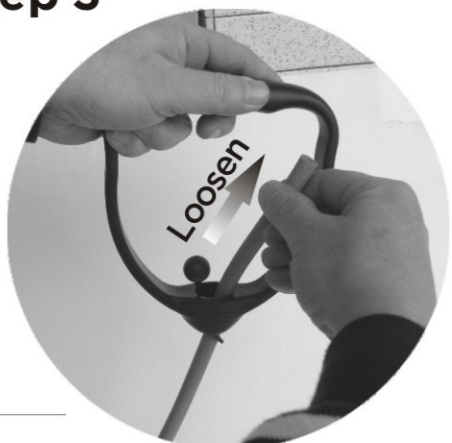
Insert band into Control-ring.

Step 2



Slide band through hole in handle.

Step 3



Extend band length about 2 inch over the handle hole.

Step 4



To secure, pull band until ball stopper fasten in socket.

BALANCE CHAIR

Activate your posture!

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Important safety cautions:

Please read before setting up or using the Balance Chair

1. Not all exercises are suitable for everyone. To reduce the risk of injury, consult your doctor before starting any exercise program with this product or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counselling.
2. If you suffer from heart disease, high blood pressure, or any other health conditions, consult your physician before starting any exercise program.
3. Perform stretches and exercises in a slow and controlled manner. Stop and rest if you feel dizzy or short of breath.
4. Choose a generously sized area that is clear of furniture and other obstructions before performing stretches or exercises.
5. Use the Balance Ball only on smooth surfaces. Do not use ball if deep scratches or gouges exist.
6. Use product only as intended.
7. Before each exercise session, the resistance band must be inspected for nicks, cuts, or any damage on any part of band, clip, handles...etc. If the product is damaged in any way, do not use the product.
8. Select the resistance band intensity level that matches the strength and fitness level of the user.
9. Do not use the resistance band against abrasive surfaces, such as asphalt or concrete. Use on abrasive surfaces can damage the product.
10. ****Lock casters firmly before performing stretches or exercises using the chair****
11. **CAUTION:** Weight on this product should not exceed 300 lbs.
12. Please note that the ambient air temperature will affect the ball size. When it is cold, the ball will deflate in size a bit, please add air as needed. In the heat, the ball will expand in size a bit, please let air out as needed.

Care:

1. When using ball without the chair, clear workout area of sharp objects that may puncture the ball. Use only on smooth surfaces.
2. Avoid exposing ball to rough, sharp, or abrasive surfaces and to heat or excessive sunlight.
3. Avoid placing or rolling ball on newspaper or other materials printed in ink as ink may permanently mark ball.
4. Hand wash ball with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch ball. Wipe chair with damp cloth.
5. When using ball in the chair, ensure all parts are firmly attached and ball is filled to desired firmness as leakage may occur over time. Re-inflate when necessary.
6. Use chair on a smooth, flat surface, free of any obstructions for best results.

Inflation Instructions!

Make sure to pump ball twice, a first time filled 80-90 % capacity wait 24 hours, then pump second time to 100% capacity. Occasionally it will need to be pumped again as the material stretches.

Warning!

1. Never stretch the band more than two times its original length. Overstretching can weaken the band, causing it to fail.
2. The resistance band handle must be securely held by the user when the band is expanded or stretched. If the band handles slip off hands or feet, serious injury can result.
3. Never attach the resistance band handle to any stationary fixture or object because this may create a stress point which can cause band failure.
4. Prolonged exposure to sunlight, salt, or chlorine treated water can damage the band, causing it to fail.