

Maintenance and Product Care

1. Clean your exercise ball using a soft cloth and warm, soapy water.
WARNING: Do not use abrasive or chemical cleaners.
2. Norco® Exercise Balls are intended for indoor use only and are not designed for use outdoors.
3. Exercise surface must be free from any objects that could puncture, tear, scuff or otherwise damage your exercise ball.
4. Always inspect the exterior of the ball for damage (abrasion and scuffing, roundness, air leakage) before each use. Should any damage be evident, discontinue use and replace with a new Norco® Exercise Ball. Do not patch or repair ball.
5. Norco® Exercise Balls should not be exposed to extreme variations in temperature. Exposure to sources of heat such as heating ventilators, lamps and direct sunlight can negatively affect the integrity of the product, increasing the possibility of failure.
6. It is not necessary to deflate the ball after each use. However, slight leakage may occur over time, so re-inflate the ball when necessary.
7. Since the diameter of the exercise ball can vary due to environmental temperature fluctuations, the maximum diameter of the ball should be measured prior to each use. If you discover that your ball is over-inflated, follow the deflation and inflation instructions provided (on the other side of this sheet) until your ball is properly inflated.
8. Applying excessive force (heavy bouncing) or weight (dumbbells or barbells) may exceed the capacity of Norco® Exercise Balls, causing breakage which could cause injury.

CAUTION: Using Norco® Exercise Balls for unusual exercises with a high load or level of difficulty, or for purposes other than those for which they have been designed, or in ways inconsistent with any of these instructions will increase the possibility that your ball may fail and cause injury.

Recommended Sizing Guidelines

Each Norco® Exercise Ball should be fitted to each individual user's body proportions. Following is a suggested reference chart below for choosing a properly sized exercise ball. This table was developed having users in a seated position (hips and knees bent at 90° when seated on the ball).

If between sizes, choose the larger size. For individuals of heavy proportions or having especially long legs, a larger size ball may be appropriate.

Person's Height:	Ball Diameter:
4' 7" to 5' 0" (140-152 cm)	45 cm (17 ³ / ₄ "
5' 0" to 5' 6" (152-168 cm)	55 cm (21 ¹ / ₂ "
5' 6" to 6' 0" (168-183 cm)	65 cm (25 ¹ / ₂ "
6' 0" to 6' 4" (183-193 cm)	75 cm (29 ¹ / ₂ "
6' 4" to 6' 8" (193-203 cm)	85 cm (33 ¹ / ₂ "

NOTE: Ball size indications reflect maximum inflation size. Do not over inflate.

**Norco® Exercise Balls are tested to support up to 550 lbs. (250 kg).
Not intended for heavy lifting.**

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North Coast Medical, Inc.
135 E Main Ave, Suite 110
Morgan Hill, CA 95037—U.S.A.

501001FU-44-VZ0



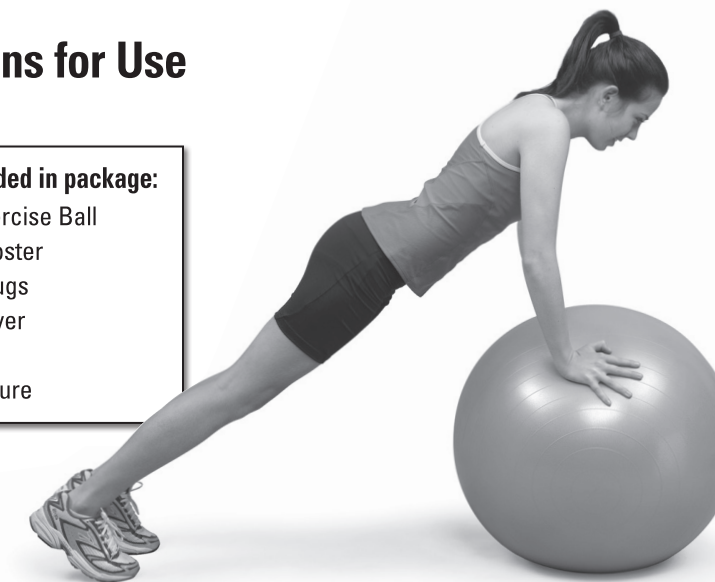
Burst Resistant

Exercise Ball

Instructions for Use

Contents included in package:

- (1) Norco® Exercise Ball
- (1) Exercise Poster
- (2) Inflation Plugs
- (1) Plug Remover
- (1) Pump
- (1) Tape Measure



WARNING: CHOKING HAZARD:

Plastic bag and small components not suitable for children under 3 years of age.

Basic Guidelines/Precautions

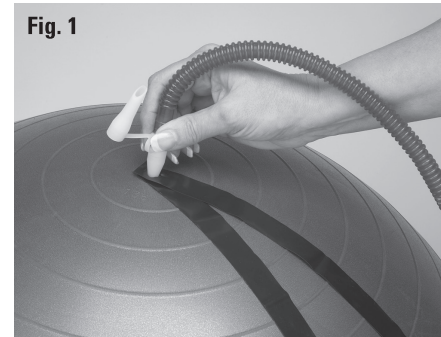
Please read the instructions fully before use.

The information contained in this Exercise Ball Instruction Sheet is intended for the consumer. It is the responsibility of the instructor, facility, or other person(s) who makes the ball available to the consumer to provide safety guidance regarding the information contained in this Exercise Ball Instruction Sheet.

1. Wear loose comfortable clothing. Bare skin may stick to the ball, hindering movement. Remove all objects from your body (rings, watches, etc.), clothing (pins, buckles, etc.), and pockets (keys, pencils, pens, etc.) that could puncture the ball.
2. Perform your exercise program slowly and increase the pace gradually, keeping in mind that unsupported sitting is an endurance activity. You may become fatigued without realizing it.
3. Maintain optimal posture when exercising. Do not combine bouncing with bending, twisting, or rotating the spine. Ideally, use a large mirror or have another person watch your posture while exercising.
4. For your protection, use the ball over a padded floor material as the ball may slip on carpet or a waxed floor. Keep all contact surfaces clean.
5. Mount, dismount and change position on the ball slowly. Due to the round shape of the ball, it could roll out from under you and cause injury.
6. Norco® Exercise Balls are not intended for outdoor use. Keep away from high heat.

To Inflate Norco® Exercise Balls

1. Remove the ball from the box, separate the ball from all packaging material and lay the ball out in a flat position for 2-3 hours prior to inflation.
2. **To use the included foot pump**, insert the nozzle into the hose. Attach the other end of the hose to the blue receptor on the pump.
3. Remove the plug from the ball.
4. Insert the pump's hose nozzle into the ball and inflate until the ball becomes round but still has some wrinkles. The ball should be soft and not fully inflated.
5. Remove nozzle and insert ball plug.
6. **Let ball rest for 24 hours** to allow the material to adapt to the expansion and atmosphere.



7. After this 24 hour rest time, fully inflate the ball per the recommended sizing guidelines on the back of this booklet. Follow the steps below:

- A. Place ends of tape measure together with the holes aligned.
- B. Remove the plug from the ball and quickly place the tape measure holes over the plug hole.
- C. Quickly insert the nozzle of the pump's hose through the tape's holes into the ball (**Fig.1**).
- D. Wrap the tape around the ball circumferentially.
- E. Inflate the ball until the tape is tight and the ball is firm with no wrinkles (**Fig. 2**).
- F. Quickly remove hose nozzle and reinsert ball plug.

WARNING: Never inflate your exercise ball greater than the labeled maximum diameter size. Always wait 24 hours after air is added and re-measure the ball prior to use. Do not use your exercise ball if it is inflated greater than the labeled maximum inflation size. Ball will expand if left in the sun or in a hot car.

To Deflate Norco® Exercise Balls

1. Carefully slide the ball plug remover under the head of the plug and slowly remove the plug in a straight pulling motion.

WARNING: To avoid personal injury or damage to the product, never use a sharp object to remove the plug. Only use the plug remover included with your Norco™ Exercise Ball.

2. Allow Norco® Exercise Balls to deflate naturally.
3. To re-inflate Norco® Exercise Balls after deflation, follow the inflation instructions previously listed in steps 7. A – F, above.