

Caring for your mediBall®/ Duraball™ PRO

CLEAN: Using a damp cloth

INSPECT: The balls surface before use and do not use if damaged

ENSURE: The floor and surroundings are clear of sharp objects

CARE: Should be taken if using in temperatures greater than 32°C or less than 18°C

WARNING: Do NOT patch/repair burst/punctured balls. Keep away from naked flames and direct sunlight.

Do not leave an inflated mediBall® in your car.

LOADING: While static load is greater than 1000kg your ball is rated Burst Resistant to 500kg total load. Body weight and equipment should not exceed 350kg. Care should always be taken when performing dynamic exercise. Always exercise on a padded floor.

Other AOK Products



duraball Pro™
mediBall®Pro
maxBall™
duraDisc™
Ball Web™
Pilates Ball™
Medicine Balls™
Power Ball
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AOK™
The Power of Balance!

"Congratulations
On buying the
best exercise ball
in the world!"

Essential Instructions CARE & USE GUIDE

mediBall®/
Duraball PRO™



500Kg

Burst Resistant

Technology



Made in Australia

AOK Health - developers of the world's
best functional exercise equipment

www.aokhealth.com

EASY TO INFLATE

- 1) Read the label on your ball to confirm the ball's size eg. 65cm
- 2) Locate the ball stopper (plug) and inflation adaptor
- 3) Slowly inflate the ball to 5cm less than it's maximum diameter eg 58cm for a 65cm ball
- 4) Insert the ball stopper and do not use your ball for 24 hours
- 5) Complete the inflation of the ball to your correct sitting height and wait another 24 hours before use

NOTE: If you have purchased the correct ball size, you should never have to inflate greater than 95% of the maximum diameter stated on the label.

WARNING Do not inflate when the temperature is greater than 32°C or less than 18°C

WARNING Do not over inflate ball as this will void your warranty.

WARNING If you have a pre-existing medical condition and/or are unsure of your balance, consult a qualified health practitioner prior to using your ball

WARNING Always supervise young children - they may remove and ingest the ball stopper



YOU RISK INJURY WHEN USING UNSTABLE PRODUCTS. SEEK ADVICE PRIOR TO USE

Sit upright with your hips slightly higher than your knees. Do not slouch or slump.

HIP →
KNEE →



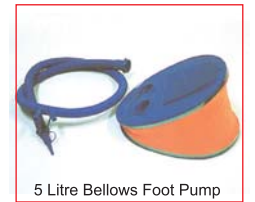
For sitting your hips should be 3cm to 5cm higher than your knees.
For exercise you can be level, that is knees at 90 degrees

NEVER

- NEVER** Inflate past maximum diameter
- NEVER** Use a ball without first checking for any marks or defects
- NEVER** Use a damaged or marked ball
- NEVER** Attempt to repair a ball
- NEVER** Use a ball in conjunction with sharp instruments
- NEVER** Leave an inflated ball in your car during daylight
- NEVER** Drive with a fully inflated ball in your car
- NEVER** Leave a ball near a heat source
- NEVER** Use a ball for sports that require kicking, bouncing or hitting
- NEVER** Use anybody else's ball. You do not know it's history



Air Brush Compressor



5 Litre Bellows Foot Pump

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