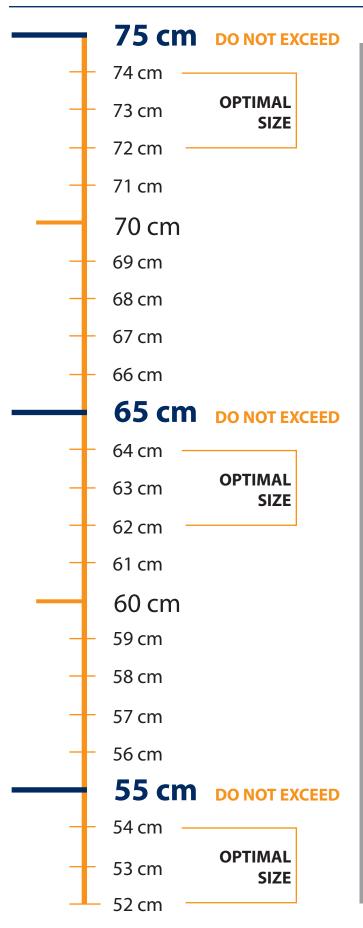
MOK" SWISS BALL INFLATION HEIGHT GUIDE



- > Inspect the Swiss Ball surface before each use. If you find gouges, cracks, peeling or other blemishes <u>DO NOT</u> use the ball. Report any damage to your Gym supervisor.
- > Check the inflation of the Swiss Ball and <u>DO NOT</u> use if over inflated or under inflated by more than 10% of maximum diameter (see ball label). Report poor inflation to your Gym Supervisor.
- > Burst resistance (Your Safety Factor) is greatly reduced if you use a damaged or incorrectly inflated Swiss Ball.
- > <u>DO NOT</u> use a Swiss Ball unsupervised if you have any balance or musculo-skeletal problems, as this may lead to injury.
- > Exercise away from exercise equipment, sharp objects or high traffic areas.
- > Always exercise on a padded floor
- > If you use resistance aids such as dumbells or medicine balls ensure you train with a partner to act as safety catcher.
- > Check the inflation date and do not use balls that have been inflated more than 12 months.