



Correct BALL-SIZING



BALL SIZE	Junior/45cm	Small/55cm	Medium/65cm	Large/75cm	Extra Large/85cm
User's Height for Sitting & Exercise	less than 150cm less than 5'	150 - 165cm 5' - 5' 6"	165 - 180cm 5' 6" - 6'	180 - 200cm 6' - 6' 8"	over 200cm over 6' 8"
User's Height for mainly Exercise	less than 160cm less than 5' 4"	160 - 175cm 5' 4" - 5' 10"	175 - 195cm 5' 10" - 6' 6"	over 195cm over 6' 6"	



NOTE: These sizes are not definitive but only a guide. Larger/bulkier users may need a larger size ball than shown purely for comfort and not biomechanics. Using the ball for weight lifting also is best with a larger ball than normal. There is only 10-20% loss of efficiency if using a larger ball size for exercise. You will rarely use a mediBall® at its maximum inflated diameter. Best results at 90-95% inflation.