

Black Mountain Products®

Read all warnings and precautionary statements to reduce risk of injury when using your exercise ball.

1. Consult your physician before beginning any regular exercise program.
2. Always examine your B.M.P.® exercise ball for any defects, cracks, cuts, tears, or imperfections before use. If there are any imperfections, stop using the ball immediately, and contact B.M.P.® support.
3. DO NOT try and repair the exercise ball in any way.
4. Do not use your B.M.P.® exercise ball for anything other than exercise.
5. Do not over inflate the B.M.P.® exercise ball.
6. Do not under inflate the B.M.P.® exercise ball.
7. Warm up before starting any exercise routine.
8. If you feel any pain or experience any dizziness while exercising you should stop immediately.
9. When exercising, be careful not to let the B.M.P.® exercise ball slip out on you.
10. When starting exercise, start slowly. Movements on the ball should be slow and controlled for safety.
11. Use the B.M.P.® exercise ball only as directed.
12. This ball is not a toy. Children under the age of 18 should only use under adult supervision.
13. Use only on nonabrasive surfaces such as carpeting, exercise or yoga mats.

Warranty:

1. All exercise balls are fully warrantied for life.
2. Contact Black Mountain Products® by telephone, e-mail or online if there is any missing, damaged, or defective parts.
3. Warranty does not cover any incidental damage.
4. Void where limited or prohibited by law.
5. B.M.P.® reserves the right to alter the warranty at any time.

Warranty Support:

blackmountainproducts.com/request-a-replacement

warranty@blackmountainproducts.com

Telephone: 815-322-2028

Office hours: 8:00am to 4:00pm (CST) M-F

Visit us at blackmountainproducts.com

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<https://www.facebook.com/BlackMountainProducts>

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**BLACK MOUNTAIN
PRODUCTS**

Reach Your Peak Performance!
Exercise Stability Ball



Sizes: 45cm (Extra Small) | 55cm (Small) | 65cm (Medium)
75cm (Large) | 85cm (Extra Large)



For new products and exercises scan the QR code
or visit us at blackmountainproducts.com.

Inflating Exercise Ball

Diameter:

45cm ball | 17 ½ inches
55cm ball | 22 inches
65cm ball | 26 inches
75cm ball | 30 inches
85cm ball | 33 ½ inches

Circumference:

45cm ball | 141cm or 56 inches
55cm ball | 172cm or 68 inches
65cm ball | 204cm or 80 inches
75cm ball | 235 cm or 92 inches
85cm ball | 267cm or 105 inches

1. Remove valve plug from resealable bag.
2. Insert the end of the pump hose into ball to inflate.
3. Inflate the ball to the size of the diameter and circumference referenced above.
4. Quickly pull out the pump and insert the plug into the valve to secure the inflated ball.

* All balls **MUST STRETCH** to achieve proper size. This allows the ball to be stretched for proper functionality and use. The ball may seem filled, but each ball must be filled to the correct circumference.

* DO NOT **UNDER** inflate the ball. Not fully inflating the ball to the correct size can cause risk of injury and may damage the ball. With correct inflation, each exercise ball will be very firm with a slight indentation when pressure is applied.

* DO NOT inflate your exercise ball when the room temperature is greater than 90°F or below 32°F.

* DO NOT use an air compressor to inflate the exercise ball. Air compressors blow cold air that could expand after returning to room temperature.

* Only inflate the ball with the pump that is included with the exercise ball.

* Pump will not allow ball to be over inflated.

Information about Exercise Ball

Suggested Sizing Guidelines:

Body Height	Recommended Ball Size
5ft and Under	45cm
5ft to 5ft 6in	55cm
5ft 7 in to 6ft	65cm
6ft to 6ft 5in	75cm
6ft 5in and Over	85cm

1. Inflate the ball only as described. Improper inflation may cause damage to the ball.
2. Wear appropriate clothing and footwear to protect the ball from any incidental damage.
3. Remove all objects from your body such as rings, watches, belt buckles, or any sharp object that could potentially puncture the ball during use.
4. Clean the exercise ball with a soft cloth using warm, soapy water. Do not use abrasive or chemical cleaners.
5. Use the ball on a padded non-abrasive floor to prevent slipping and abrasion to the ball.
6. The ball should be used only indoors.
7. Do not exceed weight limit of 2000lbs of force exerted to the ball.
8. It is not recommended to use additional weights while performing exercises, which could potentially cause the user to exceed maximum weight.