

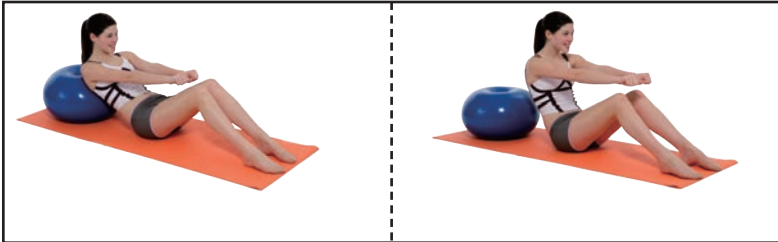


FitBALL® Donut - Sample Exercises

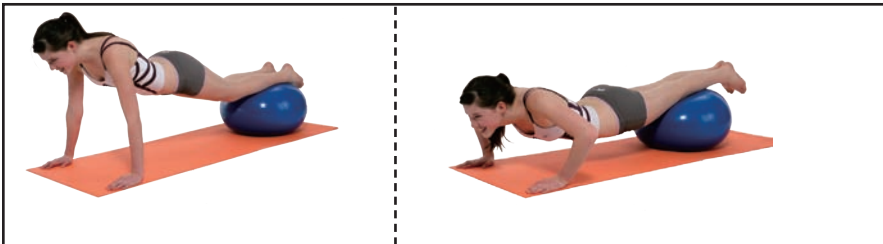
Consult your physician, trainer or therapist before beginning this, or any other exercise program. Please read reverse side of this insert for safety and care instructions before using. Discover more FitBALL products at www.fitball.com

Inflation Instructions

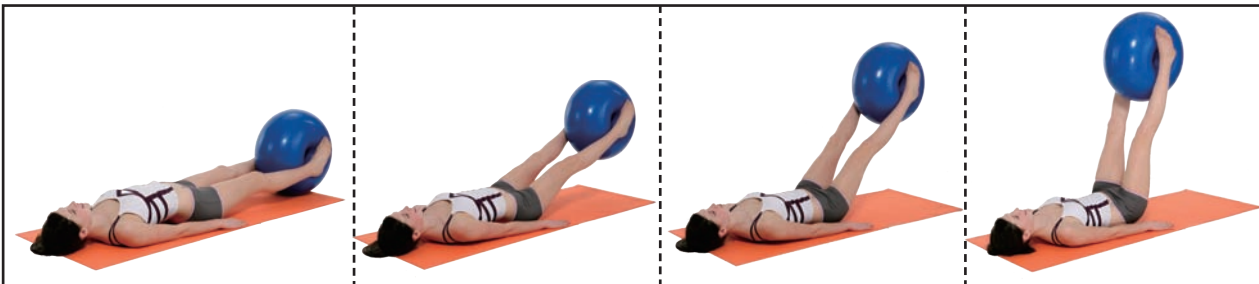
- Remove donut from box and check for shipping damage. It is normal for the donut to have slight fold marks when first inflated. Make sure the donut is at room temperature before inflating.
- Remove plug from the donut. The donut is inflated by size and not pressure. The maximum measurement for the small donut, when stood on its side, is 20". The maximum measurement for the large donut, when stood on its side, is 26". Using tape or a pencil, mark this height on a door or wall so that you can measure the donut during inflation.
- Using FitBALL pump or compressor, inflate the donut to desired height, BUT DO NOT EXCEED MAXIMUM SIZE ABOVE. Replace plug when inflation is complete.
- Firmness may vary slightly. If you have difficulty inflating the donut to full size, leave inflated for 24 hours. The next day, add more air until the donut reaches the correct size.



Example 1: Modified sit-ups.



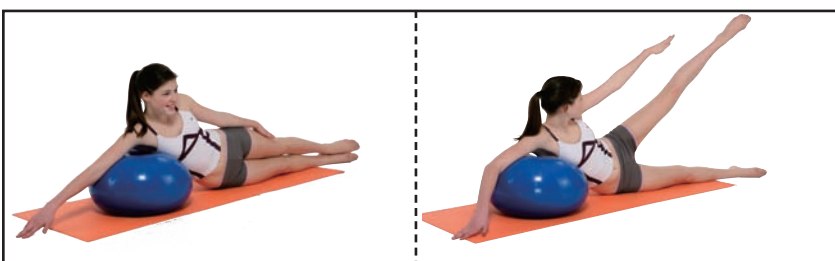
Example 2: Modified push-ups.



Example 3: Core-strengthening. Lift legs up at 30, 45 and 90 degrees. Hold for 5 seconds at each angle.



Example 4: Balance & Strengthening. Lift hands first, then legs. Hold with control.



Example 5: Modified side-stretch with leg lift.

SAFETY, CARE AND USE INSTRUCTIONS

- DO NOT use your donut until you have read this instruction/information insert in full.
- User assumes the risk when using this product. Ball Dynamics International, LLC shall not be liable for any damages that result from the use of an inflatable donut.
- CAUTION – Choking hazard; contains small parts.
- NEVER exceed maximum diameter when inflating the donut.
- There are inherent risks with any exercise program. Consult your health care professional before beginning this or any exercise program.
- Always exercise in regards to your physical condition. Persons with poor balance should use the donut only under close supervision of a health care professional.
- In cases of nausea, shortness of breath, head or chest pains or similar symptoms, stop exercising immediately and consult a physician.
- Provide enough unobstructed space when using the donut so there is no furniture or other objects in the area that could cause injury. Inspect the floor for small objects that could puncture the donut.
- There is a risk that falling off the donut, particularly during some of the illustrated exercises, may cause severe injury. Perform all exercises slowly and with control and maintain proper body position.
- DO NOT use during heavy weight-lifting or with any weights that may puncture the donut.
- DO NOT stand on donut.
- DO NOT use the donut on a surface that may cause the donut to slip during use.
- Bare feet are recommended while exercising. If feet are slipping, try athletic shoes or a mat.
- Wear comfortable clothes that allow a full range of movement.
- Before each use, check area and clothing for sharp objects that may
- The donut is intended for indoor use only. DO NOT use the donut outside as risk of puncture is very high.
- This product is not a toy and should only be used by children with appropriate adult supervision.
- Always inspect the donut prior to each use for any punctures, cuts, gouges, worn or weak spots or other defects which may cause the donut to fail during use.
- DO NOT use the donut if damage or defects are found. Discard and replace immediately. DO NOT attempt to repair or patch a damaged donut.
- Keep the donut away from heat sources and out of direct sunlight.
- Keep this instruction sheet for future use.

LIMITED WARRANTY

Ball Dynamics International, LLC ("BDI") warrants to the original purchaser that this product shall be free from manufacturing defects for a period of ninety (90) days from the invoice date. If your product shows signs of defective manufacturing during that time, please contact us at:

Ball Dynamics International, LLC
Customer Service
14215 Mead Street
Longmont, Colorado 80504

or call:

800-752-2255

Your remedy under this warranty is limited to the replacement of your product by BDI; all shipping and return costs shall be at your own expense. If it is determined that your product shows signs of defective manufacturing, BDI shall replace such product within 90 days after receipt by BDI of the returned product. In the event the product is no longer distributed by BDI, BDI shall provide you with a comparable product, in its sole discretion. This warranty does not extend to any defect or problem caused by the negligence of you or others, failure to use or maintain the product in accordance with the instructions furnished, unreasonable use or acts, accidents, alterations or ordinary wear and tear.

BDI SHALL NOT BE RESPONSIBLE OR LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND, WITH RESPECT TO PERSONS, BUSINESS OR PROPERTY, WHETHER AS A RESULT OF BREACH OF WARRANTY, NEGLIGENCE OR OTHERWISE. THE LIABILITY OF BDI SHALL BE LIMITED TO THE REPLACEMENT OF THE PRODUCT NOT MEETING THE QUALITY AND SPECIFICATIONS WARRANTED. NO OTHER WARRANTY, EXPRESS OF IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, SHALL APPLY. ANY SUCH IMPLIED WARRANTIES ARE EXPRESSLY DISCLAIMED. IN THE EVENT APPLICABLE LAW PREVENTS THE DISCLAIMER OF ANY IMPLIED WARRANTIES, SUCH IMPLIED WARRANTY SHALL BE LIMITED TO THE DURATION OF THE EXPRESS WARRANTY SET FORTH ABOVE.

Some states do not allow limitations on the length of implied warranties or exclusions or limitations on the award of incidental or consequential damages, so the above exclusions and limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State.