

### **STORMRED GYMNASTIC BALL - Instructions for use**

Please read the instructions carefully before use. We are not responsible for injuries or damage to items caused by improper use of this product. The gymnastic ball allows you to perform versatile activities to strengthen your health and your relaxation. Gymnastic balls are suitable for versatile use in fitness, cardio training and rehabilitation exercises. Exercising with this ball reduces the body's tension, strengthens the abdominal and back muscles and activates the joints. For a short time, you can also use it as an alternative seating furniture.

If you have any health problems, consult your doctor before exercising on the ball.

Inflation should only be performed by an adult. Please use a pump to inflate the ball. Do not inflate the ball with your mouth. Children must not inflate the ball, as small parts (inflatable valve, etc.) could be swallowed.

1. Leave the ball unwrapped and loosely spread out at room temperature for 1-2 hours before inflating. If you use a compressor to inflate, inflate the ball in stages so that the material expands slowly (it must not inflate suddenly and violently).
2. After the first inflation, the ball may have a smaller diameter than specified in the product parameters. After 5-7 days from first inflation material will regain its flexibility, then inflate it to required size.
3. A properly inflated ball should be firm to the touch but not hard. The ball is properly inflated if you can bounce on it while seated.
4. Use the ball on a clean and dry surface. Keep the ball away from heat sources (heaters, stoves, etc.) and sharp edges and objects that could damage it.
5. Exercise can only be started if the product is fully functional. A damaged product must not be used!

Warning: Gymnastic balls are not a toy, always use them only for the purpose for which they are intended. Children should only use the balls under the supervision of adults or qualified persons. Contact with organic solvents and aggressive cleaning agents can damage the product. Store in a dark and dry place. Warranty conditions - the buyer is given a warranty period of 24 months from the date of purchase - during the warranty period all product defects caused by a manufacturing defect or defective product material will be eliminated so that the item can be used properly - warranty rights do not apply to defects caused by: mechanical damage / unavoidable event, natural disaster / unprofessional intervention / improper handling or improper placement / due to low or high temperature / exposure to water / disproportionate pressure and shocks / intentionally altered design, shape or dimensions / improper maintenance / wear of the product during normal use.