

## Caring for your mediBall®/ Duraball™ PRO

- CLEAN:** Using a damp cloth
- INSPECT:** The balls surface before use and do not use if damaged
- ENSURE:** The floor and surroundings are clear of sharp or angular objects
- CARE:** Should be taken if using in temperatures greater than 32 C° or less than 18°C as this may reduce ball strength
- WARNING:** Do NOT patch or repair burst/punctured balls. Keep away from naked flames and direct sunlight.

**LOADING:** While static load is greater than 1000kg your ball is rated Burst Resistant to 500kg total load. Body weight and equipment should not exceed 350kg. Care should always be taken when performing dynamic exercise. Always exercise on a padded floor.

### For more information please see the following documents

- \* Floor Surface Selection
- \* Inflation Height Guide
- \* Care & Use Guide
- \* Gym Safety Poster
- \* Ball Sizing Instructions
- \* Inflation Instructions
- \* Safety Policies for Gyms
- \* Point of Sale Poster

These documents are available at  
[www.mediBall.com](http://www.mediBall.com) and [www.duraball.com](http://www.duraball.com)



For Quality and Safety, AOK are the only Swiss Ball producer in the World to label their balls with a batch number and inflation date.

To assist you in keeping track of your Swiss ball inflation history we have modified our mediball Pro® Plus label to include space for you to write the batch number and inflation date of the ball. You can find the batch number marked on the plastic wrapper that your ball comes in.

**AOK™**  
AOK Health Pty Ltd  
Call: 1300 790 900  
[www.aokhealth.com](http://www.aokhealth.com)  
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**AOK™**  
The Power of Balance!

"Congratulations  
On buying the  
best exercise ball  
in the world!"

500Kg  
Burst Resistant  
Technology

## Essential Instructions CARE & USE GUIDE

mediBall®  
Duraball PRO™



Made in Australia

AOK Health - developers of the world's  
best functional exercise equipment  
[www.aokhealth.com](http://www.aokhealth.com)

## EASY TO INFLATE

- 1) Read the label on your ball to confirm the ball's size eg. 65cm
- 2) Locate the ball stopper (plug) and inflation adaptor
- 3) Slowly inflate the ball to 5cm less than it's maximum diameter eg 60cm for a 65cm ball
- 4) Insert the ball stopper and do not use your ball for 24 hours
- 5) Complete the inflation of the ball to your correct sitting height and wait another 24 hours before use

**NOTE:** If you have purchased the correct ball size, you should never have to inflate greater than 95% of the maximum diameter stated on the label.

**WARNING** Do not inflate when the temperature is greater than 32°C or less than 18°C  
**WARNING** Do not over inflate ball as this will void your warranty. Maximum diameter is on the label.  
**WARNING** If you have a pre-existing medical condition and/or are unsure of your balance, consult a qualified health practitioner prior to using your ball  
**WARNING** Always supervise young children - they may remove and ingest the ball stopper



**YOU RISK INJURY WHEN USING UNSTABLE PRODUCTS. SEEK ADVICE PRIOR TO USE**

Sit upright with your hips slightly higher than your knees. Do not slouch or slump.

HIP →  
KNEE →



For sitting your hips should be 3cm to 5cm higher than your knees.  
For exercise you can be level, that is knees at 90 degrees

## NEVER

- NEVER** Inflate past maximum diameter
- NEVER** Use without first checking for any marks or defects
- NEVER** Use a damaged or marked ball
- NEVER** Attempt to repair a ball
- NEVER** Use in conjunction with sharp instruments
- NEVER** Leave an inflated ball in your car during daylight
- NEVER** Drive with a fully inflated ball in your car
- NEVER** Leave a ball near a heat source
- NEVER** Use to kick, bounce or hit
- NEVER** Use anybody else's ball. You do not know it's history

**IF UNSURE SEEK PROFESSIONAL ADVICE**



Air Brush Compressor



5 Litre Bellows Foot Pump

Selection of pumps available - Enquiries: 1300 790 900