Black Mountain Products®

Important: Read all warnings and cautionary 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 any imperfections, stop using ball immediately, and contact B.M.P.® support.
3. DO NOT try any repair exercise ball in any way.
4. Do not use B.M.P. ® exercise ball for any use than exercise.
5. Do not over inflate B.M.P® exercise ball.
6. Do not under inflate 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 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 B.MP.® exercise ball only as directed.
12. This ball is not a toy. Children below the age of 18, use only under adult supervision.

Warranty:

1. All exercise balls are fully warrantied for life.
2. Inform Black Mountain Products® by telephone or e-mail if there is any missing, damaged, or defective products.
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:

Warranty@blackmountainproducts.com
Telephone: 815-322-2028
Office hours: 8-4 CST M-F

Like us on Facebook!
Facebook.com/BlackMountainProducts

Black Mountain Products®

Reach Your Peak Performance!

B.M.P. Exercise Stability Ball



Sizes: 55cm (Small) 65cm (Medium) 75cm (Large)

For new products and exercises visit us at:

Blackmountainproducts.com
Inflating Exercise Ball:

Diameter:

55cm ball - 22 inches
65cm ball - 26 inches
75cm ball – 30 inches

Circumference:

55cm ball – 172cm or 68 inches
65cm ball – 204cm or 80 inches
75cm ball – 235 cm or 92 inches

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

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

* DO NOT **UNDER** inflate. Not fully inflating ball to 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 where you will use the ball 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 ball with pump that is included with exercise ball.
*Pump will not allow ball to be over inflated.

Information about Exercise Ball:

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

Suggested Sizing Guidelines:

Body Height:	**Recommended Ball Size**:
5 ft. to 5 ft. 6in.	55cm
5 ft. 7 in. to 6 ft.	65cm
6 ft. and over	75cm

1. Inflate ball only as described. Improper inflation may cause damage to ball.
2. Wear appropriate clothing and footwear to protect 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 ball during use.
4. Clean exercise ball with a soft cloth with warm, soapy water. Do not use abrasive or chemical cleaners.
5. Use 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 ball.

8. It is not recommended to use additional weights while performing exercises, which could potentially cause the user to exceed maximum weight.