

Original User Manual gym ball

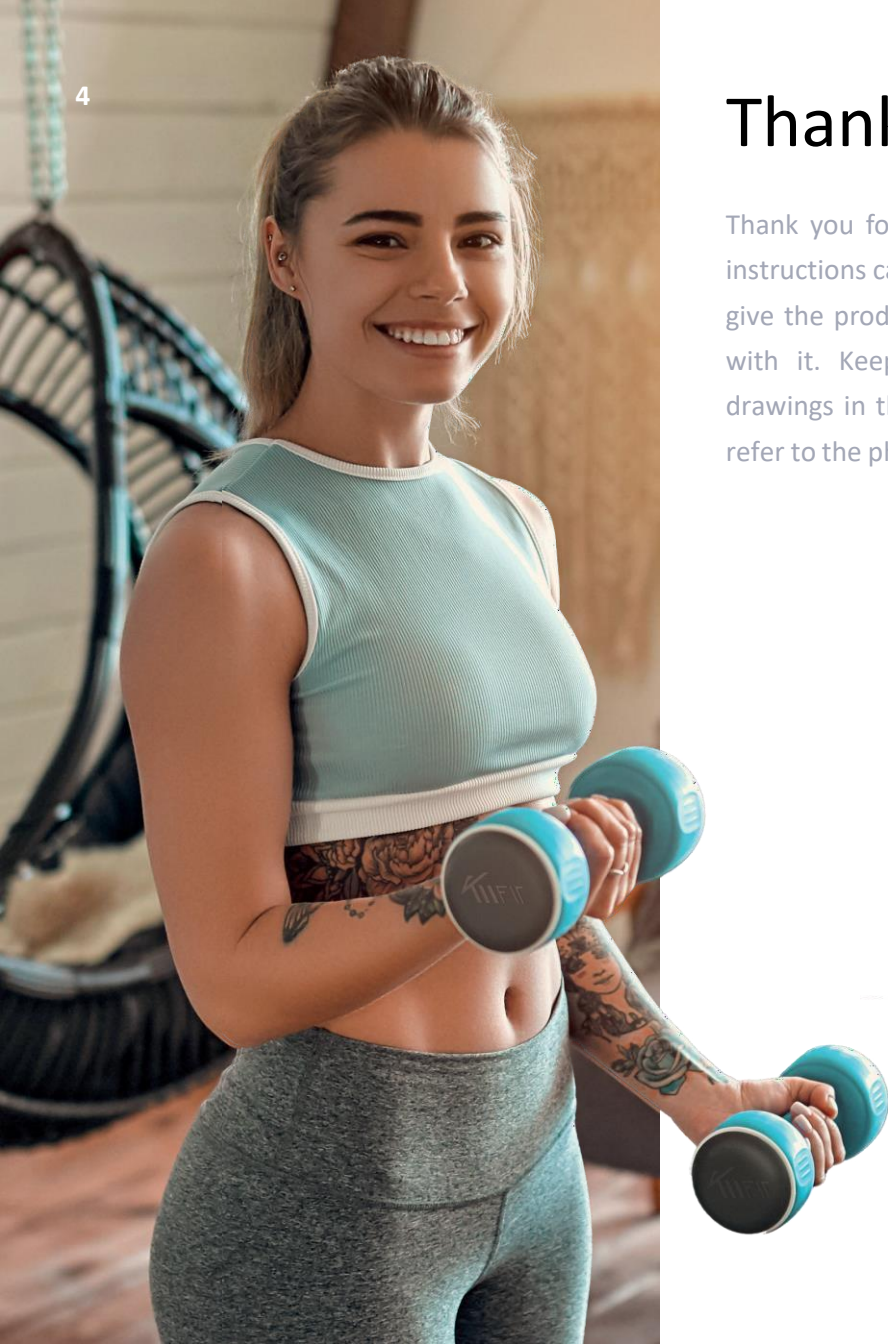
Model: KM-HE-VGB3117-55S, KM-HE-VGB3117-55B, KM-HE-VGB3117-55G, KM-HE-VGB3117-55P, KM-HE-VGB3117-65S, KM-HE-VGB3117-65B, KM-HE-VGB3117-65G, KM-HE-VGB3117-65P, KM-HE-VGB3117-75S, KM-HE-VGB3117-75B, KM-HE-VGB3117-75G, KM-HE-VGB3117-75P



Please follow all security measures in this user's manual to ensure a secure use.

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Thank you!

Thank you for purchasing our product. Please read the operating instructions carefully before using the product for the first time. If you give the product to a third party, this manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.



Important safety instructions

Your safety is of the most importance to us. Please make sure that you read this instruction booklet before attempting to install and use the appliance. If you are unsure of any of the information contained in this booklet, please contact the Retailer where you purchased your unit.

WARNING: Read all safety and usage instructions. Failure to follow the safety information and instructions can cause electric shock, fire and/or serious injury. Keep all safety and usage instructions for future reference.

DO NOT use the product until you read the instruction manual.

Make sure you have read the instruction manual thoroughly and understand the contents before you start the installation.

The instructions are in the interest of your safety.

Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.



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Important safety instructions

Introduction


This user manual is intended to familiarize you with the installation, use and maintenance of the product. To install the device safely and correctly, please read the user manual before you begin.


Please read the following instructions carefully and use the product accordingly. Please

keep this manual and hand it over when you transfer the product.

This summary may not include every detail of all variations and considered steps. Please contact us when further information and help are needed.

Symbol explanation

 **WARNING:** This signal symbol/word refers to a hazard with a medium degree of risk which, if not avoided, may result in death or serious injury.

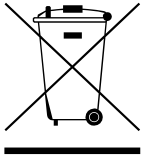
 **CAUTION!** This signal symbol/word refers to a low-risk hazard which, if not avoided, may result in minor or moderate injury.

Note! This signal symbol/word warns of possible property damage.

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Warning! Read the safety instructions carefully. Failure to comply with safety instructions may cause electric shock, fire, and severe injury. **Keep all safety instructions for the future.**



This product must not be disposed of with household waste!



WARNING! This device can pose dangers if it is used improperly or not as intended by persons who have not been instructed! Note that the device is not a toy and does not belong in children's hands.

Suffocation! Do not leave the packaging material carelessly. It could become a dangerous toy for children.

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Important safety instructions

Safety instructions

- Your safety is most important to us. So please make sure you read the user manual before installing and using the product. If you are unsure about any information in this manual, please contact the dealer from whom you purchased the device.
- **DO NOT** use the product if you have not yet read the instruction manual.
- Make sure you have read the user manual thoroughly and understood the contents before you begin the installation.
- The instructions are in the interest of your safety.

WARNING!

- For safety reasons, the following safeguards are important. Failure to read and follow these instructions can result in serious injury.
- For your health and safety, people with hypertension, heart disease, and other cardiovascular and cerebrovascular diseases should avoid using this product.
- The disabled shouldn't use the equipment alone without supervision from specialists or health workers.
- We recommend that you talk to your doctor before embarking on any new exercise if you have had any recent surgery, are pregnant, have an injury, or if you have concerns about your health or levels of fitness that you think additional exercise may aggravate.
- Stop exercising immediately if you feel light-headed or short of breath.
- If you feel nausea, pain, discomfort, or other acute abnormalities, be sure to stop exercising and consult your doctor before resuming exercise.
- Be careful when carrying the product as it may be too heavy for you. You may need a friend or family member to help you unpack, assemble, and relocate the product.
- Keep the packaging components away from children, especially from infants and toddlers, as there is a danger of suffocation.
- Ensure the product is fully intact before use; if any damage occurs, stop using it immediately and contact us.
- Don't use the product outdoors.
- Keep all packages and accessories for future use and store them safely away from children and animals.

1.1

Caring Notes:

- Always check the ball for nicks or scratches before each use. If damaged in any way, do not use.
- It is not necessary to deflate ball after use; however, slight leakage may occur over time. Re-inflate when necessary.
- Hand wash ball with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch or damage ball.

Where to use

- Clear play area of sharp objects that may puncture ball. Use only on a smooth surface.
- Please do not wear any jewelry while you are exercising.
- Avoid placing or rolling ball on newspaper, photocopies or other materials printed in ink as ink may permanently mark ball.
- Avoid exposing ball to rough, sharp or abrasive surfaces, or to heat or excessive sunlight Always keep the ball away from something hot.
- DO NOT place yoga ball in contact with woodwork, wood furniture or painted walls for any period of time. Damage to finish may occur.
- Don't use Swiss balls for physical activity that involves kicking, hitting or throwing.

Who can use

Many animals such as cats and dogs will see your stability ball as a fun play toy, but they can destroy the ball with their claws or teeth. Using a stability ball right after letting an animal play with it is a bad idea because they could put a small puncture in it that will cause the ball to burst once you use it.

Please consult with your physician before beginning any exercise program if you use the ball as a birth ball or for therapy. Minors should be under the supervision of an adult when using the ball.

Nr



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Scope of delivery



No.	Designation
1.	Gym Ball
2.	pump

Inflation & Deflation

Inflating Your Ball



1. Use the tape measure included to mark the size on the wall. (the mark indicates the ideal size of your selected ball)
2. Connect the hose to the BLUE nozzle on the pump.
3. Get either needle connected to the hose.



1. Inset the needle into the inflating hole of the ball make sure they are connected
 2. Inflating the ball until it reaches to the mark.
 3. Quickly plug the hole and finished.
- Note: If the ball can't reach the level of mark in your first inflation, wait a further 24 hours and inflate again.

Deflating your ball / Storage

Deflating Your Ball

1. Use a plug remover coming along with the package to remove the plug. Don't use a sharp object to remove the plug, or you could puncture the ball.
2. Lightly bounce to force the remaining air out of the ball until the ball is completely deflated.
3. Fold it several times before putting it back into storage.

Ball Storage

If you deflate your ball, store it in a box or wrap it in a soft cloth to prevent damage. Always store the ball out of the sun and away from hot or rough objects. Appropriate ball storage extends the life of your ball. A cloth ball cover makes ball cleaning easier.



Exercise introduction

The use of this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control the intake of calories, and can help you achieve the overall effect of toning your body.



Warm-Up Phase

This phase not only helps stimulate circulation and warm up the muscles, but also reduces the risk of cramps and pulled muscles. It is advisable to do a few stretching exercises as shown in the picture. The muscle tension during each stretch should be maintained for about 30 seconds. Stretch your muscles slowly, without abrupt jerks and motions. If pain occurs, stop stretching immediately.



Cooling Down Phase

The use of this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control the intake of calories, and can help you achieve the overall effect of toning your body.

Cooling Down After Workout



1 Shoulder Stretch



2 Triceps Stretch



4
Overhead
Stretch



5
Chest
Stretch



3
Hip Flexor
Stretch

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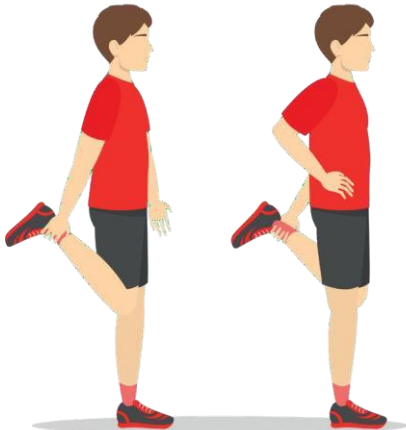
6 Forward Bend



7 - Toe Touch



8 - Child's Pose



9 Quadriceps Strech



10 Cobra Pose



11 Thigh Hug

Maintenance tips

- **What if your ball doesn't reach its indicated size**

Due to properties of PVC material, some balls can be smaller than their required size after first inflation. Please leave your ball overnight to stretch and then re-Inflate It. Repeated inflation would make it become bigger and reach the final size gradually. Besides, a wrong size may be accidentally delivered.

- **What if your ball doesn't hold air**

Please note that your ball would inevitably lose air gradually during use. The frequency of inflation would vary based on your use of the ball. Generally speaking, a ball becoming flat or much smaller within a very short time (several hours or 2-3 days) indicates a defective item losing air. Please make sure the plug is fully inserted into the ball after inflation. Otherwise, it would leak air.

- **What if your ball is egg-shaped**

When the ball is wider in one direction than the other by 3 cm or even more. An egg-shaped ball is not normal. Many reasons result in egg-shaped ball.

Note: Please contact us with your order number to get a replacement one

- **How to clean?**

Clean your ball with a soft cloth of sponge and clean with mild soapy water if needed. Chemical cleaners may break down and damage the ball's surface. Always use your ball on a clean dry floor. This precaution goes a long way toward keeping your ball clean and avoiding punctures.

Technical data

3 different sizes	55cm/800g, 65cm/1000g, 75cm/1200g
Material	PVC
Colour	Blue, black, grey, pink
Load capacity	300 kg

In the course of product improvements, we reserve the right to make technical and visual changes to the article.

Environmentally friendly disposal

⚠ Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.

1. Disposal

The packaging of your unit consists of materials that are necessary to guarantee effective protection during transport. These materials are fully recyclable and therefore reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

2. Disposal of appliances

Old appliances must be disposed of in accordance with the guidelines and regulations of the local waste disposal authority. Check with your local administration for the address of the nearest recycling centre and deliver your appliance there.



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EU Declaration of Conformity

we,

KM-Fit by Canbolat Vertriebsgesellschaft mbH, Gneisenaustraße 10-11, 97074 Würzburg, Germany,

hereby declare that the equipment described below, by virtue of its design and construction and in the versions placed on the market by us, complies with the relevant essential health and safety requirements of the EU directives.

Product name: Gym Ball

Model name: KM-HE-VGB3117-55S, KM-HE-VGB3117-55B, KM-HE-VGB3117-55G, KM-HE-VGB3117-55P, KM-HE-VGB3117-65S, KM-HE-VGB3117-65B, KM-HE-VGB3117-65G, KM-HE-VGB3117-65P, KM-HE-VGB3117-75S, KM-HE-VGB3117-75B, KM-HE-VGB3117-75G, KM-HE-VGB3117-75P

Item number: 4252023114356, 4252023115537, 4252023115544, 4252023115551, 4252023115568, 4252023115575, 4252023115582, 4252023115599, 4252023115605, 4252023115612, 4252023115629, 4252023115636

Place and date of issue: Würzburg,
02.08.2023

Signature:



Dipl.-Inform. (Univ.)
Korhan Canbolat, Managing Director

If the device is modified without our consent, this declaration of conformity loses its validity

Contact With Us

Tel.: [+49 931 90 80 3000](tel:+4993190803000)

Mail: info@km-fit.de

Office address: KM-Fit • Gneisenaustraße 10-11 • 97074 Würzburg

The return address can be found in the imprint: www.km-fit.de

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WEEE-Reg. No. DE 61617071



km-fit.de