



# BALANCE TRAINER

## Quick Start Guide

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YOUR  
PHONE?

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### Inflation Instructions



1

Insert the pump nozzle into the air hole on the ball.



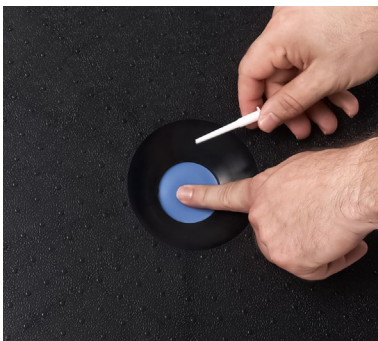
2

Begin to pump with even strokes. It should take a few minutes to fully inflate.



3

Pump up to your desired firmness or desired height. Use your hand to test the firmness.



4

Insert the ball plug completely. It should be flush with the exercise ball surface.

**Note:** when removing the pump quickly place your finger over the hole to prevent air from escaping. Then insert the ball plug underneath your finger into the air hole.

### Attaching Resistance Bands



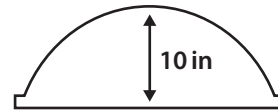
To attach your balance trainer's resistance bands locate the loops on either side of the half ball base. Attach the resistance bands by clipping them to the loop as seen in photo.

### 💡 Tips For Proper Use

Inflate the ball only as recommend. Improper inflation may cause damage to the ball. The ball should never be kicked or used near sharp or hot objects. Make sure the air plug is fully inserted to seal the air hole completely. The ball is intended to be used indoors only.

### ⚠️ Caution

Do Not inflate this product more than 10 inches high or ball will come out of base.



### 🔧 Maintenance & Care

To clean your exercise ball use a soft cloth and warm, soapy water. Never use abrasive or chemical cleaners. Save your pump and replacement plug in a safe place.

### Need Help? We Care!

If you have any questions or issues get in touch with us at [Support@URBNFit.com](mailto:Support@URBNFit.com)

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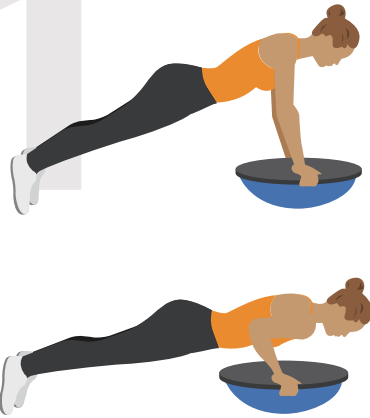
## Workout Guide

WANT THIS ON YOUR PHONE?

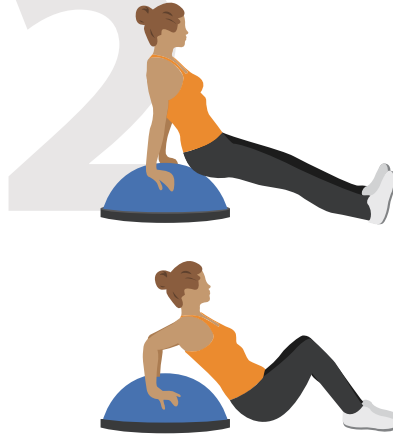
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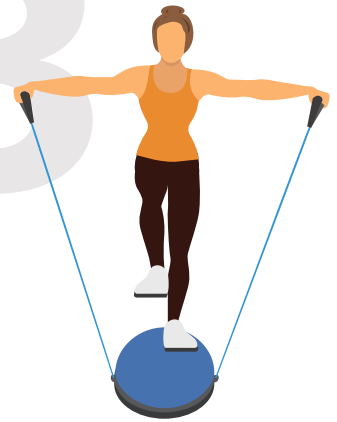
1 Push-up



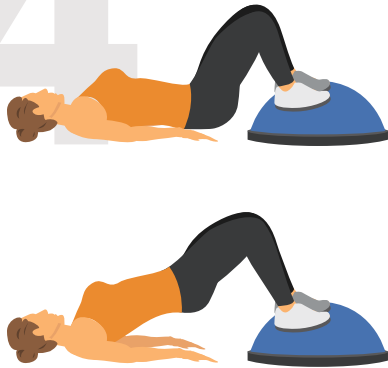
2 Tricep Dip



3 Shoulder Extension



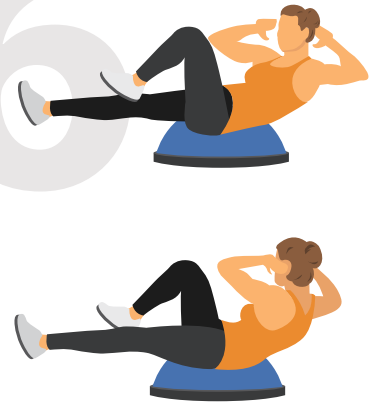
4 Bridge



5 Sit-up



6 Bicycle Crunch



7 Mountain Climber



8 Squats



9 Burpees

