

# Instructions for use

for TOGU balls with



## please read carefully

**Warning: Choking Hazard**

Packaging contains small parts. Unsuitable for children under 3 years of age.



Congratulations on your purchase of a ball with the unique **Anti-Burst System**. TOGU balls with ABS® offer greater safety against a sudden bursting of the ball during use - provided a certain body weight is not exceeded (see load table along-side). The patented material CRYLON® means that balls with ABS® do not burst if punctured, but slowly deflate.

The Anti-Burst System protects you from a sudden explosion of the ball if punctured. The ball simply loses air slowly, leaving you enough time to react accordingly.

However, in the event of larger tears, for example if the ball chafes along sharp edges and is ripped open, even the Anti-Burst System can no longer help and the ball could lose air suddenly following such damage = it bursts.

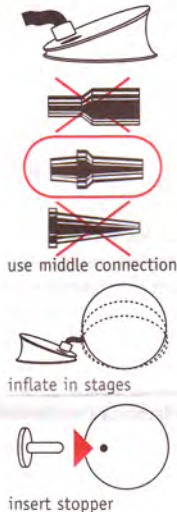
The ball should thus be checked regularly for scratches or chafe marks which can appear even during correct use or which can gradually develop.

### An ABS ball can be inflated in the following ways:

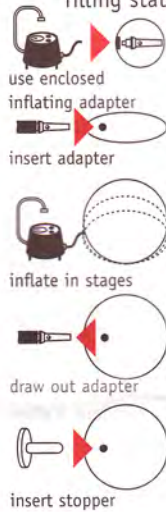
#### a) Handpump



#### b) Bellows



#### c) Compressor/filling station

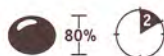


### How to activate the Anti-Burst System:

1) The ball must be stored at at least 20°C (68°Fahrenheit) for 2-3 hours before inflation.



2) Inflate the ball in stages up to 80 % of its maximum size at room temperature or at a max. outside temperature of 25°C (77°F). Remember that the ball may be very hard in this phase. Leave for at least 2 hours.



3) Slowly inflate the ball up to the optimum size for you at room temperature, **though never inflate over its maximum size**. Warning: On account of the leather-like material, the ball feels very hard, even if inflated slowly. The ball reaches its optimum elasticity (softness) after 2 days at the latest. Since the leather-like ABS® material naturally takes longer to adapt to the expansion than a normal, unreinforced ball, **it can tear if handled incorrectly** during inflation.



4) Balls with ABS® must be left for 24 hours after final inflation before being used for the first time so that the Anti-Burst System can adjust to the ambient conditions (optimum room temperature). Please check the diameter of your ball after these 24 hours since the ball can become larger on account of air expansion inside the ball due to the effects of temperature. If the maximum diameter has been exceeded simply let some air out until the ball reaches the correct diameter.



### Load Table:

Every ABS® ball is **burst-proof** up to a certain body weight (overall weight) - irrespective of its high load-carrying capacity:

ABS®-Powerball	45 - 75 cm	load up to 500 kg	burst proof up to 90 kg
ABS®-Redoball*	45 - 65 cm	load up to 1000 kg	burst proof up to 150 kg
ABS®-Redoball*	75 cm	load up to 500 kg	burst proof up to 120 kg
ABS®-Sitzball	45 - 75 cm	load up to 500 kg	burst proof up to 120 kg
ABS®-Softball	45 - 75 cm	load up to 300 kg	burst proof up to 75 kg
ABS®-X-tra Ball	40 - 60 cm	load up to 500 kg	burst proof up to 90 kg
ABS®-Pushball	85 - 100 cm	load up to 250 kg	burst proof up to 45 kg
ABS®-Sensoball	85 - 100 cm	load up to 250 kg	burst proof up to 45 kg
ABS®-Octositz®XL	45 - 55 cm	load up to 500 kg	burst proof up to 90 kg
*for USA and Canada:			
ABS®-Pro Ball	45 - 65 cm	load up to 2500 Lbs	burst proof up to 350 Lbs
ABS®-Pro Ball	75 cm	load up to 1250 Lbs	burst proof up to 265 Lbs

### How to keep the ABS® ball from bursting:

1) Please keep the area around the ball free of sharp objects or edges. Check that the skin of the ball is undamaged before use. The anti-burst features can no longer be guaranteed in the event of scratches or chafe marks on the surface.

2) The ball should not be exposed to ambient temperatures, particularly floor temperatures, over 25°C (77°F) for the Anti-Burst System to remain effective.



3) Since the diameter of the ball can vary due to temperature fluctuations, the maximum diameter of the ball should be checked before every use.



### Characteristic features of the Anti-Burst System:

the shape of the ball can change slightly during use on account of the Anti-Burst System. This does not affect its dynamics nor the co-ordinated movements of the exercises since the **core benefit of active dynamic sitting, including all movements performed whilst seated on the ball, lies in the transmission of stimuli which promote the sense of balance. It is thus the lability of the ball, not its circular shape, which is important!** The ball returns to its original shape approx. 10 min after you leave it due to the restorative force of the material.

Creases will be evident when inflating an ABS safety ball because of the packaging. These creases may remain evident on the inflated ABS safety ball due to the material CRYLON. However, this does not affect the ball's functionality or safety in any way.

All balls which we manufacture can be recycled a number of times. A faulty ball is thus a valuable raw material. Please return all faulty balls for recycling since they contain ecologically valuable resources. Our products comply with the German Foodstuffs and Consumer Goods Law (BGVV) and contain no heavy metals. We also guarantee that our balls do not exhale any vapours which are detrimental to health or smell.

If the ball is used in unusual exercises with a very high load or level of difficulty, or if used for purposes other than those for which it has been designed, the user may be exposed to a much higher risk. In such cases we can assume no liability, even for the ABS® balls.

**If the instructions for use are ignored, the ABS® ball, just like any other ball, can burst if it comes into contact with a sharp object.**