

# Sport-Thieme® Fit-Chair

**Thank you very much for choosing a Sport-Thieme product!**

Please read the instructions fully before you assemble the equipment, so you can enjoy the product and safety is guaranteed. We are happy to answer any questions you may have.



# *Fit-Chair*<sup>®</sup>

## Set-up, Care and Safety Guide

### Set-up

1. Remove the Fit-Chair and Fitness Ball from box and check for shipping damage (it is normal for ball to have slight creases or fold marks when first inflated).
2. Allow ball to reach room temperature before inflating.
3. Screw inflator tip onto tip of pump. The inflator tip can also be used with most standard bike pumps, Insert inflator tip into hole in Fitness Ball. Inflate the ball until very firm. Initially the ball may seem too small for the chair. 24-48 hours after the initial inflation, the ball will "relax" and you will be able to top off with air to full size. This is normal.
4. Remove inflator tip from ball and immediately insert plug completely into hole. Your ball is now ready for use. Slight leakage may occur over time. Top off when necessary.
5. Assemble chair as shown on the following pages.
6. Place ball in chair base. Sit on top center of ball chair with feet flat on floor and shins vertical. Thighs should be parallel to the floor. If necessary, deflate ball to desired height, maintaining adequate firmness.

### Important safety cautions!

#### **Please read before setting up or using the Fit-Chair**

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program and before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counselling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning any exercise program.
3. Perform stretches and exercises in a slow and controlled manner, Stop and rest if you feel dizzy or short of breath.
4. Choose a generously sized area that is clear of furniture and other obstructions before performing stretches or exercises.
5. Use the Fitness Ball only on smooth surfaces. Do not use ball if deep scratches or gouges exist.
6. Use product only as intended.
7. **\*\*Lock casters firmly before performing stretches or exercises using the chair\*\***
8. **CAUTION: Weight on this product should not exceed 300 lbs.**










## Care

1. When using ball without the chair, clear workout area of sharp objects that may puncture ball. Use only on a smooth surface.
2. Avoid exposing ball to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
3. Avoid placing or rolling ball on newspaper, photocopies or other materials printed in ink as ink may permanently mark ball.
4. Hand wash ball with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch ball. Wipe chair with damp cloth.
5. When using ball in the chair, ensure all parts are firmly attached and ball is filled to desired firmness as leakage may occur over time. Re-inflate when necessary.
6. Use chair on a smooth, flat surface free of any obstructions for best results.

### Important Safety Notice

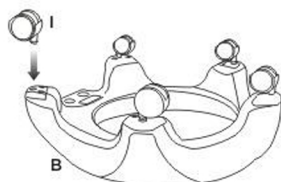
Before starting any exercise program, consult your physician. You must make sure that you do not have any medical or health conditions that could affect the safety and effectiveness of your exercise program. If at any time during your exercise you are experiencing discomfort or pain, stop the exercise immediately and consult your physician.

#### PARTS INCLUDED

Letter	Part	Quantity
A		1
B		1
C		1
D		1
E		2
F		1
G		1
H		1
I		5

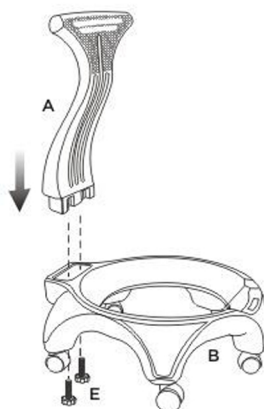
## Chair Assembly

### STEP 1



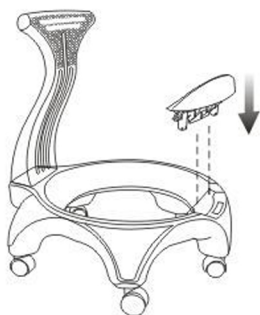
\*Place base of chair (B) flat on the floor and insert Castors (I)

### STEP 2



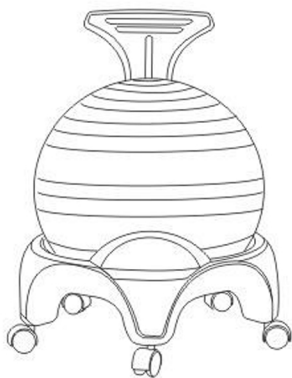
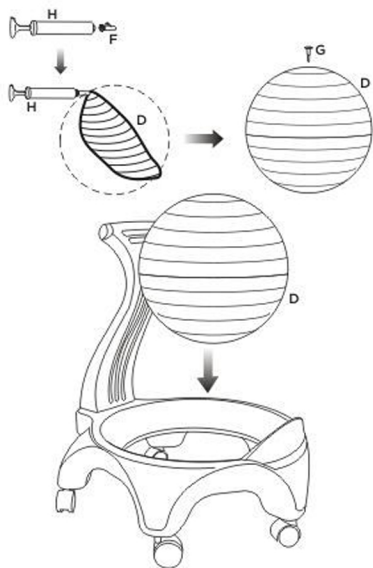
\*Turn base over and insert chair back (A) into base (B), locking in place with the two knobs (E).

### STEP 3



\*Install the support bar (C) into base (B).

### STEP 4



\*Inflate the fitness ball following the set-up instructions, place ball firmly in base and your Fitness Ball Chair is now ready for use.