



BCHX FIT PRO BALL CHAIR

Features:

- Ergonomic support and spinal alignment promotes good posture
- Compact & lightweight
- The wheels on the legs make it easy to transport
- BRT53 Ball and hand pump included
- 22" x 22" x 31"
- Weight: 15 lbs
- Black

Instructions:

Designed as an alternative to traditional office chairs, the Champion Sports FitPro Ball Chair provides ergonomic benefits by using your abdominal muscles to balance you while sitting and working.

1. Remove the 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). Allow ball to reach room temperature before inflating.
3. Place the base of the chair onto the floor and insert the casters. Figure 1
4. Turn the base back over and inset the chair back into the base, locking in place with the two knobs. Figure 2
5. Install the support bar by inserting into the plugs and locking into the bottom securely. Figure 3
6. Screw inflater tip onto tip of pump. The inflater tip can also be used with most standard bike pumps. Insert inflater tip into the hole in the 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.* Place the ball in the chair base. Sit on the top center of the 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. Remove the inflater tip from ball and immediately insert the plug completely into the hole. Your ball is now ready for use. Slight leakage may occur over time. Top off when necessary. Figure 4



Figure 1

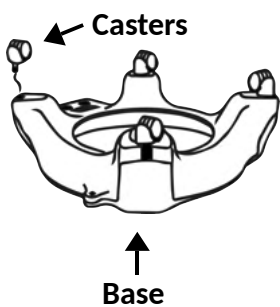


Figure 2

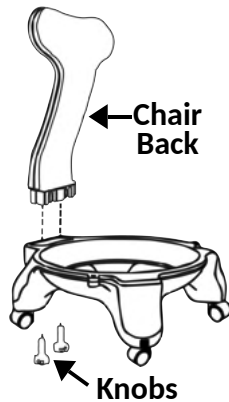


Figure 3

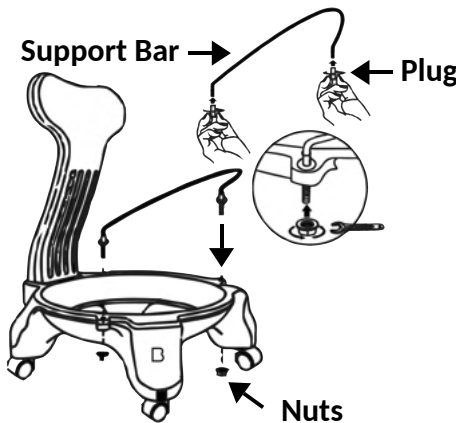
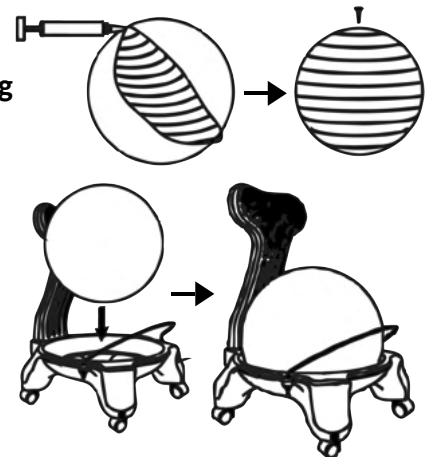


Figure 4



PARTS:

- 1 Base • 4 Swivel Casters • 1 Chair Back • 1 Support Bar • 2 Bar Plugs • 2 Nuts • 1 Fitness Ball • 1 Ball Plug • 2 Knobs
- Wrench • 1 Inflater Pump with Tip

IMPORTANT SAFETY PRECAUTIONS!

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 counseling. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning any exercise program. Perform stretches and exercises in a slow and controlled manner, Stop and rest if you feel dizzy or short of breath. Choose a generously sized area that is clear of furniture and other obstructions before performing stretches or exercises. Use the Fitness Ball only on smooth surfaces. Do not use the ball if deep scratches or gouges exist. Use the product only as intended. Lock casters firmly before performing stretches or exercises using the chair CAUTION: Weight on this product should not exceed 300 lbs.