



USER MANUAL – EN

IN 3908,3909,3910,3911,3912 Gymnastics ball inSPORTline Top Ball



SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

INTRODUCTION

The gymnastic ball is an excellent addition to any home gym; it has been used for many years by professional trainers and athletes. It provides a safe and comfortable way to strengthen the thighs, midsection and torso. In addition, the gymnastic ball makes a great seat that improves balance and posture. It can also help to relieve body pain.

Insert the nozzle into small hole located at the top of the ball, pump up until the ball is bouncy, but not too taut. You should be able to squeeze the ball inwards 5 centimeters or so for optimum pressure.

WHAT'S IN THE BOX

- Un-inflated gymnastic ball

CHOOSING THE RIGHT SIZE

Your height (cm)	Ball Ø (cm)
under 150	45
150-165	55
165-175	65
175-185	75
185-195	85
over 195	95

Keep the gymnastic ball for 1-2 hours at room temperature before inflation. When using a compressor for inflation, inflate the ball in stages, so that the material could expand gradually. To get optimum elasticity, first over inflate the ball by 10% above the recommended diameter and then deflate it to the recommended diameter.

Do not place the ball near heat sources. Remove all sharp and pointy objects from the training area. The ball is not suitable for children under 3 years of age. Inflate with air only. In case of any damage, do not try to repair the ball, as the repaired ball would not meet safety requirements. The material used is fully recyclable.

The package includes an air stopper plug pin and pump for quick and easy inflation.

Once the inflation is completed, insert the air stopper plug pin into the inflation hole to protect the ball against deflation.

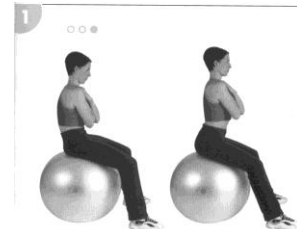
SAFETY PRECAUTIONS

- Always consult a doctor before embarking on any exercise plan.
- Wear loose clothes and dress in several layers to keep warm.
- Always warm up before exercising. Allow at least 5 minutes and remember to include a stretching routine.
- Make sure your equipment is in good shape before using it to work out.
- Drink plenty of juice, carbohydrate drinks or water after exercising.

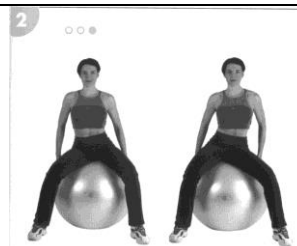
EXERCISES

The gymnastic ball enables performing wide range of health improving and relaxing exercises. The training relieves body tension, strengthens abdominal and back muscles and activates joints. The gymnastic ball can be also used as an alternative for sitting equipment. Nevertheless, for therapeutic reasons, it is not recommended to sit on the ball for prolonged periods of time. If you experience long-term health problems or chronic or acute pains, you should consult your physician before starting any exercise program.

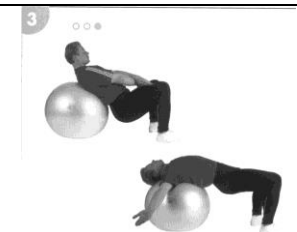
- 1. Hip adduction:** roll forward and backward, keeping the upper body in an upright position.



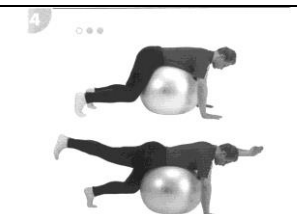
- 2. Hip adduction:** roll to the right and left, keeping the upper body in an upright position.



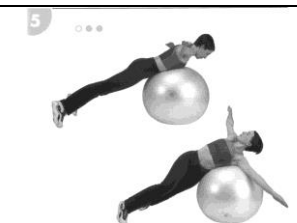
- 3. Chest stretch:** lean against the ball with your back, raise your arms and pelvis up and down.



- 4. Whole body stretch / balancing:** lie on the ball with your stomach and put your hands and feet on the floor. Raise our opposite arm and leg – hold this position for a while and switch the legs and arms.

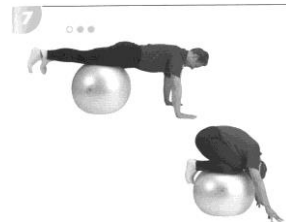



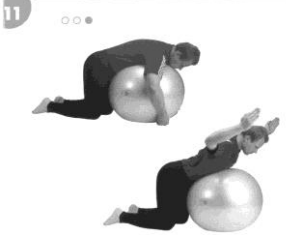
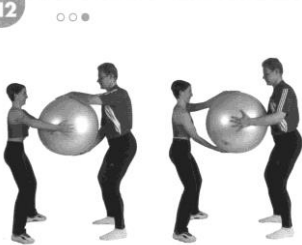



- 5. Upper body twist:** from a stable position on your stomach, raise our arms and twist the upper body, return to the starting position and repeat on the other side.

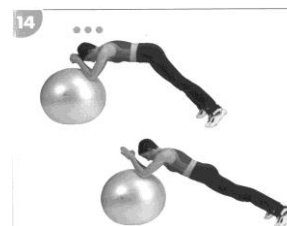


- 6. Balancing with partner:** in a pair, lift your legs from the floor and keep balance.

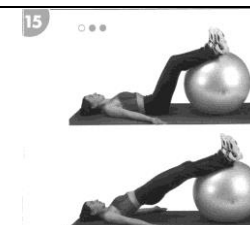


<p>7. Fetal position: start in a pushup position and slowly roll the ball towards the upper body, return back to the starting position and repeat.</p>	
<p>8. Kneeling: start in a reverse “dead bug” positions, lift your hands off the floor and raise your upper body.</p>	
<p>9. Balancing in the sitting position: sit on the ball and lift your feet off the floor (first one and then the other) and keep balance.</p>	
<p>10. Abs: rest your back on the ball, stretch backwards (keeping your upper body straight) and lift your upper body until you feel your abs are engaged.</p>	
<p>11. Spine stretch: lie comfortable on the ball with your belly, raise the upper body and hold arms spread out and elbows bent into “U” shape.</p>	
<p>12. Ball fight: hold your body upright and fight against the partner. Rotate the ball to the sides.</p>	
<p>13. Bridge: rest your thighs on the ball, lower your upper body – bend elbows, engage arm muscles and keep the body in line.</p>	

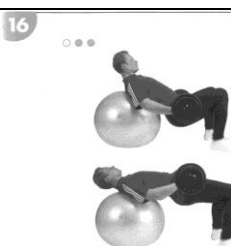
14. Core stability: push your elbows against the ball and lower your pelvis till your body is in one line and return.



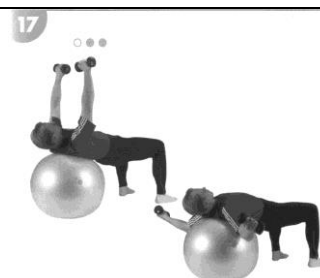
15. Pelvis raises: lie down on the floor with your back and rest your legs on the ball, then raise your pelvis up till your body forms one line and return to the starting position.



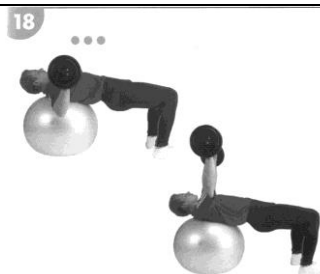
16. Knee stabilization: rest your back on the ball, raise your pelvis up to the knee level. You can use a barbell for better effects.



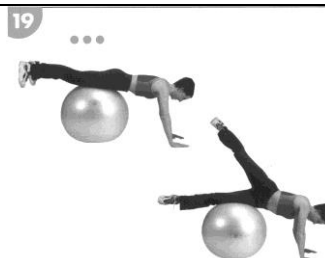
17. Dumbbell flies: standard dumbbell exercise on the ball.



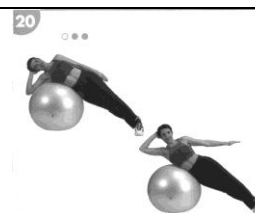
18. Bench press with barbell: additional exercise for chest workout – you can vary your position on the ball.

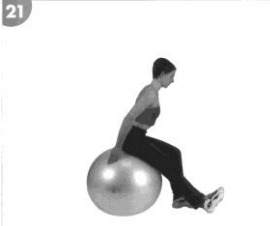
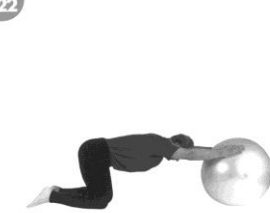









19. Lower body twist: start in a push up position and rotate your lower body, keeping one leg on the ball, then rotate to the other side.



20. Side bends: rest your hip on the ball and raise your upper body up and down.



<p>21. Hamstrings: sit on the ball and roll the ball backward with one leg, bending forward at waist, till the other leg is fully straightened and then repeat on the other leg.</p>	<p>21</p> 
<p>22. Chest strengthening and spine stretch: kneel down, rest your hands on the ball and roll the ball forward till your arms are completely straight.</p>	<p>22</p> 
<p>23. Thighs: rest one foot on the knee of the other leg, move the leg to stretch the outer thigh and roll the ball towards the body till you feel muscle engagement.</p>	<p>23</p> 
<p>24. 25. Positions for relaxation:</p>	<p>24</p>  <p>25</p> 
<p>25.- 29. Seating positions:</p> <div data-bbox="470 1288 1165 1523"> <p>26</p>  <p>27</p>  <p>28</p>  <p>29</p>  </div>	

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil

Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly.
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

CZ
SEVEN SPORT s.r.o.

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About shipping

