



Ball Measurement and Inflation

IMPORTANT!

Please follow the 80/24 Rule:

- ✓ Initially fill ball to 80% of maximum size
- ✓ Wait 24 hours and fill to maximum size

- Fill at room temperature. Important in order to reach intended size
- Do not inflate the ball larger than the indicated ball size or the ball will become weaker, increasing the risk of the ball failure/bursting
- Please resist the temptation to fill to maximum size immediately. The ball material needs time to stretch and properly form its shape(the ball needs to be very firm on the first inflation to allow the material to expand)
- Failure to inflate properly can result in ball deformation or increase the risk of ball failure/bursting

Round Exercise Balls

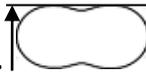
Use ball measuring tape, if included (measure “cm” on ball surface, going from pole to pole), or measure inches in a straight line from floor to top of ball



Isokinetics Ball Color/Size	Approximately 80% of Maximum	Maximum Size
Balance Ball Chair Balls/52cm	42cm or 16.4”	52cm or 20.5”
Fitness Ball Chair Balls/55cm	44cm or 17.3”	55cm or 21.6”
65cm	52cm or 20.5”	65cm or 25.6”
75cm	60cm or 23.6”	75cm or 29.5”

Peanut Exercise Balls

Measure the height of the Peanut Ball in a straight line from floor to top of the

bigger end of the ball, not from the narrower “saddle”.  (If the bigger ends of the "peanut" shape do not initially appear equal, give them a few days at full inflation to even out).

Isokinetics Peanut Ball Color	80% of Maximum	Maximum Size
40 cm	32cm or 12.6”	40cm or 15.7”
50 cm	40cm or 15.8”	50cm or 19.7”
60 cm	48cm or 18.8”	60cm or 23.5”
70 cm	56cm or 22”	70cm or 27.5”

If you have any questions, call us toll free at

1-866-263-0674

info@isokineticsinc.com

Visit us at www.IsokineticsInc.com