

CANDO®

Cushy-Air® Balls



- Cushy-Air® Balls are durable, light and easy to grasp.
- Soft, cushy material inflates to desired firmness.
- Available in two sizes: 25cm (7-10" diameter) and 45cm (13-17" diameter). 25cm balls come with an easy-inflation straw. 45cm balls come with a valve for use with a pump. (Pump not included)

FOR EXERCISE AND FUN

Exercise routines should be determined by a doctor, therapist, coach, or trainer. Routines should include number of reps, sets, times per day and times per week.

Balls also can be used *just for fun!*

REF 30-1740B, 30-1740BLK, 30-1740G, 30-1740R, 30-1740Y, 30-1741




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WARNING: This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.

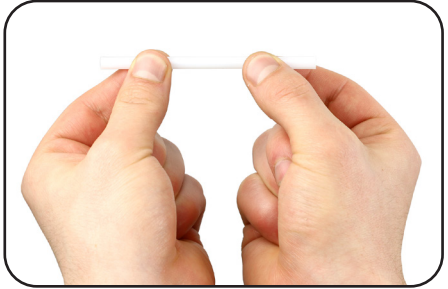
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Inflation / Deflation Instructions

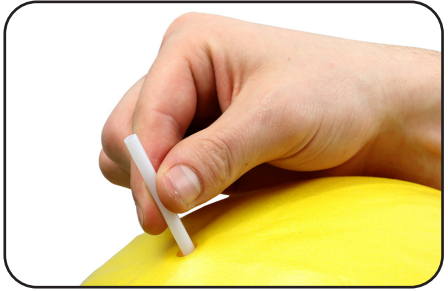
To Inflate

Your 25cm Cushy Air Ball comes with an inflation straw. If you do not have access to a pump, you can inflate the ball by mouth.



Your 45cm Cushy Air Ball comes with a white valve to connect to a pump. (Pump not included)

Insert straw into the hole of the ball. For 45cm ball use the white valve included to connect to a hand pump and then into the hole of the ball. (Pump not included)



Inflate the ball to your desired size and firmness.



To Deflate

Remove plug with plug remover and gently squeeze the ball until all of the air has escaped.

