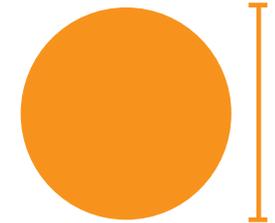


Correct ball sizing

BALL SIZE	JUNIOR	SMALL	MEDIUM	LARGE	EX LARGE
MAXIMUM BALL DIAMETER diameter is the vertical height of the ball	45cm	55cm	65cm	75cm	85cm



YOUR HEIGHT

COMBO SIZING suitable for combined sitting and exercise	less than 150cm	150-165cm	162-183cm	180-200cm	198cm+
EXER-SIZING suitable for mainly exercise	less than 160cm	160-175cm	175-195cm	195cm+	



*DISCLAIMER: BURST RESISTANCE (SAFETY FACTOR) IS GREATLY REDUCED IF YOU USE A DAMAGED OR INCORRECTLY INFLATED BALL. DO NOT USE SUCH BALLS. ALWAYS EXERCISE ON A PADDED FLOOR TO AVOID INJURY DUE TO FALLING FROM A BALL. IF YOUR BALANCE IS POOR, UNSUPERVISED EXERCISE MAY PUT YOU AT RISK OF INJURY