

TUNTURI 14TUSFU286

Tunturi Yoga Gym Ball Instruction Manual

Model: 14TUSFU286

INTRODUCTION

This manual provides essential information for the safe and effective use of your Tunturi Yoga Gym Ball. The exercise ball is designed to enhance your fitness routine, improve core strength, flexibility, and posture. Please read these instructions carefully before initial use and retain for future reference.

SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the ball is fully inflated to the recommended size before use.
- Use the gym ball on a clean, flat, and non-slip surface to prevent accidents.
- Inspect the ball for any damage or punctures before each use. Do not use if damaged.
- The maximum user weight for this gym ball is **220 kg (485 lbs)**. Do not exceed this limit.
- Keep children and pets away from the exercise area during use.
- Avoid using sharp objects near the ball.

PACKAGE CONTENTS

Verify that all items listed below are included in your package:

- Tunturi Yoga Gym Ball
- Inflatable Pump
- Pump Hose
- Valves (for sealing the ball)
- Fork (for valve removal)
- Exercise Sheet and Manual

COMPLETE SET IN THE PACKAGE

What you get with your order



Image: Complete set in the package, showing the fitness ball, pump, pump hose, valves, exercise sheet, and fork.

CHOOSING THE RIGHT SIZE

Selecting the correct gym ball size is crucial for effective and safe exercise. Refer to the guidelines below to choose the appropriate diameter based on your height:

- **55 cm diameter:** For individuals between 155 - 165 cm (5'1" - 5'5") tall.
- **65 cm diameter:** For individuals between 166 - 178 cm (5'5" - 5'10") tall.
- **75 cm diameter:** For individuals between 179 - 190 cm (5'10" - 6'3") tall.
- **90 cm diameter:** For individuals over 190 cm (6'3") tall.

CHOOSE THE RIGHT SIZE AND AVAILABLE IN 11 COLORS

Light blue, turquoise, off-white, mint, purple, petrol, rose gold, blue, red, black, silver

i 155 - 165 cm
Ø 55 cm

i 166 - 178 cm
Ø 65 cm

i 179 - 190 cm
Ø 75 cm

i > 190 cm
Ø 90 cm



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Image: Guide for choosing the correct gym ball size based on user height, with corresponding ball diameters.

SETUP: INFLATING THE GYM BALL

Follow these steps to properly inflate your Tunturi Yoga Gym Ball:

1. **Prepare for Inflation:** Unfold the gym ball and ensure the inflation hole is accessible.
2. **Insert Pump Spout:** Insert the spout of the included foot pump firmly into the inflation hole of the ball.
3. **Inflate the Ball:** Begin pumping air into the ball. The foot pump is designed for efficient inflation. Inflate until the ball reaches its recommended diameter (e.g., 65 cm for a medium ball) and is firm to the touch, but not over-inflated.
4. **Seal the Ball:** Once inflated, quickly remove the pump spout and immediately insert one of the white plugs into the inflation hole to seal the air inside.
5. **Ready for Use:** The ball is now ready for your exercise routine.

To deflate the ball or remove the plug, use the included fork to carefully pry out the plug from the inflation hole.

GETTING STARTED WITH THE FITNESS BALL

1. START



Insert the spout of the foot pump into the ball.

2. INFLATE



Inflate the ball. The included foot pump works better and faster than a hand pump

3. USE



Remove the spout from the ball and insert the white plug. The ball is ready for use



Removing the plug from the ball is easy with the included fork

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Image: Visual instructions for inflating the fitness ball, showing insertion of the pump, inflation, and sealing with the plug and fork.

OPERATING: USING YOUR GYM BALL

The Tunturi Yoga Gym Ball is a versatile tool for various fitness applications. Its anti-tear material and non-slip surface provide improved safety and comfort during exercises.

Common Applications:

- **Posture Improvement:** Use as an active sitting chair at home or work to engage core muscles and improve spinal alignment.
- **Flexibility and Stretching:** Incorporate into stretching routines to deepen stretches and increase range of motion.
- **Core Strengthening:** Perform exercises like crunches, planks, and stability drills to build abdominal and back strength.
- **Balance Training:** Enhance balance and coordination through various exercises that challenge stability.
- **Pregnancy Support:** Can be used for gentle exercises and comfort during pregnancy, under medical guidance.

THE PERFECT FITNESS BALL FOR HOME, WORK OR THE GYM



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Image: A person demonstrating use of the fitness ball for exercise, suitable for home, work, or gym environments.

FOUR SITUATIONS ONE FITNESS BALL

1 **Improves** your posture during work



2 **Flexibility** and sitting posture



3 **Good posture** during pregnancy



4 **A good** training partner



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Image: Four situations illustrating the fitness ball's use for improving posture during work, enhancing flexibility, supporting good posture during pregnancy, and as a training partner.

REDUCE YOUR PAIN AND STRENGTHEN YOUR CORE

Improve balance and stability



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Image: A person using the fitness ball as a chair at a desk, demonstrating its ability to improve balance, stability, reduce pain, and strengthen the core.

MAINTENANCE

- **Cleaning:** Wipe the gym ball with a damp cloth and mild soap. Rinse thoroughly and air dry. Do not use abrasive cleaners or solvents.
- **Storage:** Store the ball in a cool, dry place away from direct sunlight and extreme temperatures. Avoid storing near sharp objects or heat sources.
- **Inflation Check:** Periodically check the inflation level and re-inflate if necessary to maintain optimal firmness.

TROUBLESHOOTING

Ball does not inflate or loses air quickly:

- Ensure the pump spout is fully inserted into the inflation hole.
- Check the ball for any punctures or tears. If a puncture is found, the ball may need to be replaced.

- Verify that the plug is securely inserted immediately after inflation.
- Ensure the valve is not damaged or improperly seated.

Ball feels too soft or too hard:

- Adjust the air pressure. Inflate more for a firmer ball or release a small amount of air for a softer feel. Refer to the recommended diameter for your size.

SPECIFICATIONS

Brand	TUNTURI
Model Name	Yoga
Model Number	14TUSFU286
Material	Vinyl
Color	Black
Item Weight	1.6 Kilograms
Item Diameter	65 Centimeters (for Medium size)
Max User Weight	220 Kilograms
Style	Fitness

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Tunturi customer service directly. Contact details can typically be found on the official Tunturi website or on your purchase receipt.