Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

VLUV SBV-011.65CE

VLUV VEGA Swiss Ball Instruction Manual

Model: SBV-011.65CE

Introduction

Welcome to your new VLUV VEGA Swiss Ball. This manual provides essential information for the safe and effective use of your product. Please read it thoroughly before initial use and retain it for future reference.

Safety Information

- Do not exceed the maximum weight capacity of 150 kg (330 lbs).
- Ensure the ball is properly inflated before each use.
- Use the ball on a flat, stable, and non-slip surface.
- Keep the ball away from sharp objects, abrasive surfaces, and direct heat sources.
- This product is not a toy. Children should only use it under direct adult supervision.
- Consult a healthcare professional or physical therapist before starting any new exercise program, especially if you have pre-existing health conditions.

Package Contents

- 1 x VLUV VEGA Swiss Ball Cover (Cement Grey)
- 1 x Inner PVC Ball (deflated)
- 1 x Hand Pump
- 2 x Plugs
- 1 x Plug Remover
- 1 x Instruction Manual

Setup

Step 1: Inflating the Inner Ball

Remove the inner PVC ball from its packaging. Locate the inflation hole on the inner ball. Insert the nozzle of the provided hand pump into the inflation hole. Inflate the ball slowly until it reaches approximately 80% of its intended size (60-65 cm diameter). Do not overinflate initially. Insert one of the plugs firmly into the inflation hole.



Image: The VLUV VEGA Swiss Ball, fully inflated and covered in its cement grey faux leather material, showcasing its spherical shape and integrated handle.

Step 2: Applying the Cover

Unzip the VLUV VEGA cover completely. Carefully place the partially inflated inner ball inside the cover, ensuring the inflation hole aligns with the opening in the cover. Continue to inflate the inner ball through the cover's opening until the cover is taut and smooth. The ball should reach its full diameter of 60-65 cm. Once fully inflated, quickly remove the pump nozzle and insert the plug securely into the inner ball. Zip up the cover completely. Ensure the zipper is fully closed and tucked away if applicable.



Image: A close-up view of the VLUV brand tag and the sturdy carry handle integrated into the faux leather cover of the Swiss ball, highlighting the double seam detail.

Initial Use

Allow the ball to rest for 24 hours after initial inflation. The material may stretch slightly. Re-inflate if necessary to achieve the desired firmness and ensure the cover remains taut.

Operating Instructions

As a Seating Ball

- Sit centrally on the ball with your feet flat on the floor. Your hips should be slightly higher than your knees, forming an open angle for ergonomic posture.
- Maintain an upright posture, engaging your core muscles for stability.
- Use the integrated handle to easily reposition the ball as needed.

- The base ring helps to stabilize the ball and prevent it from rolling away when not in use.

For Exercise

- The VLUV VEGA Swiss Ball can be used for various fitness exercises, including core strengthening, balance training, and stretching.
- Refer to qualified fitness resources or professionals for specific exercise routines tailored to your needs.
- Always ensure proper form and controlled movements to prevent injury.

Maintenance

Cleaning

The VLUV VEGA cover is made of vegan faux leather.

- For light cleaning, wipe the surface with a damp cloth and a small amount of mild soap.
- For deeper cleaning, the manufacturer specifies "Hand Wash Only" for the product. If removing the cover, hand wash it gently with cold water and a mild detergent. Do not machine wash, tumble dry, or iron.
- Allow the cover to air dry completely before reassembling it onto the inner ball.

Storage

- Store the ball in a cool, dry place away from direct sunlight, extreme temperatures, and humidity.
- Avoid storing near sharp objects or abrasive surfaces that could damage the cover or inner ball.
- If storing for an extended period, you may partially deflate the inner ball to reduce pressure, then re-inflate to the correct firmness before next use.

Troubleshooting

Ball does not hold air:

- Ensure the plug is securely inserted into the inner ball.
- Check the inner ball for any punctures. If a puncture is found, the inner ball may need to be replaced.

Cover appears loose or wrinkled:

- The inner ball may be under-inflated. Inflate the inner ball further until the cover is taut and smooth.
- Allow 24 hours for the material to stretch after initial inflation, then re-inflate if necessary to achieve optimal firmness.

Ball rolls away easily when not in use:

- Ensure the ball is placed on a flat, level surface.
- The integrated base ring is designed to reduce rolling, but some slight movement is natural, especially on very smooth surfaces.

Specifications

Feature	Detail
Brand	VLUV
Model	VEGA Swiss Ball
Item Model Number	SBV-011.65CE

Assembled Diameter	60 - 65 cm (23.6 - 25.6 inches)
Color	Cement (Grey)
Material	Vegan Faux Leather (Cover), PVC (Inner Ball)
Max. Weight Capacity	150 kg (330 lbs)
Suitable Body Size	155 - 180 cm (5'1" - 5'11")
Item Weight	2.4 kg (5.28 lbs)
Manufacturer	HOCK Design e.K.
Product Care	Hand Wash Only (Cover)

Warranty and Support

For detailed warranty information, customer support, or to purchase replacement parts, please refer to the manufacturer's official website or contact your point of purchase. Please retain your proof of purchase for any warranty claims.

© VLUV. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B09FSSKYRM

More documents and user manuals: **https://manuals.plus/**