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DH FitLife BSQ01-GY-2101

DH FitLife Balance Ball User Manual

Model: BSQ01-GY-2101

1. Introduction

Thank you for choosing the DH FitLife Balance Ball. This manual provides essential information for the safe and effective use, setup, and maintenance of your balance trainer. Designed for a variety of fitness activities including strength training, gymnastics, and aerobics, this balance ball helps improve core strength, balance, and coordination. Please read this manual thoroughly before first use and retain it for future reference.

2. Safety Information

Your safety is paramount. The DH FitLife Balance Ball is constructed with high-quality, durable materials to ensure a secure workout environment.

- **Explosion-Resistant Design:** The ball is made from 5mm thick, high-quality rubber designed to be explosion-resistant. In the unlikely event of contact with sharp objects, the ball is engineered to deflate slowly rather than burst, minimizing risk.
- **Anti-Slip Surface:** Both the spherical surface and the flat base feature an anti-slip texture. The base is equipped with six anti-slip pads for maximum stability during exercises.
- **Secure Construction:** The plastic components are made from non-toxic, environmentally friendly PVC and are securely attached with 12 strong screws, ensuring a maximum load capacity of 200 kg (440 lbs).
- **Weight Limit:** Do not exceed the maximum weight capacity of 200 kg (440 lbs).
- **Surface Check:** Always use the balance ball on a flat, stable, and non-slippery surface. Ensure the area is clear of sharp objects or debris.
- **Consult a Professional:** If you have any pre-existing medical conditions or are unsure about appropriate exercises, consult a healthcare professional or certified fitness trainer before using this product.



This image highlights the durable, 5mm thick rubber construction of the balance ball, designed to be explosion-resistant for user safety. Even if punctured by sharp objects, the ball is engineered to deflate slowly rather than burst.



The base of the balance ball features a non-slip texture and six anti-slip pads for stability. Twelve strong screws securely connect the PVC plastic base to the rubber dome, ensuring maximum safety and a stable platform during use.

3. Package Contents

Please check the package to ensure all items are present and undamaged:

- 1 x DH FitLife Balance Ball (60 cm diameter)
- 1 x Air Pump
- 2 x Detachable Resistance Bands with Handles
- 1 x Air Plug



This image displays the complete package contents, including the DH FitLife Balance Ball, a hand pump for inflation, and two detachable resistance bands. The ball measures 60 cm in diameter and approximately 25 cm in height when inflated.

4. Setup Instructions

Follow these steps to inflate your DH FitLife Balance Ball:

1. Locate the air valve on the flat base of the balance ball.
2. Insert the needle of the included air pump firmly into the air valve.
3. Begin pumping air into the ball. Inflate until the dome is firm but still has a slight give. Do not overinflate. The recommended height when fully inflated is approximately 22 cm from the base to the top of the dome.
4. Once inflated, quickly remove the pump needle and insert the air plug securely into the valve to prevent air leakage.
5. To attach the resistance bands, simply clip them onto the designated attachment points on the side of the base.



This visual guide illustrates the quick and easy process of setting up and storing your balance ball. It shows how to insert the pump nozzle into the air valve, inflate the ball, and then remove the pump and seal the valve with the plug. The reverse process is shown for deflation.

5. Operating Instructions (Usage)

The DH FitLife Balance Ball offers versatile training options. It can be used with the dome side up or the flat base side up, depending on the exercise.

5.1. Dome Side Up

When the dome is facing up, the unstable surface challenges your balance and engages core muscles. This setup is ideal for:

- **Balance Training:** Standing, squatting, or lunging on the dome.
- **Cardio:** Incorporating jumps or step-ups.
- **Strength Training:** Using the resistance bands for upper body exercises while maintaining balance.



This image demonstrates an effective exercise using the balance ball with the attached resistance bands. The user stands on the spherical surface, engaging core muscles while performing squats and resistance training, highlighting the product's versatility for strength and balance workouts.

5.2. Flat Base Side Up

Flipping the balance ball so the flat base is facing up creates an even more challenging unstable surface. This is suitable for:

- **Advanced Balance:** Standing or performing planks on the flat base.
- **Push-ups:** Using the handles on the base for elevated push-ups, increasing range of motion and stability challenge.



This collage illustrates the multi-functional capabilities of the DH FitLife Balance Ball. It shows a user performing lunges and squats with the dome side up, and a plank exercise with the flat base side up, demonstrating how the ball can be used for various fitness goals including strength, balance, and core training.

5.3. Resistance Bands

The included resistance bands can be used to add upper body and lower body resistance to your workouts. Attach them to the base and perform exercises such as bicep curls, tricep extensions, rows, or shoulder presses while balancing on the ball.

6. Maintenance

Proper care will extend the life of your DH FitLife Balance Ball:

- **Cleaning:** Wipe the ball and base with a damp cloth and mild soap after each use. Rinse thoroughly and dry completely before storage. Do not use abrasive cleaners or solvents.
- **Storage:** Store the balance ball in a cool, dry place away from direct sunlight and extreme temperatures. Ensure it is

not in contact with sharp objects.

- **Inflation Check:** Periodically check the inflation level and re-inflate if necessary to maintain optimal firmness for exercises.

7. Troubleshooting

If you encounter any issues with your DH FitLife Balance Ball, refer to the following common problems and solutions:

- **Ball does not inflate:** Ensure the pump needle is fully inserted into the valve and that the pump is functioning correctly. Check for any punctures in the ball.
- **Ball loses air quickly:** Verify that the air plug is securely inserted into the valve after inflation. Inspect the ball for any small leaks or damage.
- **Unstable during use:** Ensure the ball is adequately inflated to the recommended firmness. Check that the anti-slip pads on the base are clean and that the floor surface is not excessively slippery.
- **Resistance bands feel loose:** Ensure the resistance bands are securely clipped to the attachment points on the base.

If problems persist, please contact customer support.

8. Specifications

Feature	Detail
Model Number	BSQ01-GY-2101
Dimensions (L x W x H)	60 x 60 x 22 cm (23.6 x 23.6 x 8.7 inches)
Item Weight	4.44 kg (9.79 lbs)
Maximum Weight Recommendation	200 kg (440 lbs)
Material	Polyvinyl Chloride (PVC)
Age Range	Adult
Color	Grey (variant)

9. Warranty and Support

DH FitLife is a German brand committed to customer satisfaction. Your product is backed by a 30-day return policy. If you have any questions, concerns, or require assistance with your DH FitLife Balance Ball, please do not hesitate to contact our customer service team. Our sales and customer service are based in Hamburg, Germany, ensuring reliable and qualified support.
For support, please refer to the contact information provided with your purchase or visit the official DH FitLife website.

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