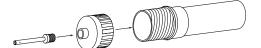
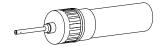


RESISTANCE BALL FILLING INSTRUCTIONS

ONE

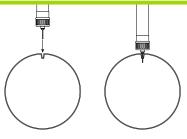
Place the needle into the hose adapter. Attach the hose adapter to a standard garden hose.





TWO

Face the valve on the ball upward. Holding the ball securely, carefully insert the needle into the valve.



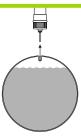
THREE

Turn on the water and fill with water until the ball is round and firm. Approximately 9 inch diameter and 14lbs of water. Turn off the water.



FOUR

Carefully pull the needle out of the ball and disconnect the adapter from the hose.



FIVE

To remove air from the ball, you can place the needle back in press until water squirts up. Make sure to leave some air in the ball.



Adjust the feel of the ball as needed by adding air or water to make sure you feel comfortable with the buoyancy in use.



This product is not a lifesaving device. Do not leave child in the water unattended. Use only under competent adult swimmer supervison. User must be comfortable and capable in water while device is in use.