

# FIT CHAIR®













A New Way To Sit

REFORMME  
UPGRADE YOUR LIFE

## Setup, workout tips and care & safety guide

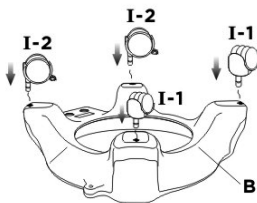
Please read before setting up or using your FIT CHAIR®

### PARTS INCLUDED

LETTER	PART	DESCRIPTION	QUANTITY
A		Back Rest	1
B		Chair Base	1
C		Plastic Wire	1
D		Fitness Ball	1
E		Screw	2
F		Needle	1
G		Plug	1
H		Ball Pump	1
I-1		Non-locking Casters	2
I-2		Locking Casters	2
J		Hexagon Nut	2
K		Wrench	1

### STEP 1

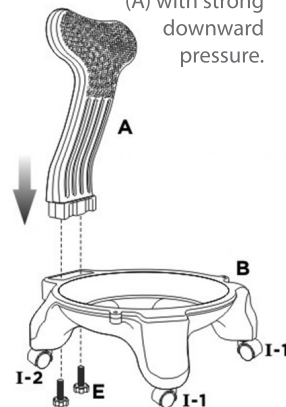
Insert Casters by applying pressure downwards.



Insert the locking casters (I-2) into the two rear legs. The two casters in the front legs should roll freely.

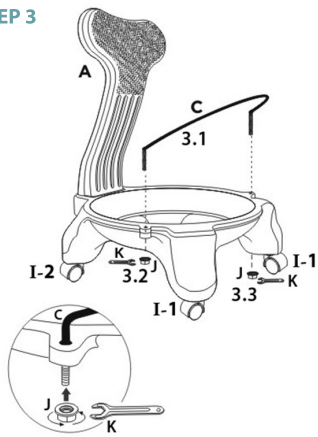
### STEP 2

Insert Back rest (A) with strong downward pressure.



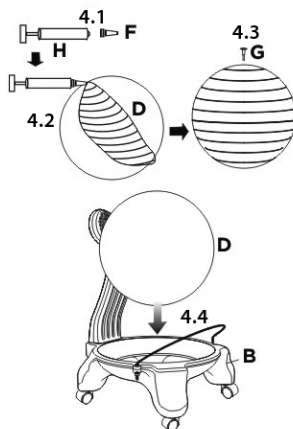
Lock Back rest (A) into the chair base (B) using the screws (E).

### STEP 3



Use the Wrench (K) to insert the Nut (J) into the Plastic Wire (C) firmly.

### STEP 4



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### Set-up

1. Remove the **Fit-Chair®** and the **Fitness Ball** from the box and check for any shipping damage (it is normal for the ball to have slight creases or fold marks when first inflated).
2. Allow the ball to reach room temperature before inflating.
3. Use the pump included in the box. Insert the inflator needle into to hole of the Fitness Ball. Inflate the ball until very firm. Initially the ball may seem too small for the chair, this is normal. Wait 24 hours after the initial inflation and top off with air until it reaches the full size. DO NOT overinflate the ball larger than 55 cm.
4. Remove the inflator needle from the ball and immediately insert the plug fully into the hole. Your ball is now ready for use. Slight leakage may occur over time. Top off when necessary.
5. Assemble the chair as shown in the following pages.
6. Place the ball into the chair base. Sit on the top center of the ball chair with your feet flat on floor and your shins vertical. Your thighs should be parallel to the floor. If necessary, deflate the ball to desired height, maintaining adequate firmness.

### Read before setting up

1. Not all exercises are suitable for everyone. To reduce the risk of injury, consult your doctor before initiating any exercise program. If at any time during the exercise you experience discomfort or pain, stop immediately and consult your physician.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before initiating any exercise program.
3. Perform stretches and exercises in a slow and controlled manner. Stop and rest if you feel dizzy or short of breath.
4. Use the **Fitness Ball** only on smooth surfaces. Do not use ball if deep scratches or gouges exist.
5. Use the product only as intended.
6. Lock the casters firmly before performing stretches or exercises using **Fit-Chair®**
7. **CAUTION:** Weight on this product should not exceed 135 kg.

### Care

1. When using the ball without the chair, clear the workout area of sharp objects that may puncture the ball. Use only on a smooth surface.
2. Avoid exposing the ball to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
3. Avoid placing or rolling the ball on newspaper, photocopies or other materials printed in ink as ink may permanently mark the ball.
4. Hand wash the ball with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch the ball. Wipe the chair with damp cloth.
5. When using the ball in the chair, ensure that all parts are firmly attached and the ball is filled to the desired firmness as leakage may occur over time. Re-inflate when necessary.
6. Use the chair on a smooth, flat surface free of any obstructions for best results.