



1. When inflating your sports and exercise balls, please take care to use the correct valve needle or adapter.
2. When inflating a ball, please use the correct valve needle and carefully insert it into the ball with a little twist. If necessary, use valve oil, soap or saliva as a lubricant.
3. Please ensure that you use the correct air pressure. This can be found imprinted on the ball around the valve hole.
4. When balls are supplied uninflated, the skin may contain creases. These disappear once the ball has been used for the first time.