CanDo® inflatable exercise saddle rolls

- improve balance, coordination and flexibility
- aids in developing muscles, coordination and balance
- non-slip surface is ribbed for extra security
- motion is limited to one-direction
- supports up to 300 lbs (136 kg)

Precautions

- Perform exercises in a slow and controlled motion, in an open area.
- Maintain proper posture throughout exercise session.

⚠ CAUTION

- Consult your healthcare professional before beginning your rehabilitation or exercise program.
- For use under professional supervision or direction.
- Inflatable rolls are not puncture-proof and may cause serious bodily injury.
- Exercise away from sharp objects that might puncture the ball or cause you injury. Remove sharp objects (i.e. rings) before you begin using your ball.
- Keep away from heat sources and direct sunlight.

Inflation

Size reflects dimensions at maximum inflation. For best results, use an electric inflater to inflate the ball to its approximate size. Wait 24 hours, then finish the inflation process using a manual inflation pump. Do not over-inflate. You may under inflate for a soft, mushy feel.

Sizing

Available ball sizes: (diameter is at maximum height)

REF	color	diameter x length
30-1725	yellow	16 in (40 cm) x 35 in (90 cm)
30-1726	orange	20 in (50 cm) x 39 in (100 cm)
30-1727	green	24 in (60 cm) x 43 in (110 cm)
30-1728	red	28 in (70 cm) x 47 in (120 cm)
30-1729	blue	32 in (80 cm) x 51 in (130 cm)

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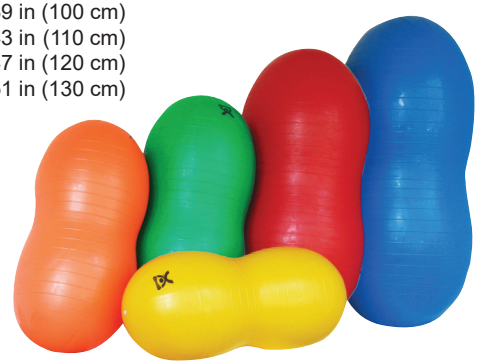

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