CanDo®

Cushy-Air® Balls



25CM
30-1740

SOFT EXERCISE BALLS
ARE *FUN FOR EVERYONE!*

- Cushy-Air® Balls are durable, light and easy to grasp.
- Soft, cushy material inflates to desired firmness.
- 25cm (7-10” diameter) balls come with an easy-inflation straw.

FOR EXERCISE AND FUN

Exercise routines should be determined by a doctor, therapist, coach, or trainer. Routines should include number of reps, sets, times per day and times per week.

Balls also can be used ***just for fun!***

REF

WARNING: This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.

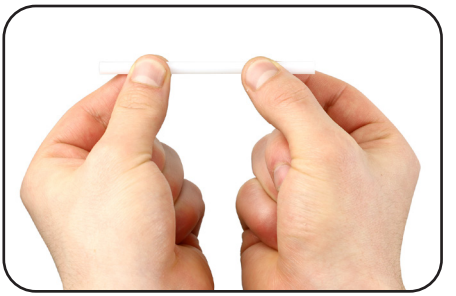
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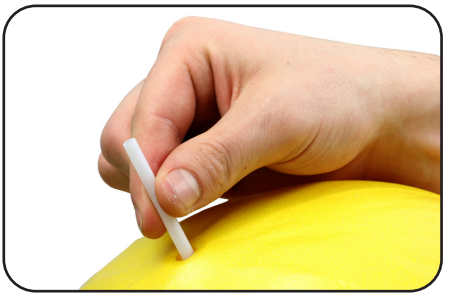
Inflation / Deflation Instructions

To Inflate

Your 25cm Cushy Air Ball comes with an inflation straw. If you do not have access to a pump, you can inflate the ball by mouth.



Insert straw into the hole of the ball.



Inflate the ball to your desired size and firmness.



To Deflate

Remove plug with plug remover and gently squeeze the ball until all of the air has escaped.

