



## Bouncing Platform Instructions

### Recommended Footwear

Athletic shoes, sneakers, or other laced footwear with rubber soles are required. DO NOT stand or bounce on the platform while barefoot or wearing only stockings or socks.

### Inflation

Inflate the ball by using any air pump (i.e. bicycle or foot pump, or air compressor).

Note: Use a sport ball inflation needle or a cone-shaped needle.

Use the following sequence to inflate the Bouncing Platform Ball:

- 1) Moisten needle and insert into the air hole.
- 2) Place platform around the ball BEFORE filling the ball completely.
- 3) Inflate until firm (approximately 6-10 psi)\*
- 4) Be sure that the platform fits snugly into the groove of the ball. Under inflation can cause the platform to slide down the ball when in use.

\* A firm inflation level is usually desirable for advanced performance. For children and adults just learning how to use the Bouncing Platform Ball, a softer inflation level is recommended. The lower the ball's pressure, the easier it is to use.

### Usage

Place one foot on the side of the platform that is tipped to the ground. Then, supporting yourself against a wall or by holding onto another person, place your other foot on the opposite side of the disk, straightening yourself to an upright, balanced position. Press the arches of your feet firmly against the ball and begin bouncing. Bounce gently first, until you become used to it. Bounce only on the top surface of the platform.

### Care Instructions

Keep the ball and platform clean, free of dirt and moisture. Do not bounce in rain or when ball or shoes are wet. To avoid puncturing the ball and for safety purposes, do not bounce on rough surfaces, or on sharp objects (gravel, rocks, glass, etc.).