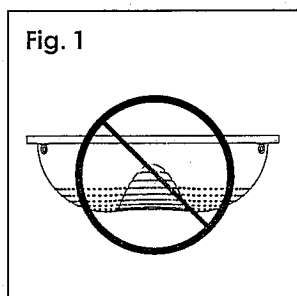


X-BALL™ OWNER'S USAGE GUIDE

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the X-Ball.

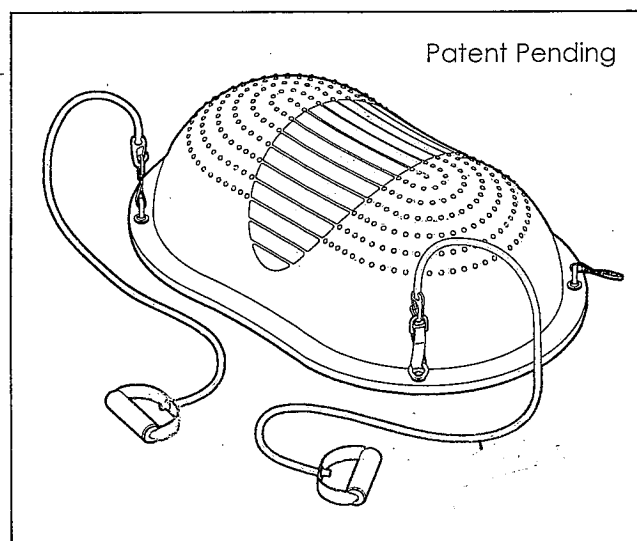
1. The X-Ball is intended for home use only. Never use the X-Ball in a commercial, rental, or institutional setting.
2. Never inflate the X-Ball to a pressure exceeding 2 pounds per square inch.
3. Always place the base board flat on the floor when using the X-Ball. Never turn the X-Ball upside-down and stand on the base board (see figure 1).
4. Always inspect the resistance cords for cracks, worn spots, or other damage before using them. Never use damaged resistance cords. REPLACE THE RESISTANCE CORDS EVERY SIX MONTHS BY CALLING 1-800-999-3756.
5. Always make sure that the resistance cords are properly attached before using them. Never attach more than one resistance cord to a D-ring.
6. The X-Ball should never be used by persons weighing more than 250 pounds.
7. Keep children and pets away from the X-Ball at all times.
8. Always wear soft-soled athletic shoes to protect your feet while using the X-Ball.
9. Always keep the X-Ball and the resistance cords away from sharp objects, heated surfaces, and direct sunlight.
10. Use the X-Ball only as described in this USAGE GUIDE and in the included video.



11. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

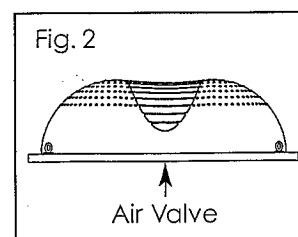
Congratulations for selecting the versatile X-Ball™ cross-trainer. Before using the X-Ball, read this USAGE GUIDE and view the included video.



USAGE AND CARE GUIDELINES

Inflation

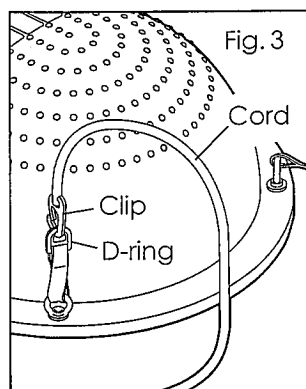
The air valve is located in the center of the base board (see figure 2). Use needlenose pliers to remove the valve plug. Inflate the X-Ball to a pressure of 2 pounds per square inch or less—this will result in the surface of the X-Ball being depressed 1–2 inches when you stand on it.



(continued on back)

Resistance Cord Attachment

For your safety, make sure that the resistance cords are properly attached before using them (see figure 3). The hook and swivel clips on the resistance cords should be fully engaged in the D-rings attached to the base board. Never attach more than one resistance cord to a D-ring.



Resistance Cord Care

Clean the resistance cords as needed by wiping them with a damp, soapy cloth. Rinse with clean water and air dry completely.

X-Ball Care

Clean the X-Ball as needed by wiping it with a damp, soapy cloth. Rinse with clean water and towel dry completely.

Always keep the X-Ball and the resistance cords away from sharp objects, heated surfaces, and direct sunlight.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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