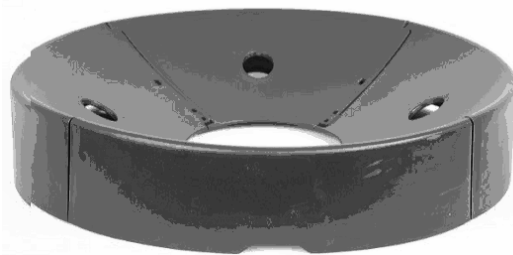


***The Power Behind Performance®***

## **BALL BASE LARGE**



### **IMPORTANT INFORMATION PLEASE READ AND KEEP**

#### **DISCLAIMER**

The following guidelines should be observed when using the Ball Base Large.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Always use the Ball Base Large on a level surface that is free from obstructions.
- Inspect the Ball Base Large prior to each use. Verify that all sections of the base are securely fastened.
- If sections are loose, attempt to tighten. If sections cannot be tightened, do not use the Ball Base Large. Promptly contact a Power Systems representative for warranty information and replacement.
- Ball Base Large is not a toy. Children should only use with adult supervision
- Power Systems, Inc. assumes no liability for injuries, accidents or damages that may occur with the use or misuse of the Ball Base Large.

For more information regarding the Ball Base Large  
or other training products and programs, contact

Power Systems, Inc.  
[www.power-systems.com](http://www.power-systems.com)  
1-800-321-6975

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## **BALL BASE LARGE**

The Ball Base Large is designed for use with stability balls that are 65 cm or larger. The base provides additional stability by keeping the ball stationary while the user trains. The additional stability allows new users to train and master introductory drills with a reduced risk of injury, while it provides more advanced users with the necessary stability to perform advanced drills on the gym ball. The notched areas on the bottom of the base allow for a variety of stretch tubing to be used in conjunction with the base.

**CAUTION:** Only use the Ball Base Large on a **level surface**. Failure to train on a level surface could cause the ball and base to tip suddenly and result in serious injury to the user. If using tubing, always position the tube within the notched areas. Failure to position the tubing within the notched areas could compress the tubing with edge of the base and cause the tubing to break and result in serious injury.

### **ASSEMBLY INSTRUCTIONS:**

Prior to assembling the Ball Base Large, check the integrity of the four plastic sections that fit together to form the base. If any piece is damaged do not continue with assembly of the Ball Base Large. Contact Power Systems Customer Service to receive information related to warranty and parts replacement.

To attach the four pieces, simply insert the tongue of one piece into the corresponding groove on the adjacent piece. Using steady pressure slide the tongue into the groove until the unit snaps into place. Continue following this pattern until all four pieces are locked together. Your Ball Base Large is now ready for use.

### **HOW TO POSITION BALL FOR USE:**

Place the stability ball onto the base. The ball should automatically center at this time. The circular opening in the base serves to help position and stabilize your ball during training. To test the ball position, gently press against the side of the stability ball. A properly positioned ball should not move. If ball begins to roll out of base, reposition ball and test again.

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