

Balance Disc Inflation Directions

- Upon opening your Balance Disc box, remove it from the plastic bag.
- Insert a bicycle tire/basketball pump needle into the black rubber opening of the Balance Disc.
- Pump until you reach the desired Balance Disc training firmness.

To remove air from your Balance Disc, insert just the needle from your pump into the black rubber opening of the Balance Disc and gently squeeze the Balance Disc.

If you have any questions regarding this product, please call us Monday through Friday, 9:00 a.m. to 5:00 p.m. Eastern Standard Time at 1-800-331-4362.

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