

TWIST

Ages: 8 and up

POGO BAL[®]

INSTRUCTIONS

TURN

JUMP

SAFETY CAUTIONS

POGO BAL is intended for use by anyone 8 years and older, weighing less than 90 kg (200 lbs).

Always bounce on the labeled side of the disc! Do not bounce with feet on the ridged side of the disc as the disc may break.

Pogo Bal should not be used in below freezing temperatures.

Children should be supervised while using the product.

INFLATION

Each child's weight will affect the way POGO BAL bounces. The lower a child's weight, the less air the ball needs to bounce. The ball is now inflated to its MAXIMUM air pressure of 45,6 kPa (6 3/4 lbs). Using a standard valve, deflate the ball until you find the amount of pressure that gives your child the best bounce. We suggest that you release a small amount of air, then let your child try the ball. Repeat until your child is comfortable with the way POGO BAL bounces.

If your POGO BAL loses too much pressure through intensive use, simply reinflate the ball using a needle valve and hand inflation pump.

If underinflated, your ball may slip out of the disc. To reinsert the ball in the disc, deflate ball completely. Slip ball through center of disc with valve facing upward. (NOTE: The band around the center of the ball should be lined up with the bottom rim of the disc.) Reinflate ball to proper air pressure.

DO NOT INFLATE POGO BAL OVER 45,6 KPA (6 3/4 LBS). Do not use a service station air pump to inflate your ball. The pressure gauge is not designed to register POGO BAL's low air pressure, and the pump will overinflate the ball.

SNEAKERS or RUBBER SOLED SHOES must be worn because they offer the best traction. Leather soled shoes, thongs, sandals, stocking feet and bare feet are not recommended because they could easily slip off the disc surface and cause a fall.

POGO BAL is designed for **OUTDOOR USE** and must not be used inside the house. Use POGO BAL on a flat, level surface in an area clear of obstructions. Keep away from steps, open decks, road traffic and inclined driveways.

POGO BAL is not a flotation device. Do not use it as a raft or boat on open water or as a lifesaving device. It is not meant to be used as a float.

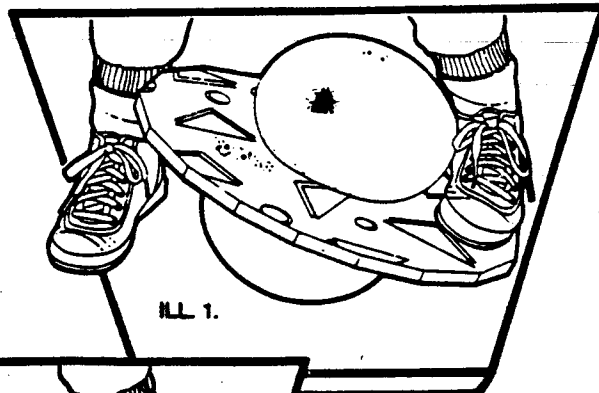
Use POGO BAL in dry areas—never in wet or slippery places. Keep POGO BAL away from sharp objects.

HOW TO USE:

NOTE: When you stand on your POGO BAL for the first time, support yourself against a wall, or ask someone to help you.

STEP 1

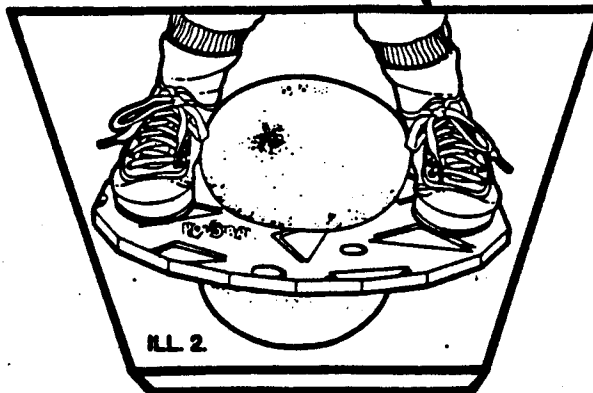
Wearing sneakers, place one foot on the disc, pressing your instep against the ball (ILL. 1).



ILL. 1.

STEP 2

Bring your other foot up, pressing your instep against the other side of the ball (ILL. 2). Grip the ball tightly between your insteps.



ILL. 2.

STEP 3

Push down with both feet to begin bouncing.

KEEP BOUNCING!

Practice bouncing in place until you are comfortable with it. Maybe you'll become the neighborhood POGO BAL champion!