



Peanut Swiss Ball Instruction

Ball Measurement and Inflation



IMPORTANT!

Please follow the 80/24 Rule

- ✓ Initially fill ball to 80% of maximum size
- ✓ Wait 24 hours and fill to maximum size

We 100% Guarantee our Exercise Balls will inflate to their intended sizes. A 2-part process is needed to allow the material to stretch properly. Please follow these instructions and pump until they reach the sizes as listed below.

Peanut Exercise Balls



Measure the height of the Peanut Ball in a straight line from floor to top of the bigger end of the ball, not from the narrower “saddle”. (If the bigger ends of the “peanut” shape do not initially appear equal, give them a few days at full inflation to even out).

Peanut Ball Size	80% of Maximum – Day 1	Maximum Size – Day 2
50cm	40cm or 15.8”	50cm or 19.7”
60cm	48cm or 18.8”	60cm or 23.5”