

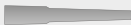


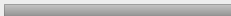




CAUTION

Read this user manual completely and pay particular attention to the safety instructions. Failure to follow the instructions can result in serious injuries and will void the product liability by the distributor and manufacturer. By observing the precautions, you can ensure the safe use of your KAPSUL, minimize the risk of injuries, and fully dedicate yourself to its ergonomic function.

1. SCOPE OF DELIVERY

1x	Kapsul fabric cover	
1x	PVC inner capsule	
1x	Double-Action-hand pump	
2x	Valve closure	
1x	Pumpenadapter	
1x	Universal pump adapter	
1x	Air release tube	
1x	Closure opener (optional)	
1x	Base weight (already inserted)	

2. SAFETY INSTRUCTIONS BEFORE USE



- **Check stability:** Regularly inspect the condition of the product to ensure that there are no damages or signs of wear such as cracks, holes, or air leaks.
- **Choose the correct size:** Select a KAPSUL that matches your body size. Using a KAPSUL that is too large or too small can lead to an unstable seating position and increase the risk of injury.
- **Inflate correctly:** Ensure that the KAPSUL is properly inflated. Overinflating the KAPSUL can cause seams or the zipper to tear.
- **Exercise caution when getting on and off:** Be careful when stepping onto and off the KAPSUL. KAPSUL is an unstable balance stool. Ensure that the KAPSUL is stable and use support if needed to maintain balance. Always sit on the KAPSUL from the top, never throw it backward or sit on it carelessly to avoid accidents. (See point 6.1)
- **Gradual adaptation:** If you are using a KAPSUL for the first time, gradually get used to it. Start with short sitting periods and gradually increase them.
- **Check the environment:** Ensure that you have sufficient space and that the floor is free of obstacles. There should be no sharp objects or edges within a radius of 1.5 meters.
- **Pregnant women and individuals with health concerns:** Before using a KAPSUL, consult a doctor, midwife, or physiotherapist to determine if the product is suitable for you. KAPSUL requires a certain level of agility and good sense of balance.
- **Use by children:** KAPSUL is not a toy for children. Supervise children during use.
- **Maximum load capacity:** The maximum weight capacity is 150 kg.
- **Sharing these instructions:** Inform other individuals about the safety instructions before using KAPSUL. If in doubt, refuse third-party use.

3. ASSEMBLY INSTRUCTIONS

3.1 Preparation

The detailed assembly instructions can be found as a poster included in the packaging. You can also download the poster by scanning this QR code:



You can also find all the instructions on our website at:

<https://vluv.de/pages/faq>

3.2 Inflation

Please only inflate KAPSUL at room temperature, as the air pressure may increase when inflated in a cold state and later exposed to higher room temperatures. Let KAPSUL sit at room temperature for approximately 2 hours.

Caution! When using compressors, there is a high risk of overinflation or bursting. We assume no responsibility for overinflation.



CAUTION

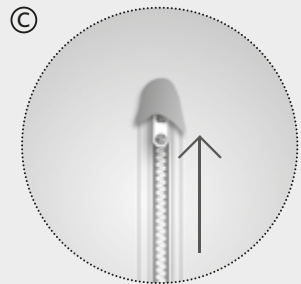
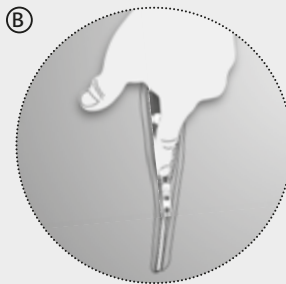
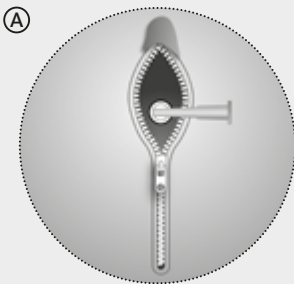
Overinflation will void the warranty!

3.3 Achieving the correct inflation hardness

You will achieve the correct inflation hardness when there are only slight wrinkles in some areas. Ideally, let VLUV rest with the valve closure closed for 2-3 hours, and then check if the wrinkles are still present. If they are, try smoothing them out with your hand. If that doesn't work, increase the air pressure slightly until the wrinkles are smoothed out.

3.4 Closing KAPSUL

- (A) To facilitate the closing of the zipper on KAPSUL, please close it beyond the middle during inflation so that only the valve hole is visible at the end.
- (B) Press the PVC capsule deep with your thumb, as this will also make closing easier. Do not pull too tight, as there is a risk of the pull tab breaking.
- (C) Always push the slider completely into the protective flap at the end.



4. REMOVING AND INSERTING THE BASE WEIGHT

4.1 Removing

- (A) Remove the inner capsule from the fabric cover. Reach into the fabric cover and pull out the inserted base weight through the zipper opening.
- (B) Completely remove the weight disc.
- (C) The disc is attached to the fabric cover in the center with a circular Velcro patch.
- (D) Carefully detach the Velcro connection. The fabric cover can now be washed.

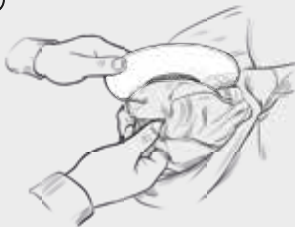
A



B



C



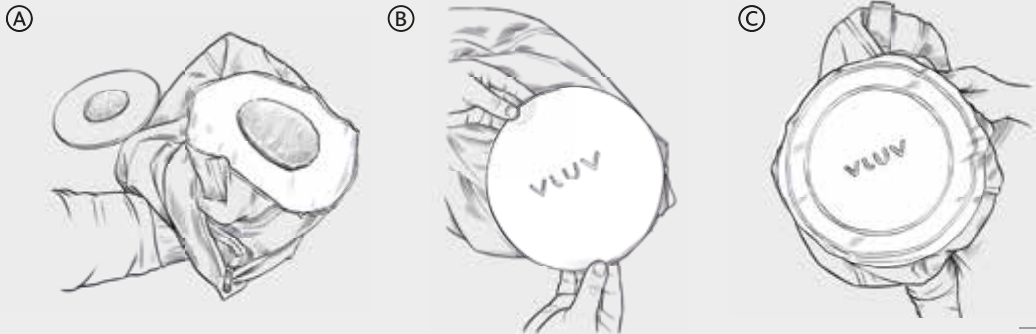
D



4.2 Reinserting

- Ⓐ Turn the bottom of the fabric cover inside out as far as possible so that the complete underside becomes visible.
- Ⓑ Place the weight disc as centrally as possible on the inside of the cover bottom.
- Ⓒ Now insert the disc back into the fabric cover and turn the cover completely right-side out again.

Check the centrality of the weight disc from the outside by using the silicone rings and the outer edge as a reference. If the weight is not centered, remove the disc again and try realigning it until it is centered.



5. OPENING VLUV

CAUTION: KAPSUL is under pressure, and the zipper may suddenly unzip completely when opened! To prevent this, please open the zipper SLOWLY and not beyond the middle, especially if you only want to refill air.

To remove the valve closure, DO NOT use any sharp object. If available, use the provided closure opener. Alternatively, the rounded side of a spoon works well. Insert it under the lip of the valve closure and gently lever it out.



CAUTION: The valve closure may be pressed out of the valve hole suddenly due to the air pressure. Secure it by placing a finger over it.

5.1 Using the supplied pump adapter

If your pump does not include a suitable pump adapter, you can use one of our supplied pump adapters. Check what type of pump head your pump has. If you have a pump for Schrader/Auto valves, you can use the universal pump adapter. ① If you have a pump for Presta valves, please use the pump adapter. ②



① Universal pump adapter
for car/Schrader valve



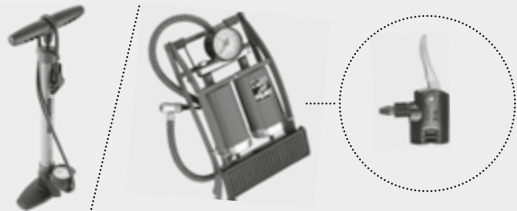
② Pump adapter for Scleverand/
Presta valve pump

5.2 Using alternative pumps

There are various pumps that can be used to inflate VLUV easily. We recommend using our Double Action Hand Pump or the following pumps. If the pump includes a suitable conical pump adapter, you can use it. If not, you can use one of our supplied pump adapters.



Inflatable boat pump with matching pump adapter



Bicycle or Car Pump

6. SAFETY INSTRUCTIONS FOR USE

Please place KAPSUL on a non-slip surface if possible. If you have a smooth surface such as stone, tile, parquet, or laminate flooring, always use a non-slip mat underneath. If you don't have a non-slip mat, the bottom of the KAPSUL is coated with silicone for added safety.

- Do not drop KAPSUL, as it can cause damage to the product or the floor.
- Avoid sharp-edged surfaces such as slate, unfinished natural stone, or unsanded wooden floorboards, as they can prematurely wear out the fabric or cause the inner capsule to become leaky.
- Avoid leaving VLUV in direct sunlight for extended periods.
- The intended use is indoors. It is not intended for outdoor use.
- If there are any damages, please discontinue use of the ball and contact our service department at info@vluv.de

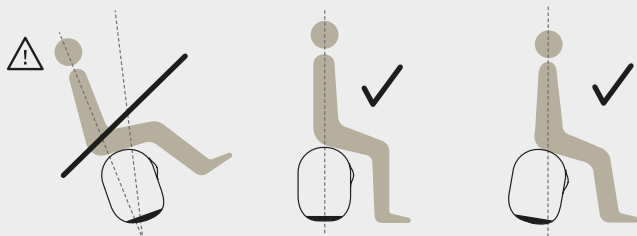
6.1 Correct Sitting Position

- KAPSUL has a clear top and bottom side. The bottom side is black.
- Be cautious when sitting down or standing up, and maintain a stable footing.



Always make sure to sit on VLUV from above in a straight and upright position, and avoid throwing yourself diagonally backwards. This is important to prevent tipping and the risk of accidents.

To enhance safety, you can hold the handle in the middle with your hand while sitting on KAPSUL, which provides better stability and control.



7. QUALITY

KAPSUL's cover materials are robust and durable. With normal use, your KAPSUL should last a long time. However, please consider the following points:

- Due to the dark bottom fabric, there may be occasional pigment abrasion or color diffusion, especially on light-colored floors. Please exercise extra caution on light carpeting or PVC flooring! Continuously monitor the abrasion behavior. We do not provide warranty coverage in the case of color abrasion or diffusion.
- The silicone coating on the bottom of KAPSUL may interact with soft floors such as PVC or light-colored carpets, leading to discoloration, especially during prolonged use. Constantly observe and consider placing KAPSUL on a wooden or stone floor.
- Avoid prolonged exposure to UV radiation and high humidity or moisture.

8. CLEANING AND CARE

Please do not use aggressive cleaning agents. Try to remove dirt with gentle cleaning agents first. We recommend the following step-by-step procedure:

VLUV®	100% Polyester
Dust, lint, etc	Superficial dirt can be easily removed with a lint brush or the upholstery brush of a vacuum cleaner.
Light dirt	Superficial dirt can be wiped off with a damp cloth.
Heavy dirt	In this case, deflate VLUV by about half. Then, wash the affected area under clear cold water. Allow VLUV to dry for approximately 24 hours and then reinflate it.
Severe dirt	If there are strong and deep stains, completely deflate VLUV, remove the inner ball, and wash the cover by hand using a mild soapy solution at a temperature of 30°C. Hang the cover to dry while it is still wet.

9. CUSTOMER SERVICE

If you need assistance or have any questions, we are here to help. In most cases, we can resolve issues through communication. Simply email us or give us a call, and we guarantee a prompt response and assistance.

Email: info@vluv.de

Phone: Monday to Friday, 9 am to 4 pm +49 (0) 2261 / 80 46 28-0 (available in German and English)