

SCOPE OF SUPPLY

- 1x VLUV PED PVC balance cushion
- 1x VLUV PIL fabric cover (only with PIL&PED balance cushion set)
- 1x hand pump with valve needle
- 1x poster with workout exercises

IMPORTANT – READ INSTRUCTIONS BEFORE USE

We would like to ask all users of this product to carefully read the following instructions before use. Please pay extra attention to the safety instructions. Ignoring the below listed safety instructions, as well as improper handling can result in injury. Neither the manufacturer nor distributor can be made liable for accidents, injuries or material damage caused by improper handling; furthermore, the warranty will expire.

1. SAFETY INSTRUCTIONS

- Do not use this product as a children's toy or in any other improper way
- Please do not exceed the max. allowed load capacity of 200 kgs
- Avoid inflating the cushion too firmly
- Always use the PIL&PED cushion with the non-slip side facing down
The base (chair, stool or bench) has to be stable and secure.
The seating surface should be at least as big as the balance cushion.
- Should the cushion cover or the PVC inner cushion be damaged in any way, please do not continue to use the product and contact our service team immediately.
- Make sure the surrounding area within at least 1.5 meters is safe and free from pointy or sharp objects and edges.
- Carry out exercises only as described on the poster or similar.
It is imperative that you avoid risky exercises in order to limit the risk of injury.
Always begin with the easiest exercise and avoid strain. Just to be safe, have someone else help you when attempting difficult exercises.
- Please refrain from using the cushion should you have injuries, open wounds, or any kind of broken bones and fractures.
- Be especially careful if you are pregnant and consult your doctor or midwife before using the cushion. If in doubt, please always consult your doctor if you suffer from any underlying health issues, or any kind of physical or mental impairments.
We would urge users with movement or vestibular disorders in particular to consult their doctors.

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2. PREPARATION

The cushion is ready to use. Additional inflation or deflation is rarely needed.

The filling capacity and with that the firmness of the cushion can be adjusted with the hand pump provided. (please see point 4)

VLUV PIL&PED: The underside of the cushion cover consists of a non-slip silicone layer. When using on light synthetic or imitation leather surfaces especially, please make sure that the surface isn't damaged or discoloured by the silicone layer.

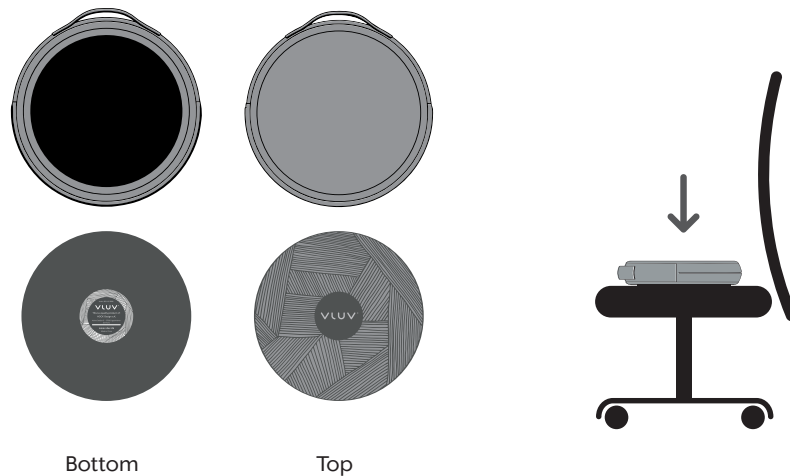
Regularly check the surface condition and remove the cushion should there be any damage.

3. USAGE AS A SEATING SUPPORT

The balance cushion set can be used as a healthy seating support as well as an exercise tool.

As an ergonomic seating support, the set fits on most chairs, armchairs, stools, benches and of course, the floor. Thus, it easily makes sitting ergonomic, active and healthy in your office or at home, without forcing you to give up your usual seating options.

Place the VLUV PIL&PED cushion ideally in the middle of an office chair, a stool or a bench, with the black non-slip surface facing down. Make sure that the entire cushion sits on the chair's surface. The VLUV PED PVC balance cushion can be used on both sides.



Bottom

Top

On first use especially, ideally you should seat yourself in the center of the cushion. If necessary, try different positions until you've found the most comfortable for you.



Find a relaxed, upright position and explore the possibilities of movement this product gives you. Ideally, you should begin sitting on the balance cushion at short intervals, as our body best gets used to dynamic sitting slowly. We recommend switching between different seating options from time to time.

4. USE AS AN EXERCISE TOOL

As a more handy and smaller alternative to our seating ball, the seating cushion is perfectly suited as an exercise tool for various strengthening as well as relaxing exercises. Standing up, sitting down, in dorsal or side position, the possible uses of the balance cushion are manifold.

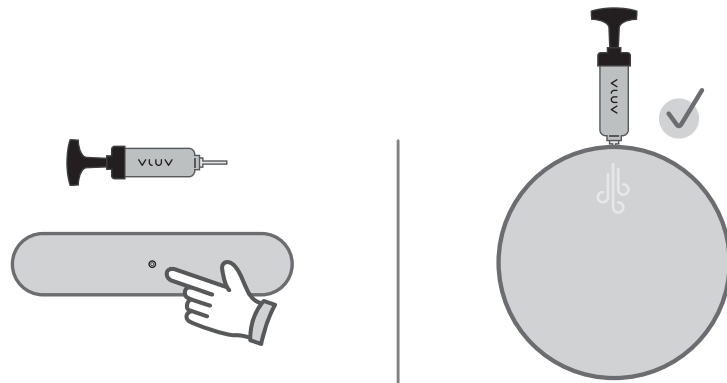
Find various suggestions on the enclosed exercise poster.

Place the balance cushion on a flat and smooth surface. Step on the balance cushion with bare feet (VLUV PIL&PED), or in socks (VLUV PED) to avoid damaging it with your shoes. Always begin slowly and carefully to minimize the risk of injury. Slowly increase the intensity. Ideally, have someone else support you and keep you safe.

5. INFLATING OR DEFLATING

The cushion is already sufficiently filled with air. Generally, then cushion's surface is as even and flat as possible. Should you wish, the seating height can be adjusted by increasing or decreasing the air. (Due to fluctuation in temperature, the cushion may be filled with a slightly too much or too little air on delivery.)

The supplied hand pump and valve needle enables you to easily increase or decrease the air in order to adjust the firmness and seating height.

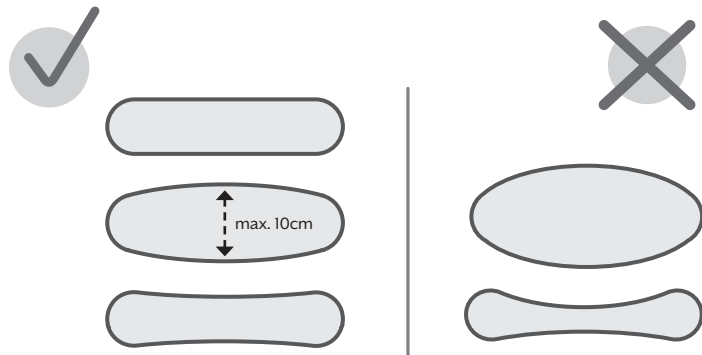


Inflate:

(PIL&PED: Open the cushion cover and take out the PVC seating cushion) Screw the valve needle to the pump until it's tightly fixed. Put the tip into the valve hole IN ITS ENTIRETY. Stick the needle directly into the small hole in the middle. Now you can begin to carefully inflate. We recommend a slight elliptical shape AT MOST.

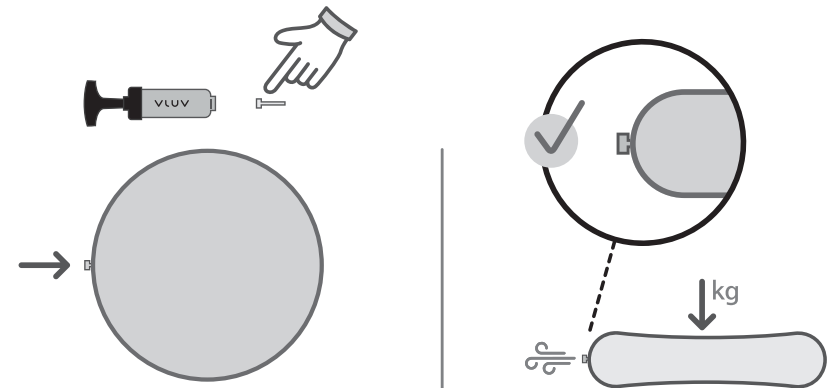
CAUTION:

Excessively inflating the cushion above 10cms in diameter is not permitted.



Deflate / reduce seat height:

Begin by unscrewing the valve needle from the pump. Carefully put the pointy end directly into the small hole in the middle of the valve. The needle has to be put into the cushion as far as it will go. By pressing on the cushion, excess air can be released. We recommend a slight concave shape at most. Upon completion, pull out the valve needle.



CLEANING THE CUSHION COVER VLUV PIL

- Light staining such as dust, lint etc., it's best to clean the cushion cover with a lint roller or the upholstery brush of your vacuum cleaner.
- PIL is washable at 30 degrees with the delicate fabrics program. Open the zipper on the side completely and take out the inner cushion. Wash inside out.

CLEANING PVC SEATING CUSHION VLUV PED

- Keep out of direct sunlight for longer periods of time. Protect from cold under -5C degrees and heat over +40 C degrees.
- Please store horizontally.
- Do not place the seating cushion unprotected or directly on varnished or coated surfaces.

STORAGE

- Keep out of direct sunlight for longer periods of time.
Protect from cold under -5C degrees and heat over +40 C degrees.
- Please store horizontally.
- Do not place the seating cushion unprotected or directly on varnished or coated surfaces.

NOTES ON THE MATERIAL

With dark and intense colours, pigment may occasionally rub off. Therefore, we would like to ask you to continually check when using with light coloured carpets, fabrics or synthetic surfaces whether pigment has rubbed off. In case of colour rubbing off, warranty does not apply.

SERVICE AND CONTACT

We manufacture our VLUV products adhering to the highest standards of quality. Nevertheless, on occasion, defects or damage caused by manufacturing or material failure may occur.

For all VLUV products, statutory warranty regulations of your country apply.

Contact your retail partner in the first instance and explain the situation. He will definitely be able to assist you. In special circumstances, you can reach our service team via email at info@vluv.de.

We're happy to help.

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