



Variable Stability System...You control the challenge with a turn of the dial



The KoreFit™ was intended to stretch your imagination to vary your workouts. This product will enable people of all fitness levels to use it with confidence.

The KoreFit™ consists of two KoreBallasts, KoreBand attachment forms and the control knob in the center of the unit. Take note that the control knob will be a little tight to turn initially, but will become easier to turn as you use your KoreFit™.

Inflation

INFLATE YOUR KOREFIT™



1. Take the pump that came with your KoreFit™ and unwrap it from its packaging.
2. Secure the blue end of the air hose to the blue valve on the pump. Then place the narrow white nozzle onto the other end of the hose and firmly place them together.
3. Place the KoreFit™ on the floor. Next, open the KoreFit™ from its storage position on a firm, level and non-slip floor.
4. Firmly insert the nozzle of the pump into the air opening in one of the ballasts. Make sure there is a plug in the other ballast. The KoreFit™ gives you the ability to use either air opening for inflation.
5. Inflate your KoreFit™ to a height of about 8 inches. Do not exceed 10 inches.
6. After you have inflated your KoreFit™ to the desired height, place the air plug firmly into the air opening. This will secure the air within the KoreFit™. You are now ready to use your KoreFit™.

Simple Maintenance

TAKE CARE OF YOUR KOREFIT™

Your KoreFit™ is designed to require minimal maintenance. We do recommend a few items to keep your KoreFit™ in great shape:

- Keep your KoreFit™ clean. Wipe sweat, water, dust, dirt or any other residue off the KoreFit™ with a clean towel. You may clean your KoreFit™ with water and mild soap. Please make sure the KoreFit™ is completely dry before you use it again.
- Please take care not to subject the KoreFit™ to actions or items that would puncture the ballasts. Always check the bottom of your shoes before stepping on the KoreFit™.
- The KoreFit™ is easy to store either inflated or deflated. The ballasts will deflate and deform at high temperatures. Please do not store your KoreFit™ in direct sunlight or near heat sources. An example of this is storing your KoreFit™ outside in direct sunlight or in an outside storage shed that is subject to excessive heat.
- You can easily deflate the KoreFit™ by pulling the plugs on either ballast.



Non-Slip



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 Made in the U.S.A.

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