

P.ball

Instruction Guide

What's Included:

1. P.ball with fastener & band
2. Optional strap extender
3. Hand pump & needle

How to Get Started:

1. With the P.ball at your ankles and the Pvolve logo facing outward, put one foot through the loop and hook the strap around your other ankle.
2. Stand with your feet hip-width apart and make sure the P.ball is centered between your ankles.
3. Once the straps are in place, pull the P.ball all the way up your legs.

Product Assembly:

- For added strap length, unhook the metal clasps and insert the optional extender.
- To reinflate the P.ball, take the needle out of the handle of the pump and screw into the end of the pump.
- Insert the needle into the valve of the P.ball and pump for air.

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