

STABILITY BALL SIZING CHART

What size your ball should be:

Your ball should match your height. When you sit on the ball with your feet flat on the floor, your hips should be at knee level and your thighs parallel to the floor.

Your height	Ball size
Less than 5'2"	45 cm
5'2" to 5'7"	55 cm
5'8" to 6'	65 cm
More than 6'	75 cm

Your ball will come with a small hand pump, plastic tube and plug. You can purchase a more powerful upright pump that resembles one you'd use on a bike. Pump the ball until it is firm and does not compress if you push your finger into it. Insert the plug.

