

How to inflate & deflate your balls correctly:



Step 1.

Remove your Yamuna pump from the packaging or your secure Ziploc/cloth bag for storage.



Step 2.



Holding the end of the nozzle, lubricate the pin with water (or if it is your personal pump saliva works too)



Step 3.

Find the valve on your deflated ball and insert the pin at a straight angle in order to protect the longevity of the valve. Make sure to insert all the way.



Step 4.

Squeeze the hand pump and inflate the ball. As the air enters the ball it will make funny shapes until full.





If your ball is new it will have a ridge where it was creased when you pump it up. This is normal and will disappear.



Remove pin by gently wiggling and store safely.

Now get rolling and enjoy!

To Deflate your balls (except for black balls):



Step 1.



Unscrew the pin from the pump.



Step 2.

Lubricate pin.



Step 3.

Insert pin into valve in a straight line to preserve valve function.



Step 4.

Release air from ball and deflate for storage or travel. Screw pin back onto pump and store in secure bag.



Core Matter

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