



TOCA Ball Inflation Instructions

Follow these directions for optimal performance when inflating New TOCA Balls.

1. Straighten the ball out as best as possible. Try to get a round shape prior to inflation. The ball should not be compressed into a flattened shape or folded at all when inflating.



2. Lightly shake and massage the ball so that the inside bladder is hanging vertically and loosely from the Air Valve Hole. Position the air valve hole towards the sky when doing this.



3. Lubricate the pump needle prior to inflation by dipping the tip of the needle into a small cup of soapy water.
4. Pump the ball with the air valve hole facing the sky to allow for proper inflation. Slower inflation is better in this case as it will allow the inner bladder to fill the ball evenly.



5. If your ball is lopsided after inflation, deflate the ball and repeat steps 2-4. Doing so will allow the inner bladder to properly inflate evenly within the ball. (NOTE: Fast Inflation at high pressure will lead to a lopsided ball more often. Try inflating the ball at a slower rate to allow the inner bladder to inflate properly).
6. After inflation, adjust the ball to 8 PSI prior to inflation using a ball pressure gauge.



7. Wipe the ball clean of any dust or debris prior to use in the TOCA Touch Trainer.

