

# VLUV SIZES:

To decide for the correct size we defined 3 rules.

RULE 1: Body height

RULE 2: Position of the pelvis to the knees

RULE 3: Application of the ball: work place

## **RULE 1 / SELECTION BY BODY HEIGHT**

- 155cm - 180cm body height = 65cm ball
- 180cm - 200cm body height = 75cm ball

This rule applies in most cases, especially if you use the ball in a free space like a living room, lounge or for your gymnastic activities.

## **RULE 2 / POSITION OF PELVIS TO THE KNEES**

The seat height is correct if the pelvis is positioned slightly above the knees so that the thighs are slightly slanted downwards. This enables the body to sit more upright. To measure the correct height, take a seat on a low chair. Please wear the shoes that you will wear normally during usage of the ball. Place books or other flat objects under your bottom until your thighs will be slanted downwards. The upper part of the knee should be positioned above your pelvis. Make sure you sit safe and upright comfortably. Measure the distance from the floor to the seat height.

- If the value is between 50-60cm, we recommend to use the Ø 65cm ball.
- If the value is between 60-65cm, we recommend to use the Ø 75cm ball.

## **RULE 3 / APPLICATION OF THE BALL: WORK PLACE**

### Adjustable desk

For the usage of the VLUV ball at your office work desk it is important to adjust the desk height correctly. The desk height should be adjustable between 68 and 82cm. The height is adjusted correctly if your pelvis is situated in a slightly higher position than the knees (see rule 2). Another factor is that you can place your forearms onto the desktop. (Always sit upright.)

### Non-adjustable desk

If the height adjustment of your office desk is not possible and the desktop height varies between 68 and 72cm we recommend to use the 65cm (25.6in) version of the VLUV ball even if your body height is higher than 175cm (5'9") It allows you to fit your legs under the table. (The position of the pelvis to the knees is not perfect in that case but the comfort of sitting is higher. Our recommendation is to change to an adjustable table to allow a more healthy working position.)

