

Club Warehouse Sizing Chart

The Norco™ Exercise Ball should be fitted to each individual's body proportions. See the suggested reference chart below for choosing a properly sized exercise ball. This table was developed with users in a seated position (hips and knees bent at 90° when seated on the ball). If between sizes, choose the larger size. For individuals of heavy proportions or having especially long legs, a larger size ball may be appropriate.

	Person's Height		Ball Size Diameter
NC50101	5'0" to 5'6"	(152 to 168cm)	55cm (21 1/2")
NC50102	5'6" to 6'0"	(168 to 183cm)	65cm (25 1/2")
NC50103	6'0" to 6'4"	(183 to 193cm)	75cm (29 1/2")