

A general guideline for height correspondence to diameter of exercise ball is as follows (this is assuming average body weight is proportional to height):

Exercise ball diameter	Person's height
45 cm	5' and under
55 cm	5'1"– 5'8"
65 cm	5'9"– 6'2"
75 cm	6'3"– 6'7"
85 cm	6'8" and taller

If body weight to height is larger than the average proportion, sitting on the exercise ball will compress it down more, so individuals usually should try using the next larger exercise ball size in order to maintain the 90-degree rule. Another factor to keep in mind is that most exercise ball sizes have some adjustability to them. If the angles at the hips and knees are much greater than 90 degrees, some air can be released to compensate and vice versa.