

Balance Board - for Standing Desk or Sit-Stand Workstation

Package Contents

- Balance Board x 1
- Rubber Feet x 4
- Screws x 4
- Washers x 4
- Quick-Start Guide x 1

Warning Statements

Read all warning statements before using the Balance Board.

- *The Balance Board, by design, is unstable and may require frequent user interaction to achieve a balanced stance; as a result, caution should be exercised when mounting, dismounting and/or using the Balance Board as personal injury and/or equipment damage can result from a fall.*
- *While using the Balance Board, always wear appropriate footwear (note: running shoes and other flat soled shoes are recommended).*
- *Consult a physician before using the Balance Board.*
- *Use the Balance Board on a firm, flat, dry, and level surface.*
- *The Balance Board can present a tripping hazard. Always store the Balance Board in a location with no foot traffic.*
- *Individuals under the age of 18 should be supervised by an adult when using the Balance Board.*
- *The Balance Board has a maximum weight capacity of 300 pounds.*

Requirements

- Phillips Head Screwdriver x 1
- A flat, level surface for use

Installation

1. Align the four Rubber Feet with the predrilled holes.
2. Place one Washer over each of the four Screws.
3. Insert the four Screws (with the attached Washers) into the holes in each of the Rubber Feet. (figure 1)
4. Fasten the four Screws in place using a Phillips Head Screwdriver.

Note: Do not overtighten the Screws.

Basic Operation

1. Place the Balance Board on a level surface. Or, drag the Balance Board out from under your desk using the Foot Control Feature (located along the rear edge of the Balance Board).
2. Find a location on your desk or other stable object where you can rest your hand to stabilize your body, before attempting to stand on the Balance Board.
3. Step onto the Balance Board, one foot at a time.
4. Slowly shift your weight towards the centre while engaging all of your leg, back, and core muscles to facilitate a balanced stance.

Advanced Operation

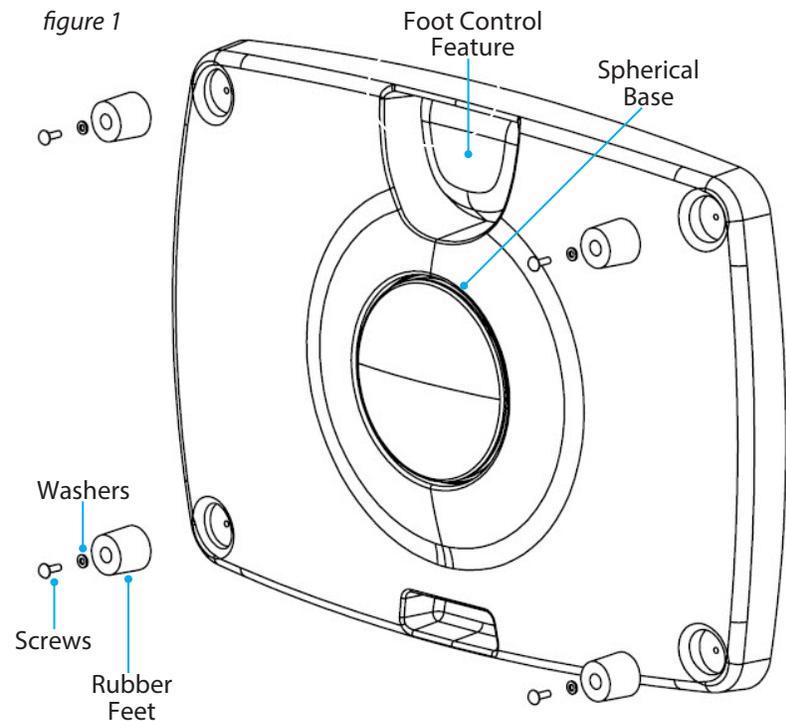
To increase the balancing difficulty, you can remove the Rubber Feet. This will increase the degree of tilt in every direction.

Note: For your own safety, only attempt the Advanced Operation after you have achieved proper balance during normal Operation.

1. Remove the Rubber Feet using a Phillips Head Screwdriver.
2. Repeat steps 1-5 from the Basic Operation section.

Product Diagram

Bottom View



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