



EVOLVE Balance Board

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Evolve Balance Board.

SETUP

1. Remove the Evolve Balance Board from box and check for shipping damage (scratches, gouges or tears).
2. Your Evolve Balance Board is now ready for use.

WORKOUT TIPS

1. Always use the Evolve Balance Board on a smooth, flat, non-slip surface.
2. Always ensure that the floor is free of obstacles and debris when using the Evolve Balance Board.
3. Use with non-slip shoes.
4. Recommended for weights up to 300 lbs.

CARE

1. Dry the Evolve Balance Board with a towel after each use if needed.
2. Clean the Evolve Balance Board with damp towel and mild soap as needed.
3. Avoid exposing the Evolve Balance Board to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.
5. Do not use the Evolve Balance Board if nicked, torn or damaged in any way.

IMPORTANT SAFETY CAUTIONS!

1. Consult with your doctor before beginning this or any other exercise program.
2. Use the Evolve Balance Board only on smooth surfaces. Do not use if deep scratches or gouges exist.
3. Stop and rest if you feel dizzy or short of breath.
4. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.
5. This is not a toy. Keep out the reach of children.

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