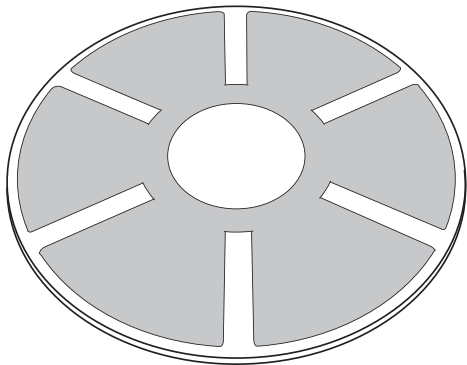


amazonbasics



Wood Wobble Balance Board

Plateau d'Équilibre à Oscillations en Bois

Balance-Board aus Holz

Tavola Oscillante per Equilibrio in Legno

Tabla de Equilibrio de Madera

木製フラフラバランスボード

B07DWHL1N4, B07DWKNZGW, B07DWQ8N46, B07DWKNXNY

■	English	3
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Before First Use

- Check for transport damages.

**DANGER**

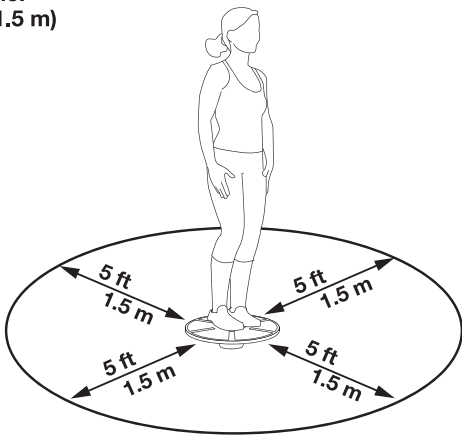
Risk of suffocation! Keep any packaging materials away from children – these materials are a potential source of danger, e.g. suffocation.

Intended Use

- This product is intended to help the user to improve core strength, posture, enhance coordination, sense of balance and visual sense. It is ideal to strengthen the targeted muscles, ligaments, tendons and joints.
- Use the product for its intended purpose only.

Safety and Training Zone

Safety zone:
min. 5 ft (1.5 m)



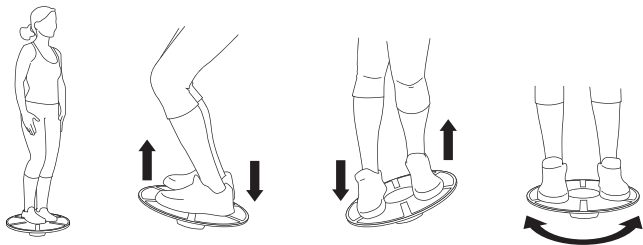
Exercises

Beginner:

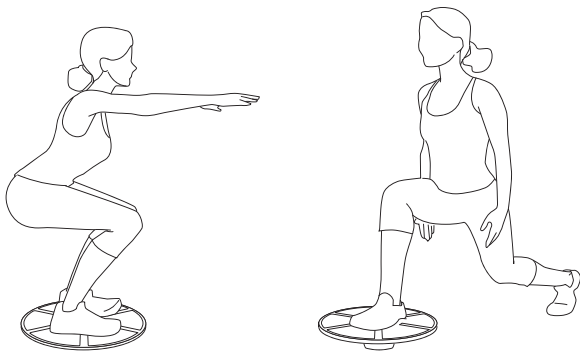
**NOTICE**

Place the product on a stable, level surface only.

Warm up and stretch for about 3-5 minutes before starting with the exercises.

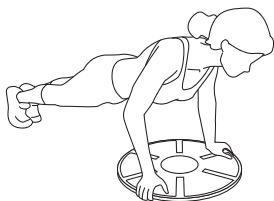
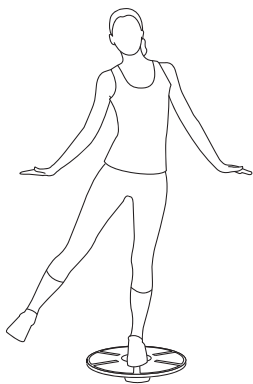
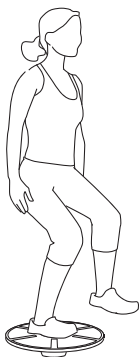
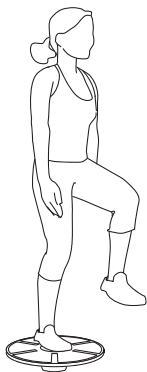


Intermediate:



Exercises

Advanced:



English

Français

Deutsch

Italiano

Español

日本語

Cleaning and Maintenance

- To clean, wipe with a soft, slightly moist cloth. Use a brush to clean the rough surface.
- Never use corrosive detergents, wire brushes, abrasive scourers, metal or sharp utensils to clean the product.
- Store in a cool and dry place away from children and pets, ideally in original packaging.

Specifications

Product dimensions (Ø x H): approx. 15.75 x 3.15 in (40 x 8 cm)

Product weight: approx. 3.2 lb (1.45 kg)

Maximum user body weight: 265 lb (120 kg)

IMPORTANT SAFEGUARDS



Read these instructions carefully and retain them for future use. If this product is passed to a third party, then these instructions must be included.

When using the product, basic safety precautions should always be followed to reduce the risk of injury including the following:

- The product is intended exclusively for use in dry indoor spaces.
- The product is designed for private, home use (class H) and is not intended for commercial use.
- The product is not intended for therapeutic purposes.
- Keep the product out of the reach of children. Do not leave children alone with the product unsupervised. After each use, store the product so that children may not use it unsupervised.
- Before each use, check the product for damage and wear. Do not use the product if it exhibits visible signs of damage.
- Wear comfortable clothing and non-slip sneakers for training.
- Before training, do several stretching exercises without the product. Begin the exercises slowly and increase the intensity gradually. Improper use of the product and excessive training can be harmful to health. Do not overdo it and do not overestimate yourself.
- If you belong to a health risk group, consult your physician before using the product. Coordinate your training program with your physician if necessary.
- Pregnant women may not use the product or should only use the product after consulting a physician.
- Interrupt training immediately if you feel weak or dizzy. In the event of nausea, chest pains or aching limbs, heart palpitations or other symptoms, contact your physician immediately.

- If you have not exercised for a prolonged period, have heart, circulatory or orthopedic problems, consult a physician before beginning your training program.
- Before training, make sure that there is at least 5 ft (1.5 m) of unobstructed space on all sides and that no other persons are in the direct vicinity. There should also be no furniture in the direct vicinity as they could get damaged.
- Make sure there is sufficient air supply during training, but avoid drafts.

**IMPORTANT, RETAIN FOR
FUTURE REFERENCE:
READ CAREFULLY.**

Warranty Information

To obtain a copy of the warranty for this product:



For US - Visit amazon.com/AmazonBasics/Warranty

For UK - Visit amazon.co.uk/basics-warranty

— or —



Contact Customer Service at 1-866-216-1072

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