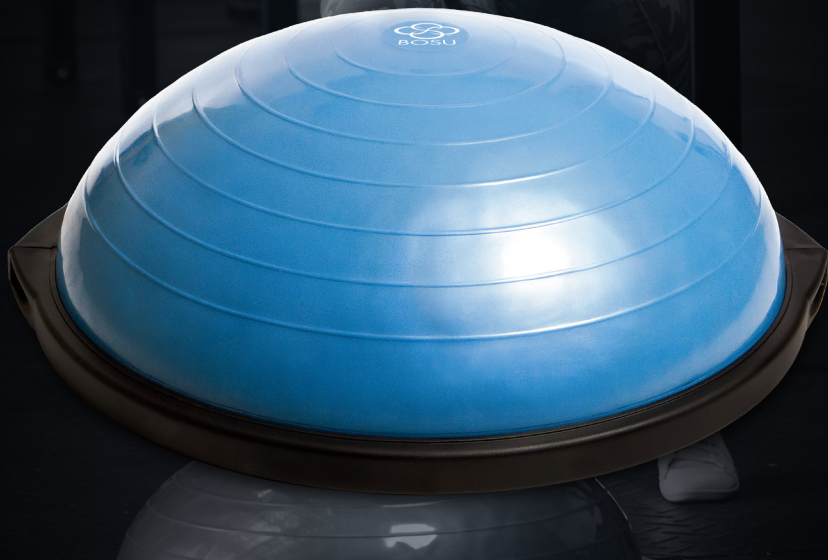




# BOSU<sup>®</sup>

## BALANCE TRAINER



# OWNER'S MANUAL

For maximum effectiveness and safety, please read this owner's manual before using your BOSU<sup>®</sup> Balance Trainer.

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**Customer Service Department**  
1010 Hedstrom Drive, Ashland, OH 44805

Call: 1-800-810-6528 or

Email: [help@bosu.com](mailto:help@bosu.com)

Monday - Friday | 8:00 am - 5:00 pm

Eastern Standard Time

[www.bosu.com](http://www.bosu.com)



# WELCOME

## Congratulations on your purchase of the **BOSU®** **HOME Balance Trainer!**

By purchasing this piece of fitness equipment, you've made a commitment to improve your overall fitness, as well as your balance, coordination and posture.

The Balance Trainer gives you a fast, fun workout that is easy to fit into even the busiest lifestyle. The Balance Trainer program has been designed so that you can train cardiovascular or aerobic fitness, muscular strength and endurance (especially for the ab and back muscles), and flexibility. And while you're getting stronger and more fit, you'll also be improving your balance, coordination and body awareness. What this means is that you'll look better, feel better, and move better in sports and fitness training as well as daily activities.

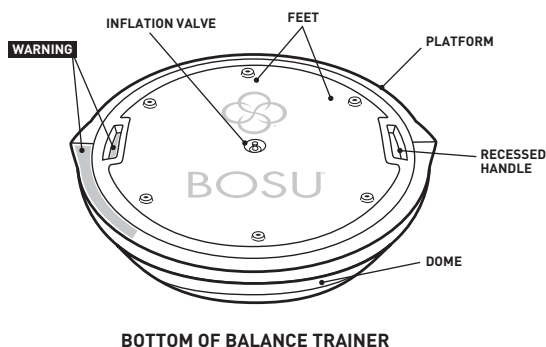
The Balance Trainer is safe and easy to use, regardless of your current fitness level. It has been designed so that you can start with easy exercises, and then gradually advance to more difficult exercises as your fitness level and balance improves. Whether you're a first time beginner, or an experienced athlete, the Balance Trainer is versatile enough to provide a workout that is not only effective, but fun!

**IMPORTANT:** This owner's manual is the authoritative source of information about your BOSU® Balance Trainer. Please read it carefully and follow all the instructions.



## SPECS & PARTS

The BOSU® Balance Trainer can be used with the platform side either up or down for different types of exercises. The solid platform is 65 cm in diameter and 1 3/8 inches thick. The dome should be inflated until it measures 10 inches tall with dome side up or 8 1/2 inches with the dome side down. Two recessed handles on the bottom of the platform make it easy to carry and grip for different exercises.



### In the Box

Your Balance Trainer comes complete with a dual-action hand pump, plug and a “Getting Started” reference card.



**BALANCE TRAINER**



**INFLATION PUMP**



**PLUG**



**GETTING  
STARTED CARD**



# GETTING STARTED

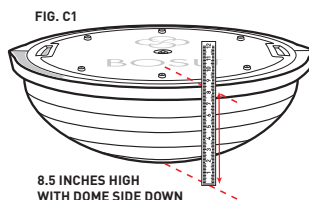
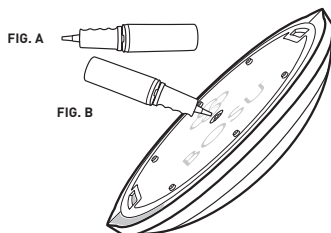
## INFLATING YOUR BALANCE TRAINER

1. Find the dual-action hand pump that came with your Balance Trainer and remove it from its wrapping. (See Fig. A)
2. Place your Balance Trainer at a **45°** with the **platform side up**. (See Fig. B)
3. Insert the dual-action hand pump nozzle firmly into the valve housing and inflate to a height of about **8.5 inches**. (See Fig. B) **DO NOT exceed 10 inches.**

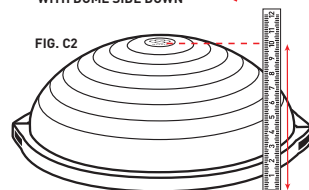
**TIP 1:** To judge proper inflation, simply hold a ruler vertically against the side of the Balance Trainer and inflate until the platform clears approximately 8.5 inches high on the ruler with dome side down and a maximum of 10 inches high with dome side up. (See Figs. C1 and C2)

**Caution:** Adding too much air will cause the bladder to separate from the base and rim. (See Video on Pg 6 for Over-Inflation if that happens.)

4. Once you have inflated your Balance Trainer to the proper height, **firmly insert the plug** into the valve inlet.
5. Before each use, visually inspect the equipment. **Never use the equipment if parts are missing or if the equipment is not functioning properly.**



8.5 INCHES HIGH  
WITH DOME SIDE DOWN



MAXIMUM 10 INCHES HIGH  
WITH DOME SIDE UP

## How to Inflate your Balance Trainer



## How to Fix an Over-Inflated Balance Trainer

### GENERAL EXERCISE GUIDELINES

- If you are just starting an exercise program with your Balance Trainer, choose a time of day that's good for you and then stick to it closely. You should choose a time when you feel energetic, when interruptions are few, and when you have not eaten for approximately two hours.
- Practice each exercise until you are very clear on correct technique. When following any of the Balance Trainer exercise videos, begin with the easier variation of each exercise and progress to the more challenging variations only when you feel ready.
- Using muscle fatigue and proper technique as a guide, increase your repetitions to the number that you can complete comfortably and correctly. It is more important to perform the exercises correctly than it is to complete the suggested number of repetitions.



# SAFETY

## WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED ON THE EQUIPMENT AND IN THIS USER GUIDE MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.



- 1) **Before starting this or any other exercise program, consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Your physician can also help you determine if you have physical limitations that could create a health risk or prevent you from properly using this equipment. **Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems, orthopedic conditions, or balance impairments. If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.**
- 2) **Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.
- 3) **Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**
- 4) **Breathe naturally**, never holding your breath during an exercise. Avoid over training; you should be able to carry on a conversation while exercising.
- 5) **Before each use, visually inspect the equipment. Never use the equipment if parts are missing or if the equipment is not functioning properly.**
- 6) **Before each use, make sure the dome is properly inflated.** Over-inflating the dome can cause the dome to separate from the platform. Immediately stop using the equipment and contact Customer Service if this occurs.
- 7) **Wear appropriate clothing when exercising.** Wear athletic shoes, cross-training shoes or aerobic shoes. For some exercises, you may be instructed to exercise in your bare feet.
- 8) **Use this equipment only for the intended use** as described by the manufacturer. Do not modify the equipment or use attachments not recommended by the manufacturer.
- 9) **Start out slowly and progress sensibly.** Before beginning any workouts, become acclimated with the dynamic surface of the Balance Trainer by slowly stepping on and off the dome, practicing the "centered" position, etc. Once you become acclimated, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises.



## SAFETY

- 10) The dynamic surface of the Balance Trainer can enhance fitness training in a number of ways but it is important to remember that it is still highly unstable and the potential for a fall that may result in injury does exist. Move slowly and with control throughout the workout. **To reduce the likelihood of a fall, simply step off of the Balance Trainer safely to the floor if you feel that you are losing your balance at anytime.**
- 11) **Standing on platform is not recommended.** It is an advanced exercise that increases the risk of a fall resulting in SERIOUS INJURY OR DEATH.
- 12) **Make sure the Balance Trainer is set on a non-slip, level surface with adequate clearance space around you.** You should have enough space to lie in a face up, face down, or sidelying position on top of the dome, and to be able to step off safely in any direction. **Make sure that if you lose your balance and fall, you will not hit any nearby objects. To reduce the risk of injury if a fall were to occur, use a mat or exercise pad on wood or other hard surfaces.**
- 13) **Wipe sweat off the vinyl surface of the Balance Trainer dome before each use and while working out as needed.** Not unlike a wet basketball floor, sweat will make the dome surface slippery. Use a towel to wipe sweat off the dome if necessary.
- 14) **Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.
- 15) **Cool down after an exercise session**, with 5 to 10 minutes of gentle exercise, such as walking, followed by stretching.
- 16) **The Balance Trainer is not a toy. Children must be supervised by an adult familiar with the proper use of this product. To prevent injuries, keep this and all fitness equipment out of the reach of unsupervised children.**



# EQUIPMENT LABELS

## WARNING LABELS

### ⚠ WARNING



To reduce the risk of serious injury or death, read all safety labels and owner's manual, or be instructed by a qualified trainer/physical therapist.

- Do not overexert. Stop if you feel faint or dizzy.
- Inspect before each use. Do not use if damaged.
- Check with your doctor before using the BOSU® Balance Trainer.
- Children must be supervised by an adult familiar with proper use.

### ⚠ WARNING



This equipment challenges your balance. You may fall off. Make sure you have adequate space around you in case you fall. Standing on platform side increases your risk of falling. If you lose your balance, the platform tips quickly. If you choose to stand on the platform side:

- Take extra precautions, such as holding a securely fixed handhold, not holding weights or any other object, having a spotter, and placing mats on the floor.
- Be prepared to fall. Even with precautions, this advanced activity may result in injury or death.

Replace any labels if damaged, illegible or removed. Go to [www.bosu.com](http://www.bosu.com) or call 800-810-6528 for replacement label, manual, video or questions. Max. user weight is 300 lbs. ISO 20957-1 Class 1. **HEDSTROM® Fitness**, 1010 Hedstrom Dr., Ashland, OH 44805

### ⚠ WARNING

**Standing on this side increases your risk of falling.** See side label for details.



### ⚠ WARNING

**INCREASED FALL RISK.** See side label.



See page 3 for placement of these labels on your equipment.



## CARE & STORAGE

Your Balance Trainer has been carefully designed to require minimal maintenance for enjoyable use. To ensure this, we recommend that you do the following:

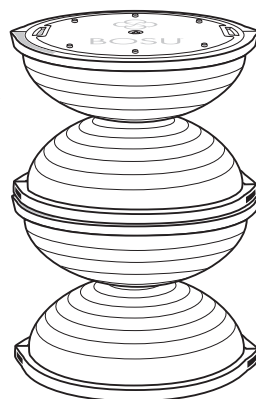
- Keep your Balance Trainer clean. Wipe sweat, dust or other residue off the Balance Trainer after each use with a towel. Water and a mild soap may also be used to clean the platform and dome.
- Avoid contacting the Balance Trainer dome with sharp or abrasive objects. Sharp or abrasive objects can puncture the vinyl surface. Always check the soles of your shoes for glass, stones, etc., before standing on the Balance Trainer dome.
- To clean your balance trainer use water and a mild soap or any disinfectant wipe.

### How to Clean your Balance Trainer

### How to Store your Balance Trainer

- Store your Balance Trainer after use either inflated or deflated. If deflating, you may have to pull firmly to remove the plug.
- DO NOT STORE THE BALANCE TRAINER IN DIRECT SUNLIGHT OR NEAR A HEAT SOURCE.
- When storing the Balance Trainer, make sure the dome is not in direct contact with any other surface except another dome. (See Figs. A)

FIG. A



# WARRANTY

## HEDSTROM® FITNESS LIMITED WARRANTY

**For a period of 180 days**, from the date of receipt, on the **BOSU® Home Balance Trainer**, HEDSTROM® Fitness warrants that this product will be free from defects in materials and workmanship when used for personal or household use. **This warranty applies only when purchase of the product is from an authorized dealer. This warranty is not transferable. Warranty valid only in the USA.**

**EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, HEDSTROM® FITNESS DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.** SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY (INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. HEDSTROM® Fitness will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use or repair of the product. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, you must return this product to the location shown below at your own expense, unless otherwise approved by us in advance. HEDSTROM® Fitness will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including in transit), or repairs or attempted repairs by any person not authorized by HEDSTROM® Fitness, or by vandalism, misuse, abuse, or alteration.

In order to obtain the Limited Warranty your product must be registered. Please go to **www.bosu.com** and register your product.

**In order to obtain service under this warranty, use the following procedure:**

1. Send the part for replacement to:  
**FARO LOGISTICS**  
3275 Alum Creek Drive  
Columbus, Ohio 43207  
Attn: HEDSTROM® FITNESS

2. Be sure to include:
  - Legible return address
  - Daytime phone number
  - Email Address
  - Brief statement concerning the part in question
  - Your ORDER# and/or copy of proof of purchase
3. Write your order# on line provided and retain for your records. (Retail customers write place of purchase)

ORDER # \_\_\_\_\_

**PARTS HOT LINE: 1-800-810-6528**

**HEDSTROM® FITNESS, LLC. | 1010 HEDSTROM DR. | ASHLAND, OH 44805 | 800-810-6528**

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U.S. Patent Nos. 6,422,983, 6,575,885, 6,554,753, 7,344,488 and 7,494,446.

