

Important Safety Instructions

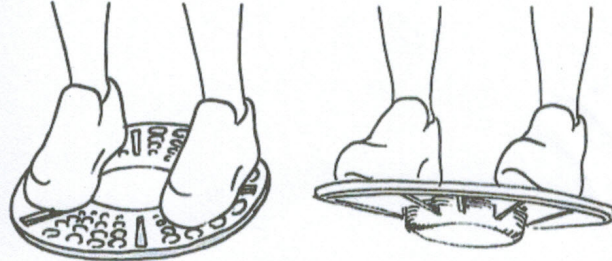
- Before starting any exercise program, consult your physician. You must make sure that you do not have any medical or health conditions that could affect the safety and effectiveness of your exercise program. If at any time during your exercise you are experiencing discomfort or pain, stop the exercise immediately and consult your physician.
- Be sure that you read all the instructions in this manual and for proper exercise instruction before beginning your program.

WARNING

Do not use this equipment without a complete understanding of its intended purpose and function. By stepping on this equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any part 10 hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use Filler products in a safe clear area on a flat dry surface, children must not play on this equipment unattended, consult a physician before starting this or any exercise program.

TOE-HEEL ROCK

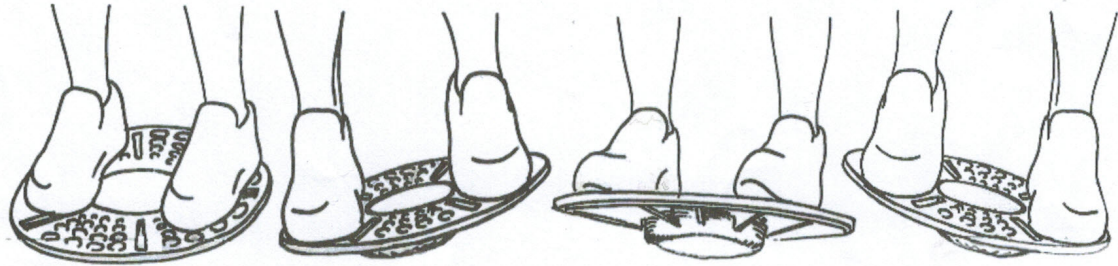
- Move forward, put your weight on tiptoe of feet, and hold for 2 seconds.
- Move back, put your weight on heels and hold for 2 seconds.
- Repeat above postures



AROUND THE CLOCK

Begin with a gentle range of motion on the Balance Board until you get used to the movement. Exercises such as side-to-side, front-to-back, and circular rotation are all excellent basic exercises to start with. With your feet planted squarely on the Balance Board, begin a slow controlled movement from side to side without the front or back touching. Keep your head up and feel the movements you are going through. Next, slowly move the board front to back. Finally, rotate the board using a controlled circular motion.

- Tilt to positions of the clock: Front, right, back, left then center. Keep body vertical.
- Change to opposite direction repeatedly.



PUSH UPS

Put your hands shoulder-width apart on balance board. It's similar as traditional push-ups to position on toes or knees. Remember to keep your back flat with elbows bent slightly. To avoid pressure on wrists, cup hands and push through fingers. Follow the same direction show in "around the clock".



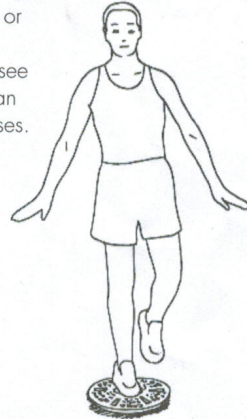
SQUATS

- Crouch body as seated. Move your body weight to the heels.
- Return to standing.



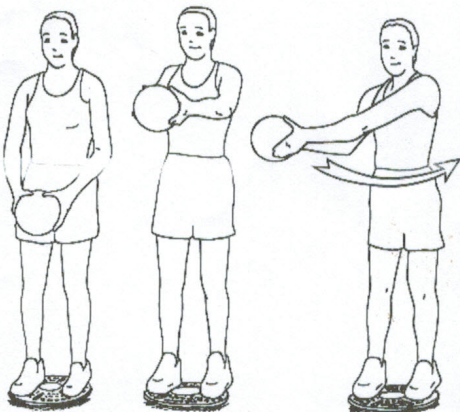
BALANCE TRAINING

- Helps with timer or stopwatch.
- Time yourself to see how long you can hold varying poses.



EXERCISE VARIATION

- Seize a weighted object or sports ball (4 lbs or less)
- Begin with prop held low in front of you. Raise as long as you can.
- Move to side, back to front, then to the other side slowly. Pause at each position.



FETCHING

- Partner stands about six feet away with ball.
- Stand on board while partner throws ball to you at different heights and positions.



MIRROR MIMIC

- Partner stands about six feet in front of you on another board.
- One person leads movements. Mimic each others movements, as if looking into a mirror.

