The AirSoft™ board ships with the balls located in the Active Standing position. If you prefer, the balls can be adjusted to a more challenging Balance Training position.

**Ball Removal**

When you kneel down to reposition a ball place one of your feet on the board to give it stability while you work. With a screwdriver remove the 3 screws on base of the ball frame.

**Ball Pump**

You can customize the amount of bounce in the balls of your balance board for your desired feel. Pump more air into the ball for more stability and bounce, or remove some air for a softer effect as you shift around on your board.

**Ball Re-Positioning**

Relocate the ball and frame to new location on your balance board and re-attach with the 3 screws.

---

www.LifeSpanFitness.com

Share with us how you stay active! #myLifeSpan