



vive®

BALANCE PAD

Owner's Manual
RHB1O5OS

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Balance Pad as easy as possible.



To see all FAQ's in one place
visit vhealth.link/tdg

WHAT'S INCLUDED

- Vive Balance Pad

HOW TO USE/EXERCISES

Before any exercise be sure to warm up your muscles with light stretching to reduce the risk of injury.

STEP UPS / DOWNS

1. Place the balance pad on a stable, secure surface.
2. Stand in front of the pad.
3. Step up on the pad, one foot at a time.
4. Stabilize again, then reverse and step down.
5. Stabilize and repeat.
6. Once you are comfortable stepping forward and back, you can add side to side step downs.

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5. Stabilize and repeat.
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FORWARD/BACKWARD & SIDE TO SIDE ROCKING

1. Place the balance pad on a stable, secure surface.
2. Stand in front of the pad.
3. Step up on the pad, one foot at a time.
4. Stabilize, then with your feet together, rock back and forth on the pad.
5. Stabilize again, then with your feet together, rock side to side on the pad.
6. Stabilize again before stepping down.



SINGLE LEG BALANCE

1. Place the balance pad on a stable, secure surface.
2. Stand in front of the pad.
3. Step up on the pad, one foot at a time.
4. Stabilize, then slowly pick up one foot and balance on one leg.
5. Start on your strong side first.
6. Try to balance for 10 seconds.
7. Bring your feet together, stabilize again, and pick up the other foot.
8. Balance for 10 seconds.
9. Stabilize again before stepping down.



REGULAR SQUATS

1. Place the balance pad on a stable, secure surface.
2. Stand in front of the pad.
3. Step up on the pad, one foot at a time.
4. Stabilize.
5. Bend your knees and slowly lower your body into a squat, holding your arms out in front of you for balance.
6. Hold for 10 seconds, then straighten your knees until you are upright.
7. Stabilize, then repeat.
8. Stabilize before stepping down.



LATERAL SQUATS

1. Place the balance pad on a stable, secure surface.
2. Stand on one side of the pad.
3. Step up on the pad, one foot at a time.
4. Stabilize.
5. Step one foot off to the side of the balance pad, bending your knee as you bring your foot to the floor.
6. Lower your body into a squat, keeping your leg on the pad straight.
7. Hold for 10 seconds, then step back on the pad.
8. Stabilize, then repeat on the other side.
9. Hold for 10 seconds, then step back on the pad.
10. Stabilize before stepping down.



LEG RAISES

1. Place the balance pad on a stable, secure surface.
2. Stand in front of the pad.
3. Step up on the pad, one foot at a time.
4. Stabilize.
5. Slowly raise one leg in front of your body, bending the knee, holding your arms out in front of you for balance.
6. Balance for 10 seconds.
7. Bring your leg down and stabilize.
8. Repeat with your other leg.
9. Balance for 10 seconds.
10. Stabilize before stepping down.



LUNGES ON

1. Place the balance pad on a stable, secure surface.
2. Stand in front of the pad.
3. With one foot, step forward and on to the pad, bending both knees and lowering your body into a lunge.
4. Stabilize and hold for 10 seconds.
5. Bring your front foot back to your original position, straightening your knees.
6. Stabilize and repeat with the other leg.



LUNGES OFF

1. Place the balance pad on a stable, secure surface.
2. Stand in front of the pad.
3. Step up on the pad, one foot at a time.
4. Stabilize.
5. With one foot, step forward and off the pad bending both knees and lowering your body into a lunge.
6. Stabilize and hold for 10 seconds.
7. Bring your front foot back to your original position, straightening your knees.
8. Stabilize and repeat with the other leg.
9. Stabilize before stepping down.



CARE INSTRUCTIONS

Wipe down the pad using a damp cloth. Dry immediately.

SPECIFICATIONS

- Product Dimensions: 15.8" x 13.4" x 2" (40 x 34 x 5cm)
- Weight: 0.62lbs (280 grams)
- Material(s): Thermoplastic Elastomer Foam (TPE)
- Weight Limit: 300lbs

WARNINGS

- Always consult a healthcare professional before starting any exercise routine.
- Warm up your muscles with light stretching before exercising to avoid injury.
- Always cool down your muscles after exercising to avoid injury.
- Immediately stop exercising if you feel extreme pain.
- Always use the balance pad on a stable surface.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/tdg for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

 service@vivehealth.com

 1-800-487-3808

 vivehealth.com