

vive®



INFLATABLE BALANCE DISC

Owner's Manual
RHB1005

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Inflatable Balance Disc as easy as possible. Check out the included link and QR code to help you through the process.



To see all FAQ's in one place
visit vhealth.link/1fp

WHAT'S INCLUDED

- 1x Inflatable Balance Disc
- 1x Air Pump

WARNING ⚠️

- Make sure to use pump to inflate balance disc before exercises.
- Consult your healthcare provider before starting any fitness program.
- Warm up your muscles with 5 to 10 minutes of exercise before stretching.
- Always cool down and stretch your muscles after exercise.
- Stretch slowly and with control.
- Mild discomfort is normal but if you are in extreme pain, stop!

SQUATS

START: Step both feet onto the balance disc while trying to find your core balance. Looking at a fixed area helps balance better. Slowly bend your knees to chair pose keeping your arms at your side.

TRAINING: Hold the chair pose for 15–30 seconds. Or you can do squats and go from squat position to full body extend as many reps you can do. Do either pose 2–3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



LUNGES

START: Step one foot onto the balance disc with the other leg behind you on a flat surface. Bend both knees so you lower your body into a lunge position. Keep arms folded upward.

TRAINING: Alternate each leg after holding each lunge for 10-15 seconds. Do 2-3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



ONE LEG

START: Step one foot onto the balance disc with the other leg behind you on a flat surface. Bend the leg that is on the balance disc while keeping the other leg fully extended. Lean your body forward. Keep arms on your hips.

TRAINING: Alternate each leg after holding for 10–15 seconds. Do 2–3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



BALANCE

Warning: If you have difficulties balancing or have weak ankles do not do this exercise!

START: Step one foot onto the balance disc. Lift one leg up while trying to find your balance. Then slowly extend the leg in the air behind you while balancing. Looking at a fixed area helps balance better.

TRAINING: Alternate each leg after holding for 10–15 seconds. Do 2–3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



HALF ROLL UP

START: Sit on the balance disc with legs together and knees bent in front of you. Start with your torso tilted back with arms extended.

TRAINING: Move torso forward into a half roll up. Complete as many reps as you can. Do 2–3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



V-HOLD

START: Sit on the balance disc with legs together and extended in front of you. Tilt your torso forward towards your legs. Arms also extended in front of you.

TRAINING: Hold this position for 15–30 seconds. Do 2-3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



LEG REACH

START: Sit on the balance disc one leg bent towards your chest and one leg extended. Use arms to support your back.

TRAINING: Extend leg and foot with toes pointing forward. Hold position 15–30 seconds. Alternate legs and repeat. Do 2–3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



TRICEP DIPS

START: Sit on the floor with balance disc behind you. Extend arms behind you and place each hand on the sides of the disc.

TRAINING: Using your arms, lift your body up. Your arms should be at a 90° angle when dipping down and then fully extended when lifting up. Try doing as many reps as you can. Do 2-3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



PLANK TO PUSH-UP

START: Place each hand on the sides of the balance disc and then extend your legs together in a push-up position.

TRAINING: Bend your arms to 90° to plank position, hold position for 15-30 seconds. Then extend your arms to push-up position, hold position for 15-30 seconds. Do 2-3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



SIDE PLANK

START: Place one arm at 90° angle on balance disc. Extend one leg out balancing your body. The other leg and arm extend them into the air.

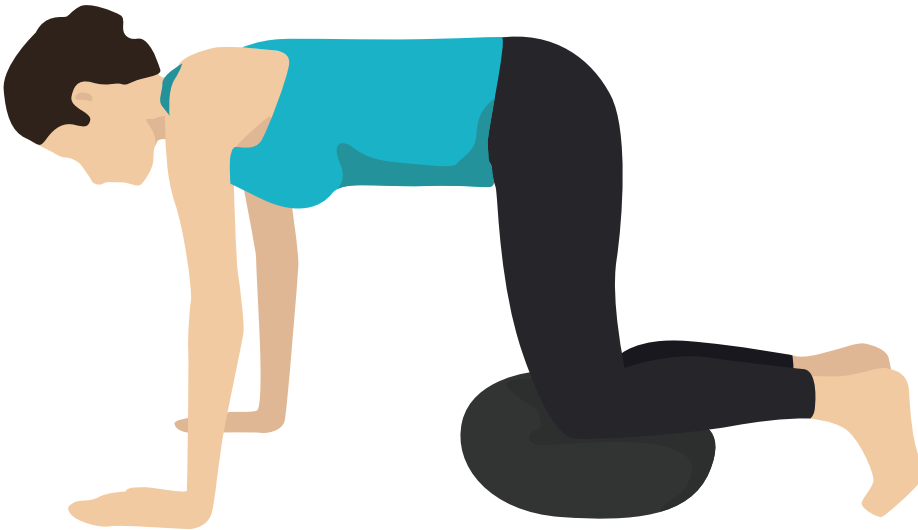
TRAINING: Hold side plank position for 15–30 seconds. Alternating to other side and repeat. Do 2–3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



ALL FOURS

START: Place each hand shoulder width apart on the floor. Place balance disc under your knees. You should be on all fours.

TRAINING: Make sure your back is straight and not arched. Hold position for 30–60 seconds. Do 2–3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



HIP SUPPORT

START: Place arm out on floor at 90° angle and place balance disc under your hip. Extend legs straight out.

TRAINING: Hold this position for 30–60 seconds. Alternate sides and repeat. Do 2–3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



BODY PLANK

START: Place balance disc under your stomach while laying full body face down.

TRAINING: Extend your body, arms and legs to full body plank. Hold position for 10-15 seconds. Do 2-3 more sets while taking breaks in between. Mild discomfort is normal. Don't over exert yourself if you are in pain.



HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vivehealth.link/1fp 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.



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