



## **WOODEN BALANCE BOARD**

Instruction Manual & Exercise Guide



## Disclaimer, Terms and Conditions

### IMPORTANT

Please read this entire manual before using the ProsourceFit Wooden Balance Board. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Wooden Balance Board discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Wooden Balance Board. Always modify exercises as needed for your fitness level.

## Use & Safety Instructions

1. Ensure that the base is securely screwed in before use, and that all obstructions and sharp objects are removed from the workout area. Make sure there is adequate room for you to step off the board quickly if you lose your balance.
2. Only use the Wooden Balance Board as intended and demonstrated in this guide for exercise purposes. Inappropriate use of the Wooden Balance board may lead to serious injury, disfigurement or property damage.
3. The Wooden Balance Board is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN**, pets, or any individual who may require supervision.
4. Begin your workout slowly to build balance and strength, especially if you are new to exercise. Do not perform exercises that are beyond your ability to maintain control.
5. Beginners should start by using the Wooden Balance Board near a wall, doorway, sturdy object, or with a partner that you can hold onto for support.
6. Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.

## Care Instructions

Store in a cool, dry place away from moisture, heat, and direct sunlight.

# EXERCISE GUIDE

## FRONTAL & LATERAL ROCKS



- 1.** Stand on the board with feet about hip-distance apart with a slight bend in your knees.
- 2.** Engage your core and keep hips and upper body still as you slowly rock forward with feet until the edge of the board touches the floor. Then reverse and go backward until the back edge touches the floor. Repeat as many times as desired.
- 3.** Then rock to the left side until edge of board touches the floor. Switch and rock to the right until edge touches the floor. Repeat as many times as desired.

## SINGLE LEG BALANCE



- 1.** Stand with left foot directly on the middle of the board with right foot directly next to it, maintaining a slight bend in your knees and keeping core engaged.
- 2.** Place hands on hips or out to the side for balance, then slowly bend right knee and raise your right leg in front of you until thigh is parallel to the floor.
- 3.** Hold for 10 seconds, or as long as you can, then switch to the other leg.
- 4.** Complete 5–10 reps on each side.

# SQUAT



- 1.** Stand on the board with toes facing straight ahead and feet at the edges of the board.
- 2.** Engage your core and extend arms straight out in front of you. Keep chest lifted, head up, and back straight throughout the exercise.
- 3.** Squat toward the ground as you push your buttocks backward, until thighs are parallel to the floor.
- 4.** Pause for one second, then press up through your heels to the starting position.
- 5.** Repeat 10–20 times.

## HIP BRIDGES



1. Start lying on your back with both feet on the board, arms by your sides.
2. Squeeze your glute muscles and press up through your heels to lift hips up off the ground until knees, hips, and shoulders are aligned.
3. Slowly lower to the floor, then immediately repeat step 2. Complete 10–20 reps.

# PLANK



- 1.** Place both hands on the board, or wrap hands around the edges. Step feet back into a high plank position with core tight and body in one straight line.
- 2.** Hold this position for 30–60 seconds.
- 3.** To make it more challenging, shift the board from side to side or front and back as you hold it.

## PUSH-UPS



- 1.** Begin in a push-up position with both hands at the edges of the board, hands facing forward.
- 2.** Bend elbows and lower your upper body toward the floor, keeping elbows close to your body until chest touches the board, then press back up.
- 3.** Repeat 10–20 times, or as many as you can complete.



## MOUNTAIN CLIMBERS



1. Place both hands on the board, or wrap hands around the edges. Step feet back into a high plank position with core tight and body in one straight line.
2. Draw one knee in toward your chest, contract abs and return leg to the starting position. Switch and repeat on the other side.
3. You can also perform these quickly, switching feet as fast as you can while maintaining a straight body.
4. Perform 20–30 reps, or “run” for 30 seconds.

# LUNGES



- 1.** Start standing with one foot on the balance board, other leg extended behind you.
- 2.** Engage core and place hands on hips or out to the side for balance, then bend knees and lower toward the ground until back knee is about 1-2 inches off the floor.
- 3.** Press back up to the start position and repeat 10–15 times, then switch legs.
- 4.** To make this slightly easier, perform the lunge with your back toe on the board and front foot flat on the floor.

## **WARNING:**

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

## **LIMITED LIFETIME WARRANTY**

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

## **QUESTIONS, CONCERNS OR COMMENTS**

Contact Customer Support by email: [support@prosourcefit.com](mailto:support@prosourcefit.com) or by phone at **1 (855) 552-2637** and we will be happy to help you.



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

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