



Instructions

Balance Disc

1. Pre-inflated. Inflate using a ball pump and needle.
Deflate with just the needle. **PUMP AND NEEDLE NOT INCLUDED.**
2. Moisten the needle before pumping. **DO NOT OVER INFLATE.**

- Place Balance Disc on a chair and use for stability exercises while sitting.
- Place on the floor for balance and stability exercises while standing or sitting.
- Use the more textured side as a back or foot massager.

**FAILURE TO FOLLOW THE ABOVE WARNINGS WILL
VOID ALL WARRANTY REPLACEMENT OR CREDIT**