



## Instructions

# Balance Disc Pro

- For use on the floor during balance and stability exercises.
- Avoid using the Balance Disc Pro on unlevel surfaces, as the disc could suddenly shift resulting in injury.
- Maintain optimal posture when exercising on the disc to avoid possible back and joint injuries. Do not bounce on the disc while exercising.
- May be inflated or deflated by removing the white plug.

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