



BALANCE DISC

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Balance Disc.

SETUP

1. Remove from box and check for shipping damage. Do not use Disc if deep scratches or gouges exist.
2. Your pre-inflated Disc is ready to use.
3. If more firmness is desired, allow product to reach room temperature before inflating.
4. Using an inflation needle, inflate to the desired firmness. (Inflation needle included.) Do not over-inflate. Do not use air compressor, use hand pump.

ACTIVE SITTING TIPS

1. Place inflated Disc onto chair. Sit upright with sit bones directly on top-center of Disc.
2. Thighs and shins should be at a 90-degree angle to floor. (If hips are raised higher than knees, deflate Disc until you achieve a 90-degree angle. If hips are lower than knees, inflate Disc until you achieve a 90-degree angle.) Adjusting your chair height can also achieve the 90-degree angle.
3. In proper seated position, the torso should be completely balanced, the spine should feel long and upright, and you should feel the natural curve in the lower back.
4. Avoid holding your breath while sitting.

GAIAM  RESTORE™

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IMPORTANT SAFETY CAUTIONS!

This is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

CARE

1. It is not uncommon for inflated products to lose air over time. Re-inflate when necessary.
2. Hand wash with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch or damage Disc.
3. Always check for nicks or scratches before each use. If damaged in any way, do not use.
4. Avoid exposing product to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
5. To avoid damage, do not store the product against painted/finished surfaces or newsprint.

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