

GAIAM  RESTORE™

BALANCE WEDGE

Setup, Workout Tips, and Care & Safety Guide

Please read before using your Balance Wedge.

SETUP

1. Remove from box and check for shipping damage. Do not use wedge if deep scratches or gouges exist.
2. Your pre-inflated balance wedge is ready to use.
3. If more firmness is desired, allow product to reach room temperature before inflating.
4. Insert tip of pump into hole in product. Inflate to the desired height and firmness. DO NOT overinflate. *(Inflation needle included.)*

WORKOUT TIPS

1. Always use the product on a smooth surface in an open area free of furniture or other items that could get in the way while exercising.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercises in a slow and controlled manner.
4. Perform exercise routine to the best of your ability without strain.
5. Avoid holding your breath while exercising.

GAIAM RESTORE™

BALANCE WEDGE

Setup, Workout Tips, and Care & Safety Guide

IMPORTANT SAFETY CAUTIONS!

Please read before using your Balance Wedge.

1. Consult with your doctor before beginning this or any other exercise program.
2. Stop and rest if you feel dizzy or short of breath.
3. This product 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 necessary to deflate wedge after use; however, slight leakage may occur 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 wedge.
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.

www.GaiamRestore.com

© & TM 2018 Gaiam Americas, Inc. All Rights Reserved. Manufactured and distributed under license by Fit for Life LLC, Louisville, CO 80027-2452.
MADE IN CHINA.

SKU 05-61792CARE