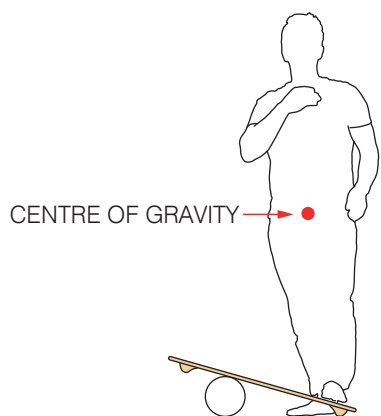


The Swiftly Balance Board is an indoor balance-training device.

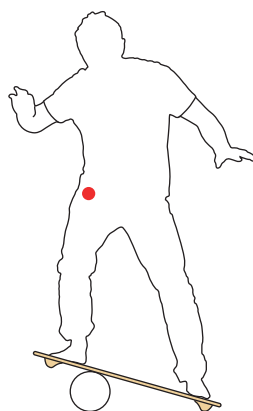
Using a balance board can improve your balance, agility and core body strength in the comfort of your home. It works by destabilising your lower body which activates muscles in your feet and ankles and up into your legs, hips and core. Using a balance board activates synapses in your brain which helps to improve balance and muscle coordination, it's also fun to use!

You can find more advanced balance board exercises demonstrated on the Swiftly Scooters youtube channel and on the instagram profile @swiftyscootersfitness.

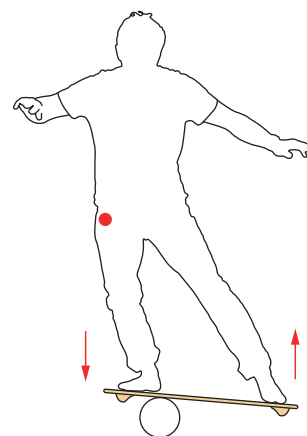
Here are a few basic steps to get you started:



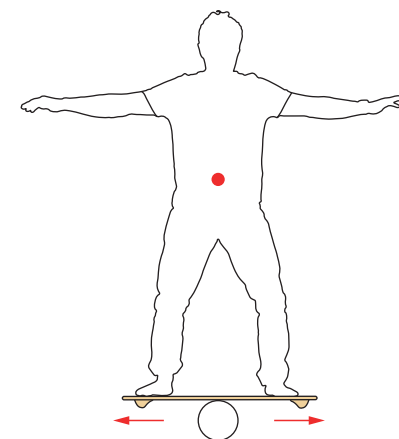
**1** Place the cork roller under one end of the board and place your dominant foot on the other end.



**2** Place your other foot on the opposite end and use your arms to balance. Keep your upper body straight and bend your knees to gain stability.



**3** Adjust your centre of gravity and push down with your feet until the board is balancing on top of the roller.



**4** Centre the board on the roller by adjusting your centre of gravity from side to side. Enjoy trying to maintain this position for as long as you can!

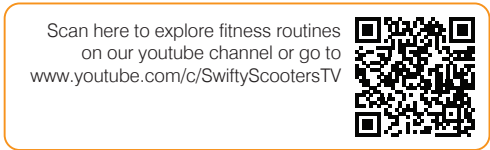
**DISCLAIMER:**  
Use at your own risk.

**SAFETY PRECAUTIONS**

- Clear any obstacles from around you
- Beginners should use a support such as a doorframe or a friend to help
- Place your board and roller on a dry, even and flat surface
- For best results, use with bare feet and non restrictive clothing.
- If you have any medical conditions, consult with your doctor before use
- This product must be stored indoors and away from wet weather.



Let the good times ride and roll!  
Share your story and follow us  
@swiftyscooters and @swiftyscootersfitness #swiftlyfitness



Scan here to explore fitness routines on our youtube channel or go to [www.youtube.com/c/SwiftyScootersTV](http://www.youtube.com/c/SwiftyScootersTV)

**WWW.SWIFTYSCOOTERS.COM**



**DESIGNED & MADE IN THE UNITED KINGDOM**

## RESTRICTIONS

### USER RESTRICTIONS

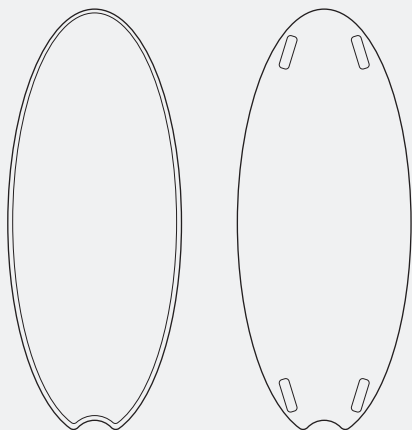
Any use of the Swifty Balance Board is done so at your own risk. The balance board should not be used by anyone under 8 years of age. This balance board has a maximum load weight of 150kg. We strongly recommend users above this weight do not use this product as it will invalidate the product warranty and could result in injury.

### BALANCE BOARD ENVIRONMENT

The balance board is made from natural materials and is not designed to be used in wet conditions. The balance board must be stored indoors where it is dry.

## CONTENTS

1 × Balance board



## RETURNS AND REFUNDS

Thank you for purchasing the Swifty Balance Board. If you are not entirely satisfied with your purchase, we're here to help.

If you made your purchase from one of our registered dealers, please contact them directly.

If you bought through [swiftyscooters.com](https://www.swiftyscooters.com), please read our returns policy below:

### RETURNS

We offer a no-hassle 30 day returns policy to any unused, full-priced items, with all original packaging. For sale items, you have 14 days to contact us. You will also need to have the receipt or proof of purchase. If you are not entirely satisfied with your balance board after using it, we are unable to accept returns.

### HOW TO RETURN AN ITEM

The first thing to do is to notify us of your return for prior approval. You can do this by email: [orders@swiftyscooters.com](mailto:orders@swiftyscooters.com) or by phone SwiftyHQ: +44 (0)161 848 8695. Pack your item carefully in all original packaging, along with your Returns Form. Send by post to: Swifty Scooters Ltd, Returns, Unit 3 Fairbrother Street, Salford, Greater Manchester, M5 3EN UK

### REFUNDS

Once we receive your item, we will notify you of the status of your refund after inspection. If your return is approved, we will initiate a refund to your credit card (or original method of payment). You will receive the credit within a certain amount of days, depending on your card issuer's policies.

### SHIPPING COST REFUND

The cost of shipping the product back to Swifty Scooters may not be covered in your refund, but this is dependent on the reason for return. If you are returning an item because of our mistake, you will receive a full refund including any shipping costs.

## WARRANTY

Swifty Fitness is committed to producing the highest quality products and welcomes customer feedback that can assist us in achieving this goal. We warrant our products to their original owner with proof of purchase from authorised dealers against defects in manufacturing and materials.

The Swifty Balance Board has a warranty of 1 year for the original owner. If components fail due to manufacturing and materials we will repair or replace them free of charge. However, the cost of shipping the product or part back to and from Swifty Scooters may not be covered (dependent on the location and reason of the return).

### THIS WARRANTY DOES NOT COVER

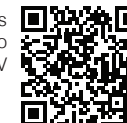
- Normal wear and tear
- Improper maintenance or unapproved customisation
- Damage or failure due to misuse
- Water damage

Any modification to the board or it's components void the warranty entirely, warranty will also be voided if the item has been left outside. This warranty is expressly limited to the repair or replacement of defective items, and said repair and replacements is the sole remedy of the warranty. Cost of shipping the product back to and from Swifty Scooters and any labour charges incurred may not be covered.

### WARRANTY PROCEDURES

1. Please contact us by email at [orders@swiftyscooters.com](mailto:orders@swiftyscooters.com) for a warranty claim form.
2. Please fill out the Swifty Scooters warranty claim form in full. Photos of the damage / issue and proof of purchase must be attached.
3. Return the form and attachments to us via email [support@swiftyscooters.com](mailto:support@swiftyscooters.com)
4. Swifty Scooters will determine the defects based on the information provided, then we will require you to send back the original items.
5. After we examine the part and determine that your product is defective or faulty, your product will be replaced free of charge. Shipping costs may apply.

Scan here to explore fitness routines on our youtube channel or go to [www.youtube.com/c/SwiftyScootersTV](https://www.youtube.com/c/SwiftyScootersTV)



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