



BALANCE TRAINER

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Balance Trainer. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Balance Trainer discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Balance Trainer. Always modify exercises as needed for your fitness level.

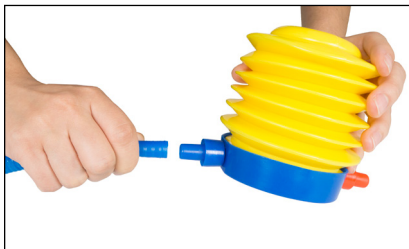
Use & Safety Instructions

1. Always exercise on a properly inflated balance trainer. Balance trainer should be inflated until firm with a little "give" when standing, sitting or kneeling on dome. Dome should reach 8.5" to 10" in height. Maximum user weight rating: 330 LB
2. Always exercise in a space free of objects that may cause injury. Make sure there is adequate space for you to step off the board quickly if you lose your balance.
3. Always inspect the balance trainer for any damage or defects before every use.
4. When using resistance bands, make sure each band is clipped securely before use.
5. Only use the Balance Trainer as intended and demonstrated in this guide for exercise purposes. Inappropriate use of the Balance Trainer may lead to serious injury, disfigurement or property damage.
6. **DO NOT** use balance trainer as a toy or plaything. **KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION.**
7. **DO NOT** use the balance trainer if it is defective. Replace it immediately.
8. **DO NOT** attempt to repair this balance trainer. Discard it immediately.
9. Begin each move slowly and with control to learn proper form, balance, and coordination. Always use smooth, controlled movements to maintain balance and stability. Do not perform exercises that are beyond your ability to maintain control.
10. Begin working out with the resistance bands slowly to build strength and stamina safely, especially if you are new to exercise.
11. Choking Hazard: The inflation needle is a small part considered a choking hazard. Keep away from children.

Care & Storage Instructions

1. Wash with warm water and a very mild household detergent.
2. Store in a cool, dry place away from moisture, heat, and direct sunlight.

INFLATION INSTRUCTIONS



STEP 1

Locate the blue air hose. Connect one end of the hose to the blue nozzle on the air pump. Make sure it is connected tightly.



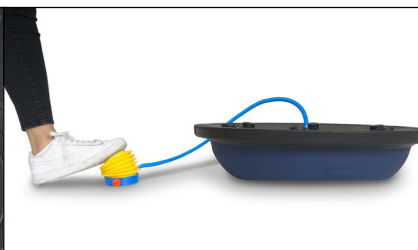
STEP 2

On the opposite side of the blue air hose, insert the nozzle tip. Make sure it is connected tightly. When connected, place the cap on the nozzle tip.



STEP 3

With balance trainer ball upside down, locate inflation hole in center of the base. Insert nozzle tip of hose into inflation hole.



STEP 4

Step down on air pump to inflate at desired level. Recommended inflation height is 8.5 to 10 inches. Do not overinflate.



STEP 5

When finished pumping, insert ball air plug to complete inflation.

EXERCISE GUIDE

STEP UPS



- 1.** Place balance trainer ball side up.
- 2.** Facing balance trainer, step up on ball one foot at a time.
- 3.** When both feet are on ball, step down to ground one foot at a time.
- 4.** Repeat for 30 seconds or until muscles warm up.

SQUAT



- 1.** Place balance trainer ball side up.
- 2.** Place both feet, slightly apart, on balance trainer in a stable position.
- 3.** Squat down keeping your core engaged. Place hands on hips or out in front of you for balance.
- 4.** Stand up and repeat 10-15 times.

BICEP CURLS



- 1.** Place balance trainer ball side up and clip resistance bands on either side of the balance trainer.
- 2.** With resistance bands in hand, stand on balance trainer with both feet, slightly apart. Hold your arms by your side and slightly bend your elbows so your hands are waist level.
- 3.** Curl your arms towards your chest engaging your core and biceps.
- 4.** Lower back to waist level. Repeat 10 times.

CRUNCHES



- 1.** Place balance trainer ball side up.
- 2.** Sit on the center of the balance trainer with your legs lifted and extended in front of you. Place your hands behind your head.
- 3.** Pull your legs into your chest while keeping them off the ground and lift your upper body to meet your legs.
- 4.** Lower legs and upper body back down. Repeat 10-15 times.

LATERAL RAISES



- 1.** Place balance trainer ball side up and clip resistance bands on either side of balance trainer.
- 2.** With resistance bands in hand, stand on balance trainer with both feet, slightly apart.
- 3.** Slightly bend your knees and extend arms out to the side.
- 4.** Slow and controlled, raise your arms to shoulder level.
- 5.** Lower arms back down and repeat 10-15 times.

SHOULDER PRESSES



- 1.** Place balance trainer ball side up and clip resistance bands on either side of balance trainer.
- 2.** Stand on center of balance trainer with feet slightly apart.
- 3.** Grip resistance bands with palms facing forward and bands falling behind your arms.
- 4.** Raise arms to the side forming 90-degree angles with fists pointing upwards and resistance bands falling behind your arms.
- 5.** Press arms above head as high as possible.
- 6.** Bring arms back to 90-degree angle and repeat.

SEATED CABLE ROWS



- 1.** Place balance trainer ball side up and clip resistance bands on either side of balance trainer.
- 2.** Sit leg distance away from the balance trainer. The bottom of your feet should be on the side of the balance trainer.
- 3.** Hold your resistance bands by your side with your arms in a 90-degree angle. Your biceps should be in line with your torso and forearms parallel to the ground.
- 4.** Pull your arms straight back. Your hands should reach your sides with your elbows straight behind.
- 5.** Bring your arms back to side and repeat 10-15 times.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: **support@prosourcefit.com** or by phone at **1 (855) 552-2637** and we will be happy to help you.



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