

## User manual Balance Block®

### Congratulations!

**You are now the owner of a Balance Block®, a product “made in Germany”. This sports tool was produced in compliance with valid EU norms. It is free of forbidden phthalates and heavy metals.**

The Balance Block was especially designed for one leg stand exercises. Balance, sensorimotoric functions, agility and body awareness are being trained by the instable base.

The user can easily train muscles surrounding the joints with simple exercises while standing.

An ideal supplement for corporate health promotion and physio therapy for the treatment of ankle, knee, hips. Easy to maintain and store.

### Warning:

- Avoid storage in direct sunlight or near heat sources, because otherwise the Balance Block® might deform
- Avoid contact with sharp and pointed objects (e.g. broken glass, pointed rocks in shoe soles) because they can damage the Balance Block. Do not throw the Balance Block!
- Use sport shoes, regular shoes or be barefoot while training on the Balance Block.
- Prior to any use, the Balance Block should be checked for damage because otherwise a safe handling is not guaranteed
- The Balance Block has to rest on a horizontal, stable and dry ground, to make sure, that the Balance Block cannot slide away during the exercises.

### Equipment details:

The Balance Block is made of high-grade Rulon with a needle valve.

Size: 33 cm x 15 cm x 7 cm

Load: 150 kg

### Care:

Use mild standard detergents and disinfectants. Dissolvers as well as acidic or corrosive cleansers can harm the material. The Balance Block is waterproof

### How to inflate:

The air filling of the Balance Block can be regulated by using a standard needle pump (e.g. ball pump) Therefore the Balance Block is equipped with a needle valve.

Please perform changes to the air pressure inside the Balance Block (inflation or bleeding) only, when the Balance Block has room temperature and add at the most as much air, as is necessary to make the surface level. Always moisten the needle before carefully inserting into the needle valve.