

GETTING ON AND OFF STRONGBOARD BALANCE

Congratulations!

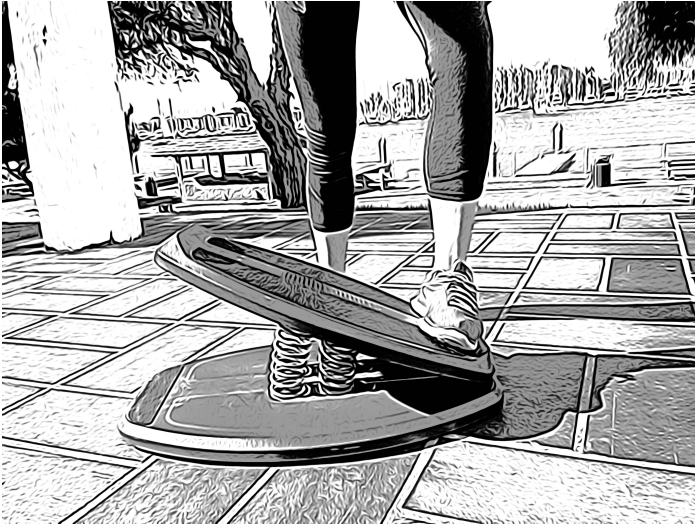
If you're reading this, you are the proud owner of a new StrongBoard Balance. Before you start your new work out routines, it's important to learn the basics.

Beginners may choose to hold on to a wall, counter or other stable surface while getting the feel for the range of motion StrongBoard Balance offers.

We recommend practicing the "off / on " technique until you are comfortable before beginning any exercises.

How to Get ON

Step 1:



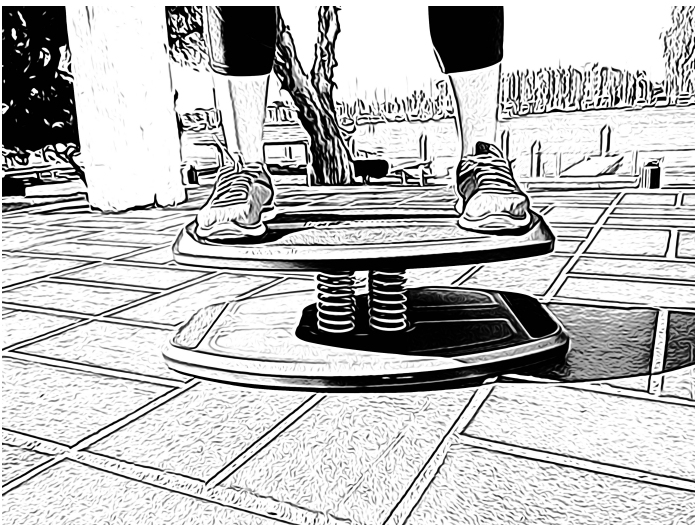
Begin by standing behind StrongBoard. Place your left foot on the side of the board, along the width of the platform, aligned with the lip. Place all your weight on your left foot until the platform touches the base, creating stability.

Step 2:



Bring your right foot up to the other side of the board. Keep your feet straight forward, hugging the lip of the board.

Step 3:



Keeping a slight bend in your knees, transfer your weight so it is equally distributed to both feet and the board levels out. Proper posture will assist your ability to balance. Be sure to keep your shoulders back and your chest up.

How to Get OFF

Getting OFF StrongBoard Balance is as important as getting on.

You will not be able to dismount with a weight bearing foot.

Always transfer your weight to ONE foot and step off with the other.

Step 1:



Transfer your weight to your left foot so the platform comes down and touches the base.

Step 2:



Carefully step off the board with your right foot.