

## Safety Instructions for the Balance Board



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### WARNING!

Your attentiveness and self-assessment while training with the balance board are extremely important. Never train without suitable safety measures, and do not overestimate your abilities.

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Ensure that the training area is free of any obstructive or hazardous objects. Use a non-slip mat to prevent the balance board from sliding during training.

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If you are a beginner, start with the simplest version of the balance board:

- **Easy:** Cork half-sphere – the board rotates around a fixed point, providing a stable foundation.
- **Intermediate:** Cork roller – the board can roll left and right, requiring more balance.
- **Advanced:** Cork ball – the board moves freely in all directions, demanding maximum control and skill.

At the beginning, have a second person assist you for support.

### Risk of Injury!

- Ensure that no people or animals are near you while training.
- Only train on a stable, non-slip surface.
- Wear non-slip shoes or train barefoot to ensure better grip.
- Make sure there is enough space around the board to safely break a fall.
- Gradually increase the difficulty level (from cork half-sphere to cork roller to cork ball) only when you have adequate control.

### CAUTION!

Avoid performing risky movements that challenge your balance excessively until you have practiced sufficiently. Do not use the balance board on slippery or uneven surfaces. Never train under the influence of alcohol, drugs, or medication.

### Important Notes!

Do not use the balance board near stairs, edges, or other sources of danger. Do not make technical modifications to the balance board or the cork base. Regularly inspect the board for damages, cracks, or wear that could compromise its stability. Practice in a safe area with enough space for movements and potential falls.

### Responsible Use!

Always train cautiously and respect your own limits. The goal is to improve your balance – not to overexert yourself or risk injury.