

Original User Manual Balance board



Please follow all security measures in this user's manual to ensure a secure use.

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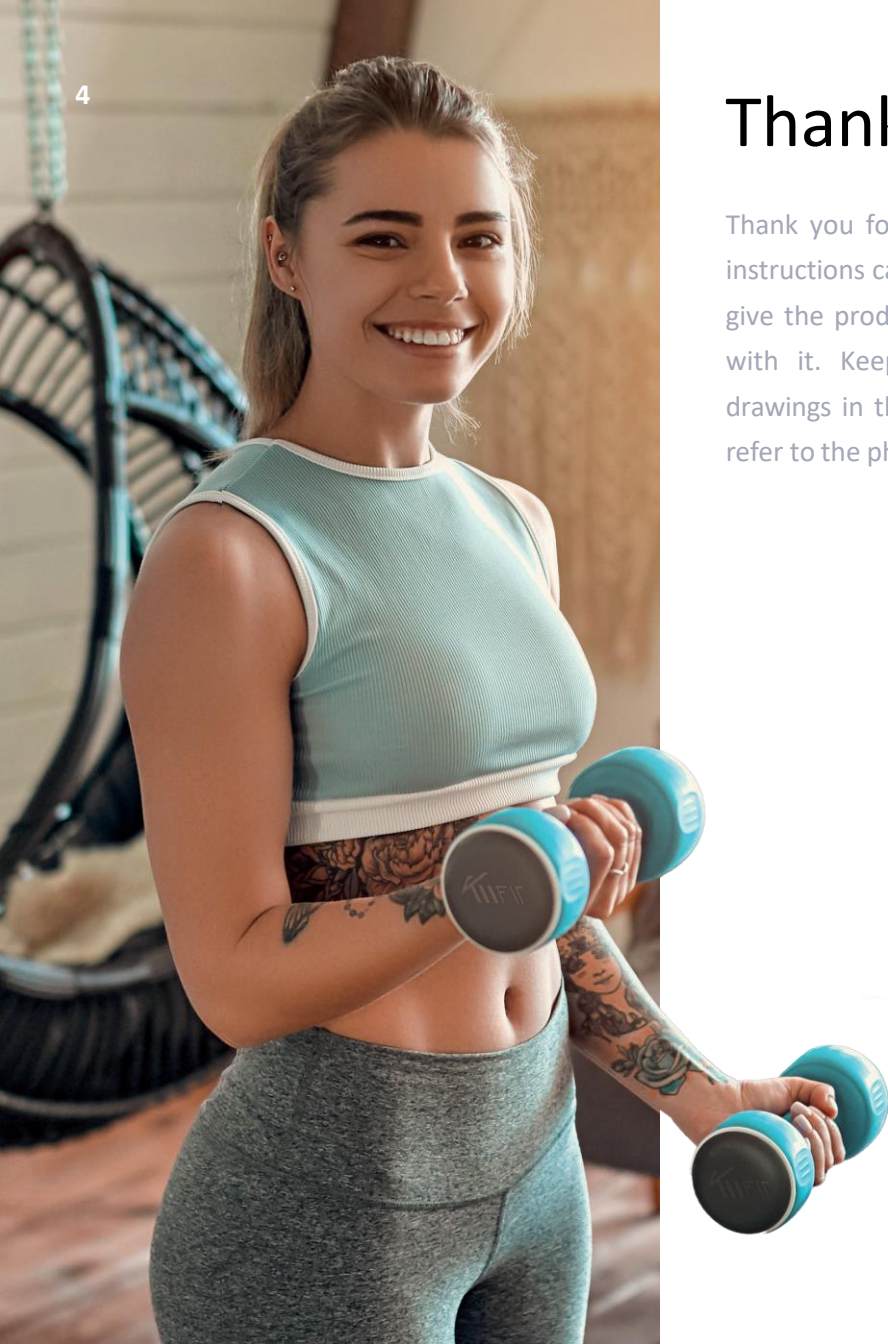
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Thank you!

Thank you for purchasing our product. Please read the operating instructions carefully before using the product for the first time. If you give the product to a third party, this manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.





Warning! Read the safety instructions carefully. Failure to comply with safety instructions may cause electric shock, fire, and severe injury. **Keep all safety instructions and instructions for the future.**



This product must not be disposed of with household waste!



WARNING! This device can pose dangers if it is used improperly or not as intended by persons who have not been instructed! Note that the device is not a toy and does not belong in children's hands.

Suffocation! Do not leave the packaging material carelessly. It could become a dangerous toy for children.

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Important safety instructions

Safety instructions

- Your safety is most important to us. So please make sure you read the user manual before installing and using the product. If you are unsure about any information in this manual, please contact the dealer from whom you purchased the device.
- **DO NOT** use the product if you have not yet read the instruction manual.
- Make sure you have read the user manual thoroughly and understood the contents before you begin the installation.
- The instructions are in the interest of your safety.

WARNING!

- For safety reasons, the following safeguards are important. Failure to read and follow these instructions can result in serious injury.
- For your health and safety, people with hypertension, heart disease, and other cardiovascular and cerebrovascular diseases should avoid using this product.
- The disabled shouldn't use the equipment alone without supervision from specialists or health workers.
- We recommend that you talk to your doctor before embarking on any new exercise if you have had any recent surgery, are pregnant, have an injury, or if you have concerns about your health or levels of fitness that you think additional exercise may aggravate.
- Stop exercising immediately if you feel light-headed or short of breath.
- If you feel nausea, pain, discomfort, or other acute abnormalities, be sure to stop exercising and consult your doctor before resuming exercise.
- Be careful when carrying the product as it may be too heavy for you. You may need a friend or family member to help you unpack, assemble, and relocate the product.
- Keep the packaging components away from children, especially from infants and toddlers, as there is a danger of suffocation.
- Ensure the product is fully intact before use; if any damage occurs, stop using it immediately and contact us.
- Don't use the product outdoors.
- Keep all packages and accessories for future use and store them safely away from children and animals.

1.1

Precautions:

- When using the balance board, make sure that there are no hazards around it.
- When using the balance board, place a mat on the floor to prevent scratches.
- Wear long trousers and sports shoes to prevent injury.
- Do not allow small children to play alone.
- Do not use this product for any purpose other than its intended use.
- Keep this instruction manual and read it whenever necessary.

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Scope of delivery



No.	Designation
1.	Wooden balance board
2.	Wooden roller

Example exercises

Keep your feet shoulder-width apart.

If your feet are too wide apart, it will prevent you from falling but to keep your balance will be more difficult.

It is easier to keep your balance if your legs are slightly bent, also if you place a mat underneath or if the board stands on a hard floor.



Incline to left or right

Try balancing rhythmically with your right or left foot up and down. Spread your arms to make balancing easier.



Squats

Try to squat while balancing.

The deeper you squat, the harder it is to keep your balance.



Push ups

By performing push-ups on the balance board the difficulty increases when the hands are shoulder-width



Maintenance tips

- Check the board for damage or breakage before use.
- Clean the surface of the board with a damp cloth only.

Technical data

Board size	73,5cm * 28 cm * 1,8cm
Material	Multi-layer board + PET sandpaper
Colour	black
Load capacity	200 kg

In the course of product improvements, we reserve the right to make technical and visual changes to the article.

Environmentally friendly disposal

⚠ Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.

1. Disposal

The packaging of your unit consists of materials that are necessary to guarantee effective protection during transport. These materials are fully recyclable and therefore reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

2. Disposal of

Old appliances must be disposed of in accordance with the guidelines and regulations of the local waste disposal authority. Check with your local administration for the address of the nearest recycling centre and deliver your appliance there.



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EU Declaration of Conformity

we,

KM-Fit by Canbolat Vertriebsgesellschaft mbH, Gneisenaustraße 10-11, 97074 Würzburg, Germany,

hereby declare that the equipment described below, by virtue of its design and construction and in the versions placed on the market by us, complies with the relevant essential health and safety requirements of the EU directives.

Product name: balance board

Model name: KM-HE-VBB734

Item number: 4252023114332

The assessment shall be based on the following harmonised standards applied :

Other applied technical standards
and specifications:

Place and date of issue: Würzburg,
02.08.2023

Signature:



Dipl.-Inform. (Univ.)
Korhan Canbolat, Managing Director

If the device is modified without our consent, this declaration of conformity loses its validity.

Contact With Us

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The return address can be found in the imprint: <https://www.km-fit.com>

Sales tax identification number: DE 263752326

Court of commercial registration is Würzburg, HRB 10082

WEEE-Reg. No. DE 61617071



