

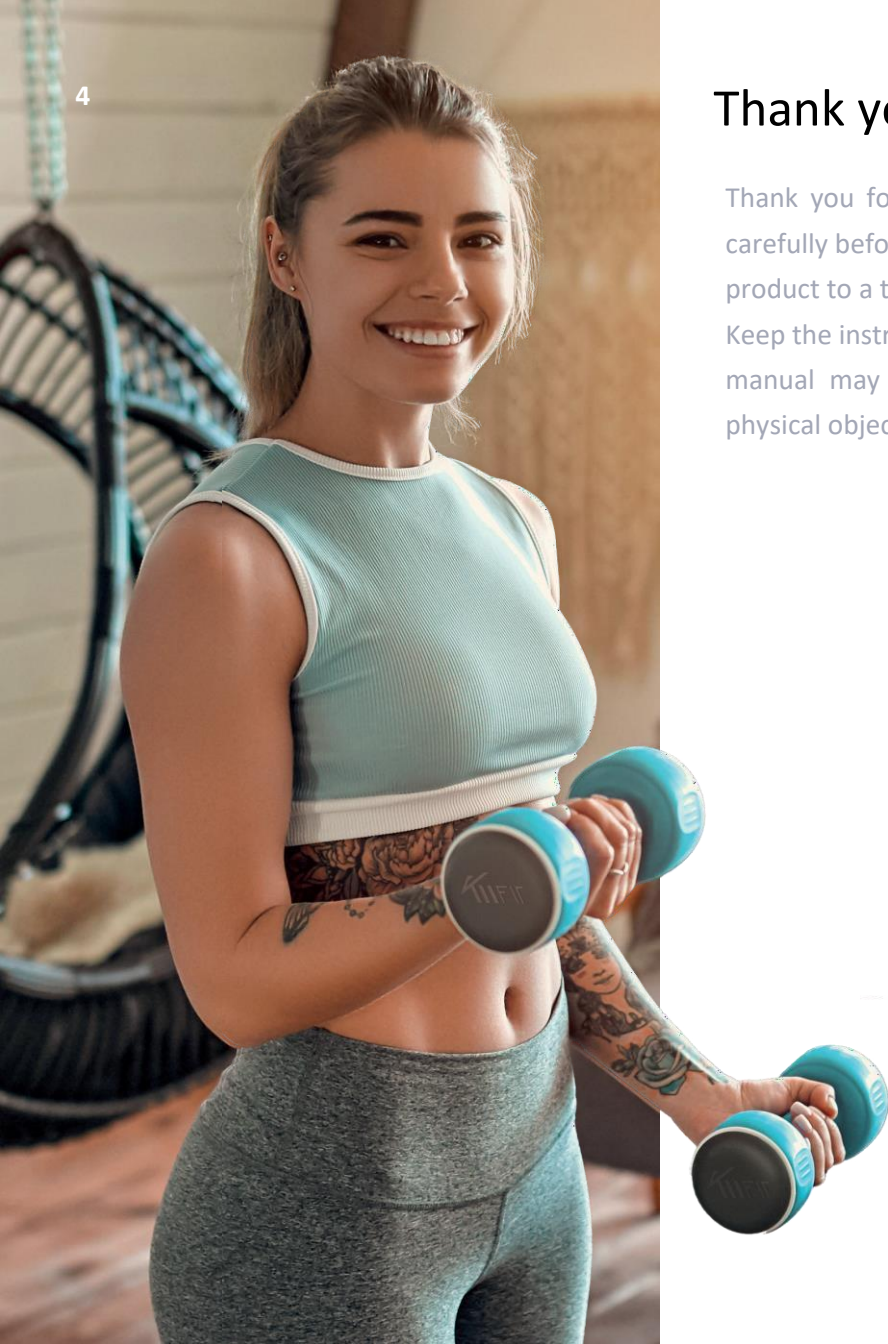
Original User Manual
Balance Board



Please follow all safety measures in the user manual to ensure safe use.

Table of contents

- | | | | |
|----------|--------------------------------|----------|--|
| 1 | Introduction and Safety | 5 | Technical data |
| 2 | Scope of delivery | 6 | Environmentally friendly disposal |
| 3 | Example exercises | 7 | EU Declaration of Conformity |
| 4 | Tips for care | | |



Thank you very much!

Thank you for choosing our product. Please read the user manual carefully before using the product for the first time. If you pass on the product to a third party, these instructions must also be handed over. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.

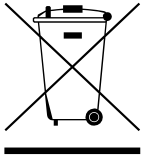


Original User Manual

Balance Board



Warning! Read the safety instructions carefully. Failure to follow the safety instructions can lead to electric shocks, fires and serious injuries. **Keep the user manual for the future.**



This product must not be disposed in the household waste!



WARNING! This device can be dangerous if it is used improperly or incorrectly by people 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 careless. It could become a dangerous toy for children.

Original User Manual Balance Board

1

Important safety instructions

Safety

- Your safety is our top priority. Therefore, please be sure to read the user manual before installing and using the product. If you are unsure, please contact the retailer where you purchased the device for all the information in this manual.
- **DO NOT use** the product if you have not already read the user manual.
- Make sure you have read the user manual thoroughly and understand the content before you begin the installation.
- The instructions are in the interest of your safety.

WARNING!

- For safety reasons, the following safety precautions are important. Failure to follow these instructions may result in serious injury.
- For your health and safety, people with high blood pressure, heart disease, and other cardiovascular and cerebrovascular diseases should avoid using this product.
- Disabled people should not use the devices alone without the supervision of specialists or health workers.
- We recommend that you talk to your doctor before starting any new exercise if you've recently had surgery, are pregnant, have an injury, or if you have concerns about your health or fitness level that you think extra exercise could make worse.
- Stop exercising immediately if you feel lightheaded or short of breath.
- If you experience nausea, pain, discomfort, or other acute abnormalities, make sure you stop exercising and consult your doctor before resuming exercise.
- Be careful when wearing the product as it might 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 infants and young children, as there is a risk of choking.
- Make sure the product is completely intact before use. If any damage occurs, discontinue use immediately and contact us.
- Do not use the product outdoors.
- Keep all packaging and accessories for later use and away from children and animals.

1.1

Precautions:

- When using the balance board, make sure that there are no hazards nearby.
- When using the Balance Board, place a mat on the floor to prevent scratches.
- Wear long pants and athletic shoes to avoid injury.
- Do not let small children play alone.
- Use this product only for its intended purpose.
- Keep this instruction manual and read it if necessary.



2

Scope of delivery



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

Example exercises

Keep your feet shoulder-width apart.

If your feet are far enough apart, you won't be able to fall as easily, but it will be more difficult to keep your balance.

It's easier to keep your balance when your legs are slightly bent, by placing a mat underneath or placing the board on a hard surface.



Tilt to the left or right

Try to balance rhythmically up and down with your right or left foot.

Spread your arms to make balancing easier.

Place both hands on the floor.

Stretch out one leg to increase the difficulty.

Squat

Try to squat while balancing.

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



Pushups

Push-ups on the balance board increase the difficulty if the hands are shoulder-width apart

Tips for care

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

Specifications

Size of the board	73.5cm*28cm*1.8cm
Material	Multilayer board + PET sandpaper
Color	black
Resilience	200 kg

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

Environmentally friendly disposal

⚠ Caution: Choking hazard! The packaging material is not suitable for children. Never let children play with packaging materials.

1. Disposal of packaging

The packaging of your device is made of materials that are necessary to ensure effective protection during transport. These materials are fully recyclable and therefore reduce the burden on the environment. Dispose of the packaging in a bin for recyclable materials.

2. Disposal of old equipment

Old equipment must be disposed of in accordance with the guidelines and regulations of the local waste management authority. Check with your local authority for the address of the nearest recycling center and drop off your device there.



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EU Declaration of Conformity

we

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

We hereby declare that the devices described below comply with the relevant essential health and safety requirements of the EU Directives due to their design and in the versions we place on the market.

Product Name: Balance Board

Model Name:

KM-HEVBB734

Item number: 4252023114332

Place and date of Würzburg

issue: 02.08.2023

Signature:



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

If the article is changed without our consent, this declaration of conformity loses its validity.

Contact us

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VAT number: DE263752326

Commercial register court is Würzburg, HRB 10082

WEEE-Reg. No.

DE61617071



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