



## Slant Board

**NO. 111**

**EN**

**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US.**

## **Important Safety Information**

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the product properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. The slant board is an exercise aid and must always be used with the correct technique. Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
4. Always wear comfortable clothing that do not restrict your movements and support bar must be securely locked before use and maintain proper balance on textured surface. Use on flat, stable floor surface.
5. Check all connections before each session. Avoid sudden movements.
6. Keep hands away from hinge when folding
7. **Warm-up exercises** - It is advisable to perform warm-up exercises before using this product. Take a 10-second short break between each exercise.

## **Product Features**

- Multi-angle adjustment (4 positions)
- Non-slip textured surface
- Foldable design for storage
- Maximum weight capacity: 200kg/450lbs

## **Storage & Care**

1. Store in a dry, well-ventilated area(avoid dampness).
2. Keep away from direct sunlight and extreme temperatures.
3. Regularly inspect the board.
4. Wipe with a slightly damp soft cloth, dry immediately.

## **Warning**

- ❖ Do not change angle during stretching
- ❖ Do not stand without proper support
- ❖ Not for children under 12 years old

## **User Guide**

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90 SUNNY (877-907-8669).



### **Calf Stretches**

Stand with one foot on the slant board and the non-exercising foot positioned off the board. While keeping heels planted, lean forward slightly to feel stretch in calf. Hold for 20-30 seconds. Repeat on other side.

**Note:** Use wall for support if you are having trouble balancing.



### **Lunges**

Place front foot on the slant board. Lower hips, while keeping back leg straight. Ensure front knee does not extend beyond the toes. Hold for 15-20 seconds. Repeat on other leg.

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## Squats

Stand on the slant board with feet shoulder-width apart. Bend knees while lowering hips, keeping back straight and heels on board. Push through heels to stand. Repeat for 10-15 reps.



## Toe Touch

Stand on the incline with feet together. Bend forward from hips to touch toes, feeling stretch in hamstrings. Hold for 20-30 seconds. Repeat.



# Register

Register your product and verify warranty terms:

**Sunnyhealthfitness.com/warranty**



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