

Blue



Grey

Balance Pad

NO. 116

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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 balance pad 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 while exercising.
5. Use on a flat, non-slip surface to prevent shifting during exercise.
6. Keep away from sharp objects, extreme temperatures, and direct sunlight to preserve material integrity.
7. Store in a cool, dry place when not in use.
8. Clean with mild soap and water, avoid harsh chemicals or abrasive scrubbing.
9. Children should use under adult supervision.
10. **Warm-up exercises** - Start with basic exercises to build stability before attempting advanced movements.
11. If having trouble balancing during exercises, do exercises while holding onto chair or wall.

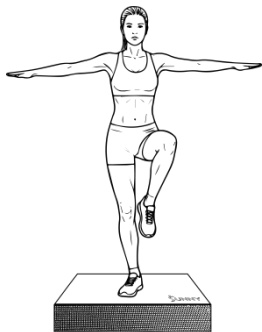
Exercise Guide

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



Single-leg Balance

Stand centered on the balance pad. While engaging core muscles to maintain stability, slowly lift one leg off the pad,. Hold for 15-20 seconds. Repeat 3 times per side.



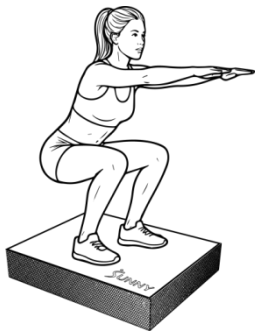
Single Leg Balance

Start standing on the balance pad with feet close together. Extend arms out to the side for balance, then slowly lift one leg, bending at the knee. Try to raise it so your knee comes to hip level, parallel to the floor, or as high as you can. Hold as long as you can (up to 20 seconds), then return leg to the pad. Switch and repeat on the other leg. Repeat 5-10 times on each side. If this becomes too easy, try adding in some light dumbbells and performing bicep curls or shoulder raises while standing on one leg.

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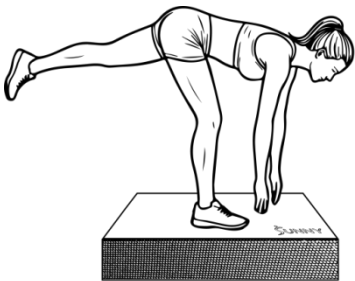
Balance Squat

Stand on the balance pad with feet shoulder-width apart. Lower into a squat, keeping your back straight. Push through your heels to stand. Repeat for 10-15 reps.



Single-leg Forward Fold

Stand single-legged on the balance pad. Slow hinge forward from the hips and lower your hands. Keep both legs straight. Hold for 15-20 seconds. Repeat on other side.



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Dynamic Lateral

Step-Over

Stand with one side to the balance pad. Step dynamically with one foot over the pad to the other side. Lightly tap the ground and immediately step back. Keep core engaged and repeat for 15-20 quick reps.



Alternating Lunge With Pad

Stand behind the balance pad. Step forward with one foot onto the balance pad. Making sure to avoid having the knee go over the toes. Keep core engaged and repeat for 15-20 quick reps.



Register

Register your product and verify warranty terms.



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Track your fitness progress & join **FREE** workout courses!

Download SunnyFit App today!



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Contact

Get in touch with us for any questions.



1-877-90SUNNY (877-907-8669)



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