ProSource

EXERCISE BALANCE PAD

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT
Please read this entire manual before using the ProSource Exercsie Balance Pad. Failure to follow these instructions can lead to significant bodily injury and/or property damage.

ProSource recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProSource Exercise Balance Pad, discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Exercise Balance Pad. Always modify exercises as needed for your fitness level. **ProSource is not responsible for any problems that arise from the misuse of this product.**

If you have any questions, concerns or comments about ProSource Exercise Balance Pad, please contact Customer Service before using at 1 (800) 552-2637 and we will be happy to help you.

Use & Safety Instructions

1. Only use the Exercise Balance Pad as intended and demonstrated in this guide for exercise purposes. Inappropriate use may lead to serious injury, disfigurement or property damage.
2. The Exercise Balance Pad is not a toy or plaything. Keep out of reach of any individual who may require supervision.
3. Begin all exercises slowly and engage your core to improve stabilization. Always use smooth, controlled movements.
4. Begin your workout slowly to build strength and stamina, especially if you are new to exercise. **DO NOT** perform exercises that are beyond your ability to maintain control.
5. Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.

Care Instructions

1. Gently scrub the pad with a cloth or soft brush and mild detergent diluted in water. Rinse with water and wipe dry with a towel or cloth, then let air dry.
2. Store in a cool, dry place away from moisture, heat, and direct sunlight.

EXERCISE GUIDE

SINGLE LEG BALANCE REACH





1. Stand on the balance pad with one foot and a slight bend in your knee.
2. Once stable, extend your other leg straight out in front of you, then draw it back in without setting it down. Repeat to the side and then behind you.
3. Complete 4-6 reps on one side, then switch legs and repeat.

SIDE PLANK



1. Lie sideways with legs straight and one arm bent with elbow on the mat, positioned directly below your shoulder.
2. Lift hips and stack feet, making sure legs and torso don't touch the ground and body is in one straight line.
3. Hold this position, keeping belly button pulled in toward spine, for 30-60 seconds. Then switch sides.

SQUAT





1. Start standing on the balance pad with feet approximately hip distance apart.
2. Extend arms straight out in front of you, then slowly bend your knees and push your hips and buttocks back toward the wall behind you.
3. Lower as far as you comfortably can, then return to the start position.
4. Repeat 15-20 times.

LUNGES



1. Stand with the balance pad in front of you and feet hip distance apart.
2. Lunge forward, placing front foot onto the pad and bending knee to a 90-degree angle. Make sure that your knee doesn't go past your toe.
3. Balance, then press back up to the starting position.
4. Complete 10-15 reps on each leg.

REVERSE LUNGE VARIATION:

1. Start standing on the balance pad with both feet placed hip distance apart.
2. Step backward off the pad with one foot, coming down into a lunge (both knees should be bent at 90-degrees).
3. Step back up to the start position, then repeat.

SINGLE LEG DEADLIFT



1. Stand on the balance pad on one leg with core engaged and knee slightly bent.
2. Hinge forward at the hip, extending your other leg behind you. Maintain a flat back as you reach arms down toward the floor until your upper body is parallel the floor.
3. Press through your heel and squeeze glutes as you return to an upright position.
4. Repeat 8-10 reps, then switch legs.
5. For more advanced users, you can hold a weight in the opposite arm of the leg you're standing on and extend other arm out to the side for balance.

SINGLE LEG SQUAT





1. Stand on the balance pad with feet about hip distance apart.
2. Lift one leg up off the pad, then slowly bend your other knee, squatting down with opposite leg extended out in front of you, until thigh is parallel to the ground (or as far as you can comfortably go).
3. Keep your chest lifted and try not to hunch forward, maintaining a flat back and tight core as you squat.
4. Return to the start position, pressing through your heel as you stand up.
5. Repeat 10-15 times on each leg.

T-HOLD





1. Stand on the balance pad on one leg.
2. Extend arms out to your sides, then slowly hinge forward at the hip with a slight bend in your knee. Extend the other leg back behind you until your leg and upper body are parallel to the floor, forming a “T”. Keep back flat and core engaged.
3. Hold this position for 10-20 seconds, then switch to the other side.

SEATED KNEE-TUCK CRUNCH





1. Sit on the balance bad, leaning back to about a 45-degree angle and lift legs up so that shins are parallel to the floor.
2. Lift arms up and extend them forward at your sides, balancing on your tailbone. If you're unable to balance, place each hand lightly on the floor beside you for support.
3. Extend legs straight out in front of you, leaning back at the same time.
4. Then draw knees back in toward chest and sit back up to start position.
5. Repeat 12-15 times.

WARNING

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProSource™ products for anything other than their intended use. ProSource™ is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProSource has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS?

Contact Customer Support by email: support@prosourcefit.com

www.prosourcefit.com

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