

SQDBB-1 ETIAM

Wooden Balance Board

Wooden Wobble Balance Board
with Ergonomic Design Comfort Floor Mat

DOWNLOAD THE SQUATZ APP TO FOLLOW YOUR CUSTOM SQUATZ WORKOUT!
ALL SQUATZ PRODUCTS COME WITH AN ADVANCED WORKOUT PROGRAM!



USER GUIDE

Functional Fitness

Activate your body and your mind by building muscular strength and training neuromuscular responses for long-lasting health benefits.



Work Out Anywhere

Once you become comfortable with the board, use it at the gym, in your office or right in your living room.

Sculpt Legs, Abs + Core

Engage your entire body, target core muscle groups and underutilized muscles.

Whether your sport is skateboarding, surfing, or basketball, enjoy the benefits of improved reaction time!

Features

- Perfect Match for Standing Desks
- Lightweight Balance Exerciser/Fit Tilt Board
- Relax Muscles and Relieve Stress
- Suitable for Some Workout or Doing a Plank on the Balance Board
- Premium Natural Hardwood
- Comfortable Non-Slip Surface
- Made of High-Quality Hardwood
- Relieve Foot Aches and Pains
- Promotes Microcirculation
- Engaging Core Exercise and Textured Surface

What's in the Box:

- Balance Board
- Glide Roller

Technical Specs:

- Construction Materials: Wood
- Weight Capacity: 260 lbs.
- Balance Board: 28.9" x 11" x 1.3"-inches
- Glide Roller (L x D): 15.7" x 4.33"-inches



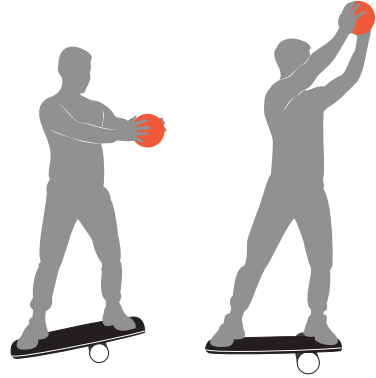
Safety Steps

1. Adjust Balance Board to the lowest possible setting for first time use.
2. Only use these products on a dry surface, free of any obstacles.
3. You may need to step off quickly. Make sure you have ample space.
4. **If you feel unsafe or feel like you may fall:**
 - Step off the Board.
 - Do not use again until you have the help of a spotter or some other suitable form of balance aid.
 - Stand in a doorway and touch both sides of the door frame beside you

Balance Board Workout Guide



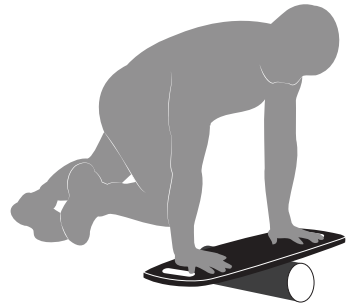
Balance Training



**Balance Training
with Medicine Ball (weights)**



Squat on Balance Board



Push Up on Balance Board

California Prop 65 Warning



This product contains Wood Dust which is known to the state of California to cause cancer birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov

Questions? Comments?

We are here to help!

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