



fitness



User Guide

6 lb. Balance Board

Now you have purchased a CRANE® product you can rest assured in the knowledge that as well as your 2 year parts and labor guarantee, you have the added peace of mind of dedicated helplines.



AFTER SALES SUPPORT

 USA 1 866 558 8096  service@eurocentra.net

MODEL: 44916

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YEAR
WARRANTY

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Congratulations!

You have made an excellent choice with the purchase of this quality Crane Sports product.

By doing so you now have the assurance and peace of mind which comes from purchasing a product that has been manufactured to the highest standards of performance and safety, supported by the high quality standards of ALDI.

We want you to be completely satisfied with your purchase so this Crane Sports product is backed by a comprehensive manufacturer's 2 year warranty and an outstanding after sales service through our dedicated Helpline.

We hope you will enjoy using your purchase for many years to come.

If you require technical support or in the unlikely event that your purchase is faulty please telephone our Helpline for immediate assistance. Faulty product claims made within the 2 year warranty period will be repaired or refunded free of charge provided that you have satisfactory proof of purchase (keep your store receipt safe!). This does not affect your statutory rights. However, be aware that the warranty will become null and void if the product is found to have been deliberately damaged, misused or disassembled.

Safety



WARNING: To reduce the risk of serious injury, read the following precautions before using the 6lb. Balance Board.

- For home use only.
- Not a toy.
- Not approved for professional use.
- The maximum weight capacity is 250lbs.
- Supervise children when using.
- Only use on non-slip floors.
- Never use close to stairs or any other hazardous areas.
- Use with athletic shoes. Never use barefoot.
- Use a mat to avoid any damage to the floor.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. Read all instructions before using.

Cleaning

Only clean with damp cloth and mild detergents.

Warm Up and Stretching

Warm up by stretching for at least 5-10 minutes. When performing these stretches, your movements should be smooth and slow, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend your knee and bring your heel toward your buttock. Reach for your ankle with your hand. Stand up straight and feel a slight pull along the front of your thigh and hip. Hold the stretch for 20-30 seconds, release and repeat on the other leg. Be careful not to strain your knee - the goal is not to touch your heel to the buttock, but rather to stretch the thigh.



Calf & Achilles Stretch

Stand about an arm's length from a wall, chair or other sturdy object. Lean forward and place both hands on the wall or object about shoulder width apart. Extend one foot (the side to be stretched) behind you with your knee bent and heel on the ground. Keep the other foot closer to the wall or object. Lean in slightly and bend the knee of the heel to be stretched (keeping the heel down) until you feel a stretch in the back of the lower leg (just above the heel). Sink down slowly with your hips to deepen the stretch. Hold this stretch for about 30 seconds, release and repeat on the other side.



Overhead/Triceps Stretch

Stand with one arm straight up over your head so that your elbow almost touches your head; bend the arm at the elbow. Reach behind your head and grab the elbow with the opposite hand. Gently pull back until you feel the stretch in your triceps. Hold the stretch for 10 to 15 seconds, breathing normally, release and repeat on the other side.

Preparing for Use / Pre-Exercise

A balance board may be awkward, at first, to use.

It is recommended for beginners to have a second person on-hand while learning to balance on the board. A second person provides support when getting on and off the balance board.

Do not attempt to exercise alone unless you are comfortable on the balance board.

Exercise #1 – Rocking Balance

- Stand both feet on edge of the balance board with equal weight on both feet keeping your knees slightly bent. See illustration.
- Start slowly transferring your weight from foot to foot while maintaining balance and control.
- Rock back and forth trying not to have the edge of the balance board touch the floor.



Exercise #2 – Leg Lifts, front

- Balance on one leg near the center of the balance board. Straighten that leg and point toe forward.
- Bend opposite leg and lift off the floor slightly in front of the body. See illustration.
- Tighten abdominal muscles and lift the leg up and down 20 times.
- Aim for 20 front leg lifts in 3 sets to strengthen your quads and core muscles.



Exercise #3 – Leg Lifts, side

- Balance on one leg near the center of the balance board. Straighten that leg and point toe forward.
- Straighten the opposite leg and lift off the floor to the side. See illustration.
- Tighten abdominal muscles and lift the leg up and down sideways 20 times.
- Aim for 20 side leg lifts in 3 sets to strengthen your quads and core muscles.



Exercise #4 - Twisting

- Balance both feet on the balance board with equal weight on both feet keeping your knees slightly bent.
- Twist your torso using your arms to maintaining balance and control. See illustration.
- Twist for 1 minute. Try working up to 10 minutes.



Exercise #5 - Squat

- Balance both feet on the balance board with equal weight on both feet keeping your knees slightly bent.
- Bend legs in a squat position with your head and shoulders directly over the board. See illustration.
- Hold squat position for 10 seconds then straighten legs and return to a standing position.
- Aim to repeat 20 times in 3 sets to strengthen lower body.

**Exercise #6 – Plank Balance**

- Place your hands firmly on the sides of the balance board with your fingers in the grip holes provided. Keep your arms close to your body and kneel on your knees. See illustration.
- Aim to hold this position for 5 minutes in 3 sets to strength arms, chest and back.

**Exercise #7 – Push-ups**

- Place your hands firmly on the sides of the balance board with your fingers in the grip holes provided. Keep arms close to your body and kneel on your knees. See illustration.
- Slowly bend your elbows to do a pushup.
- Aim for 20 pushups in 3 sets to strengthen arms, chest and back.

Exercise #8 – Pro-Dip

- Grip the outer edges with your hands and lift your buttocks off the floor. See illustration.
- Slowly raise and lower your buttocks off the floor making sure your back doesn't touch the balance board. Keep your shoulders down.
- Aim for 20 pro-dips in 3 sets to strengthen your triceps, shoulders and back.

**Exercise #9 – Abdomen Crunch**

- Sit on the board with your hands on the floor. See illustration.
- Tighten your abdomen muscles, lift your legs to shoulder height, hold for 10 seconds then lower to waist height.
- Aim for 20 lifts in 3 sets to strengthen your abdomen muscles.

**Exercise #10 – Abdomen Raise**

- Place your heels on the balance board, lift your buttocks off the floor and place your arms flat on the floor. See illustration.
- Tighten your abdomen muscles, raise and lower your buttocks off the floor.
- Aim for 20 lifts in 3 sets to strengthen your core, hamstrings and triceps.



Warranty Information

Thank you for purchasing a top quality Crane product. This 6 lb. Balance Board was tested and met our stringent quality standards. This product is warranted to be free from manufactured defects in original materials, including original parts, and workmanship for 2 years with dated proof of purchase.

The warranty is void if the defect is due to accidental damage, misuse, abuse, neglect, improper repair or alteration by unauthorized persons or failure to follow operation instructions provided with the product. This warranty does not apply to commercial use. The warranty is non-transferable and applies only to the original purchase and does not extend to subsequent owners of the product. Liability under this warranty is limited to replacement or refund at EuroCentra’s discretion. In no event shall liability exceed the purchase price paid by the purchaser of the product. Under no circumstances shall there be liability for any loss, loss of profits, direct, indirect, incidental, special or consequential damage arising out of or in connection with use of this product. This warranty gives you specific legal rights. However you may have other rights that vary from state to state. Some states do not allow limitation on implied warranties or exclusion of consequential damages therefore these restrictions may not apply to you.




6 lb. Balance Board

Your details:

Name _____

Address _____

 _____ Email _____

Date of purchase* _____

*We recommend you keep the receipt with this warranty card.

Location of purchase _____

Description of malfunction

Return your completed warranty card to:

EuroCentra, Inc.
1 Riverside Rd, Suite 204
Riverside, IL 60546

AFTER SALES SUPPORT

 1 866 558 8096  service@eurocentra.net

MODEL: 44916

