

The Balance Seat™

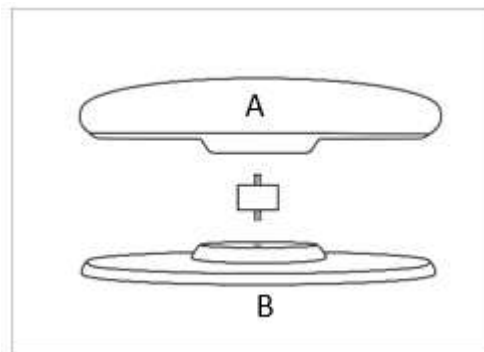
Use:

- Place The Balance Seat™ on any chair, sofa or stool
- Place both feet flat on the ground
- Sit in upright position without your back touching the backrest

ALWAYS: Sit down carefully on the Balance Seat™ since it moves and tilts

Assembly: No Tools Required

- Attach the top cushion (A) to the center screw (A)
- Attach the bottom disc to the other side of the center screw (B)
- Hand tighten
- Ensure both pieces are secure before use



Active Exercises:

- While sitting on The Balance Seat™, lift 1 foot approximately 4 inches off the ground, while keeping upper body completely still and hold for a few seconds. Repeat 10 times with each foot
- While sitting on The Balance Seat™ and keeping the upper body completely still, rotate the pelvis in a circle by tilting the seat cushion down and rotate 360°. Repeat in opposite direction.



- While sitting on The Balance Seat™ and keeping the upper body completely still, lift one knee as high as possible and hold this position for a few seconds. Repeat 10 times with each knee.



- While sitting on The Balance Seat™, tilt the pelvis forward and backwards. Repeat 10 times.



- While sitting on The Balance Seat™, tilt the seat cushion from left to right. Repeat 10 times.



- While sitting on The Balance Seat™, and keeping the upper body completely still, place left foot over the opposite knee. Carefully tilt the seat cushion backwards and to the left. Repeat 10 times on each side.



For best results:

- Adjust the height of the chair (when possible) so that the angle of the hip is greater than 90°.
- Always sit in the upright position without your back touching the back rest
- The tilting mechanism lets you move around and stay active
- Be sure to have both feet on the ground when getting up from The Balance Seat™

Due to our policy of continuous product improvement, the appearance of the actual product may slightly differ than pictured.

Made in China

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