

User manual Balance Air Beam

Congratulations!

You are now the owner of a Balance Air Beam, a product “made in Germany”.
This sports tool was produced in compliance with valid EU norms. It is free of forbidden phthalates and heavy metals.

The Balance Air Beam is a new versatile training device, which makes coordinative and stabilizing exercises even more diverse. It is equipped with a stable plate and an anti-slip base on the bottom-side. Every training and therapy exercise conducted in a lying, kneeling, or push up position becomes safer and more effective.

Perfect for building up trunk musculature. The Balance Air Beam can also be utilized for stabilizing exercises as part of a motion training.

Application range: Fitness, therapy (rehabilitation), functional training, performance sports, club and school sports.

Warning

- Avoid storage in direct sunlight or near heat sources, because otherwise the Balance Air Beam might deform
- Avoid contact with sharp and pointed objects (e.g. broken glass, pointed rocks in shoe soles) because they can damage the Balance Air Beam. Do not throw the product!
- Use sport shoes, regular shoes or be barefoot while training on the Beam.
- Prior to any use, the Balance Air beam should be checked for damage because otherwise a safe handling is not guaranteed
- The Air Beam has to rest on a horizontal, stable and dry ground, to make sure, that the Beam cannot slide away during the exercises.

Equipment details:

The Balance Air Beam is made of high-grade Ruten with a needle valve.

Size: Approx. 50 x 16 x 8 cm

Max. Load: Approx. 150 kg

Care:

Use mild standard detergents and disinfectants. Dissolvers as well as acidic or corrosive cleansers can harm the material. The Balance Air beam is waterproof.

How to inflate:

The air charge of the Balance Air Beam can be regulated by using a commercially available needle pump (e.g. ball pump). Take changes in the internal pressure of the Air Balance Beam (inflation or venting) only if the Balance Beam Air is warmed to room temperature.

In overpumping overstretching of the material occurs. Functionality and security can no longer be guaranteed. Moistens always adhere to the needle of the pump from the cautious introduction into the needle valve.

Storage:

Please always store your Balance Air Beam in a horizontal position.