

Balance Pad

EXERCISE GUIDELINES



PLEASE READ THE EXERCISE INSTRUCTIONS BELOW BEFORE USING THIS PRODUCT!

- It is advised that you consult with your physician before beginning any exercise program.
- Always wear comfortable clothing and shoes that will allow your skin to breathe during your workout.
- Before using the equipment, warm your body up with 5-15 minutes of cardiovascular exercise or other rhythmic movement.
- Allow 30-60 seconds of rest between each set of exercise and 60-90 seconds of rest between different exercises.
- Make sure to work both the front and back of the body equally to ensure a total-body workout and proper muscle balance.
- Perform all exercises slowly and with control in a full range of motion.
- Maintain proper alignment in your spine, wrists and hands on all exercises.
- Keep your abdominals active on all exercises.
- Discontinue exercising if you begin to feel nauseated or dizzy, or if you have any pain that makes you uncomfortable. If this continues, seek the professional help of a physician.
- Always breathe with movement.
- Allow 24-48 hours between strength exercise workouts.



Exercise #1: **Saw**
Level: **Beginner**

Starting Position:

- Sit on the balance pad with your legs extended on the floor.
- Sit up tall and evenly on your buttocks.
- Lift both arms to shoulder height.
- Draw your shoulders down, away from your ears.
- Lengthen your neck by reaching your head toward the ceiling.

Execution:

- Inhale to prepare.
- Exhale as you twist your spine to the left and round forward into a capital letter "C."
- Reach your right arm behind you as your left arm reaches forward.
- Inhale back to center and repeat the sequence on the right side.
- Do 1-2 sets of 5-10 repetitions on each side.

Exercise #2: **Kneeling Side Bend**
Level: **Beginner**

Starting Position:

- Kneel on the balance pad with your knees hip-width apart.
- Lengthen your spine by reaching your head toward the ceiling.
- Draw your shoulders down, away from your ears.

Execution:

- Inhale to prepare.
- Extend your right arm toward the ceiling.
- Exhale as you lift your spine upward, and then round your spine to the left, forming a capital letter "C."
- Keep your hips directly above your knees as you round your spine.
- Inhale back to the starting position and repeat on the left side.
- Do 5-8 repetitions on each side.



Exercise #3: **Seated Balance**
Level: **Intermediate**

Starting Position:

- Sit on the balance pad with your knees bent and toes pointed.
- Place your hands behind your thighs.
- Sit up straight, lengthening your head toward the ceiling.
- Hinge backward and lift both heels from the floor while keeping your back straight.

Execution:

- Inhale to prepare.
- Exhale as you lift both feet off the floor.
- Hold and balance on the pad, keeping your chest lifted.
- Extend both legs and release your hands from your thighs.
- For a less challenging version, keep your hands behind your thighs.
- Hold for 3-4 complete breaths.

Exercise #4: **Single Leg Balance**
Level: **Advanced**

Starting Position:

- Stand on the balance pad with your left foot squarely in the center of the pad.
- Place your weight on the left foot and lightly place the right foot out on the floor.
- Lengthen your head and spine toward the ceiling.

Execution:

- Inhale to prepare.
- Exhale as you lift your right leg from the floor.
- Place the sole of your right foot on the inside of your left calf.
- Hold and balance on the pad, keeping your spine straight.
- For a more challenging version, grab hold of your right foot with your right hand and extend the leg toward the ceiling.
- Hold for 3-4 complete breaths and switch sides.

CARE AND MAINTENANCE

- Keep your pad clean by wiping it down with a soft cloth and warm, soapy water after each use. Do not use harsh or abrasive chemical cleansers.
- Keep your pad away from heat, cold and sharp objects.
- If using the balance pad in a chlorinated pool, make sure to rinse it thoroughly and air dry completely before next use.

EXERCISE USE

- For additional exercise information, see the SPIN Fitness educational programs and DVDs.

IMPORTANT INFORMATION

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