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Toorx AHF-022

Toorx AHF-022 Balance Board User Manual

Model: AHF-022

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1. INTRODUCTION

The Toorx AHF-022 Balance Board is designed to help users improve their sense of balance and coordination. It is suitable for various training exercises aimed at strengthening and toning muscles throughout the body. This manual provides essential information for the safe and effective use of your balance board.



Image: Toorx AHF-022 Balance Board. This image shows the black balance board from a slightly elevated angle, highlighting its circular non-slip top surface and the rounded base that allows for tilting movements.

2. SAFETY INFORMATION

Please read all safety instructions before using the Toorx AHF-022 Balance Board. Failure to follow these instructions may result in injury.

- **Consult a Physician:** Before starting any new exercise program, especially if you have pre-existing medical conditions, consult with a healthcare professional.
- **Proper Footwear:** Use the balance board with appropriate athletic footwear or bare feet for optimal grip and stability. Avoid using socks, as they may reduce traction.
- **Stable Surface:** Always use the balance board on a flat, stable, and non-slip surface. Ensure there is ample clear space around you to prevent falls or collisions.
- **Maintain Balance:** Begin by holding onto a stable object (e.g., a wall, sturdy chair, or railing) until you feel confident in your balance.
- **Start Slowly:** Begin with short sessions and simple exercises, gradually increasing duration and difficulty as your balance improves.
- **Inspect Before Use:** Before each use, inspect the balance board for any signs of damage or wear. Do not use if damaged.
- **Weight Limit:** Adhere to any specified weight limits for the product (not explicitly stated in provided data, but a general safety point).
- **Children and Pets:** Keep children and pets away from the balance board during use.

3. PACKAGE CONTENTS

The Toorx AHF-022 Balance Board package includes:

- 1 x Toorx AHF-022 Balance Board

No additional accessories are included in the standard package.

4. SETUP

The Toorx AHF-022 Balance Board requires no assembly. It is ready for use directly out of the packaging.

1. **Unpack:** Carefully remove the balance board from its packaging.
2. **Placement:** Place the balance board on a flat, level, and non-slip surface. Ensure there is sufficient clear space around the board for safe movement.
3. **Inspection:** Before your first use, visually inspect the board for any manufacturing defects or shipping damage.

5. OPERATING INSTRUCTIONS

The Toorx AHF-022 Balance Board is designed for various balance and coordination exercises.

Basic Usage:

1. **Initial Positioning:** Stand next to the balance board. Place one foot firmly on the center of the board's non-slip surface.
2. **Gaining Balance:** While holding onto a stable support (e.g., a wall or sturdy furniture), carefully place your second foot onto the board.
3. **Finding Center:** Shift your weight gently to find your center of balance. The board will tilt. Try to keep the edges of the board from touching the ground.
4. **Controlled Movement:** Once stable, try to maintain balance without support. Engage your core muscles and make small, controlled movements with your ankles and knees to keep the board level.
5. **Progression:** As your balance improves, you can try various exercises such as:
 - Standing on one leg.
 - Squats or lunges while on the board.
 - Rotating your hips while maintaining balance.
 - Performing upper body exercises (e.g., bicep curls) while balancing.
6. **Dismounting:** Carefully step off the board one foot at a time, ensuring you have stable footing before fully dismounting.

Tips for Effective Training:

- Keep your gaze fixed on a point straight ahead to aid balance.
- Engage your core muscles throughout the exercise.
- Start with short sessions (5-10 minutes) and gradually increase duration.
- Listen to your body and stop if you feel pain or discomfort.

6. MAINTENANCE

Proper maintenance ensures the longevity and safe operation of your Toorx AHF-022 Balance Board.

- **Cleaning:** Wipe the balance board with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Do not use abrasive cleaners or solvents.
- **Storage:** Store the balance board in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the board for any cracks, chips, or signs of wear on the non-slip surface or the base.

7. TROUBLESHOOTING

If you encounter issues with your Toorx AHF-022 Balance Board, refer to the following common solutions:

Problem	Possible Cause	Solution
Board feels too unstable.	Lack of experience; improper technique; slippery footwear.	Start with support (wall/chair). Ensure proper footwear or bare feet. Practice controlled movements.
Board slides on the floor.	Slippery floor surface.	Use the board on a non-slip surface (e.g., carpet, rubber mat).
Non-slip surface feels less effective.	Accumulation of dirt or sweat.	Clean the surface with a damp cloth and mild soap, then dry thoroughly.

8. SPECIFICATIONS

Key specifications for the Toorx AHF-022 Balance Board:

- **Model Number:** AHF-022
- **Brand:** Toorx
- **Color:** Black
- **Product Dimensions:** 34 x 43 x 43 cm (13.4 x 16.9 x 16.9 inches)
- **Diameter:** 39.5 cm (15.5 inches)
- **Item Weight:** 1 kg (2.2 lbs)
- **Material:** Other
- **Recommended Age:** Adult

9. WARRANTY AND SUPPORT

For information regarding warranty coverage, product support, or to contact customer service, please refer to the official Toorx website or the retailer from whom you purchased the product.

[Visit the Toorx Store on Amazon](#)

