

CanDo 10-1776

CanDo MVP Balance System (Model 10-1776) - Instruction Manual

16-inch Circular Board

1. PRODUCT OVERVIEW

The CanDo MVP Balance System is a versatile, modular balance training device designed to enhance balance, coordination, and strength. It is suitable for ankle and knee strengthening, rehabilitation, improving range-of-motion, flexibility, core stability, posture, and proprioceptive training.

This system features a non-skid platform and utilizes interchangeable, color-coded instability balls to adjust difficulty levels. The 16-inch circular board can be configured as a wobble board or a rocker board, offering varied training options.



Figure 1.1: The CanDo MVP Balance System 16-inch circular board.

2. SETUP AND ASSEMBLY

The MVP Balance System is designed for easy assembly. The instability balls are inserted into designated slots on the underside of the board to create different balance challenges.

2.1 Components

- 16-inch Circular Balance Board (non-skid surface)
- Instability Balls (sold separately, available in various sizes and colors)



Figure 2.1: CanDo MVP Balance System board with various instability balls.

2.2 Configuring the Board

The stability of the board is adjusted by the number and placement of the instability balls. Smaller balls offer less instability, while larger balls provide greater instability.

- **Wobble Board Configuration:** Insert one instability ball into the center position on the underside of the board. This allows for multi-directional movement.



Figure 2.2: Wobble board setup with one central ball.

- **Rocker Board Configuration:** Insert two instability balls into opposing side positions on the underside of the board. This restricts movement to two directions (rocking motion).



Figure 2.3: Rocker board setup with two opposing balls.

- **Off-Center Ball Placement:** One ball can also be positioned off-center to assist with range-of-motion and stretching activities.



Figure 2.4: Instability balls, available in different sizes to adjust difficulty.

3. OPERATING INSTRUCTIONS

Always consult with a healthcare professional or physical therapist before starting any new exercise program, especially if you are recovering from an injury.

3.1 General Usage Guidelines

- Place the balance board on a flat, stable, non-slip surface.
- Begin by holding onto a stable support (e.g., a wall, sturdy chair, or parallel bars) for assistance until you gain confidence and balance.
- Step onto the board with both feet, centering your weight.
- Maintain a slight bend in your knees and keep your core engaged.
- Focus on controlling the board's movement, preventing it from touching the ground.
- Progress gradually by reducing support or increasing the instability (using larger balls or different configurations).

3.2 Safety Precautions

- Ensure the instability balls are securely seated in their positions before use.
- Do not use the board if any components appear damaged.
- Always use the board in an open area, free from obstructions.
- Stop immediately if you experience pain or discomfort.

3.3 Instructional Video

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Video 3.1: This video demonstrates techniques for improving stability using the MVP Balance Board.

4. MAINTENANCE

Proper care and maintenance will ensure the longevity of your CanDo MVP Balance System.

4.1 Cleaning

- Wipe the board and instability balls with a damp cloth and mild soap.
- Rinse thoroughly with clean water and dry completely before storage or next use.
- Do not use abrasive cleaners or solvents, as these may damage the polypropylene material.

4.2 Storage

- Store the balance system in a cool, dry place away from direct sunlight.

- Avoid storing heavy objects on top of the board to prevent deformation.

5. TROUBLESHOOTING

Most issues with the MVP Balance System can be resolved by adjusting the setup.

- **Board is too unstable:** Ensure you are using the smallest instability balls available. If using two balls, try switching to a single ball in the center position (wobble board configuration). Begin with support from a wall or sturdy object.
- **Board is not challenging enough:** Progress to larger instability balls. If using a single ball, try switching to two balls in opposing positions (rocker board configuration). Practice without external support.
- **Board slides on the floor:** Ensure the board is placed on a non-slip surface. The board features a non-skid surface, but additional matting may be required on very smooth floors.

6. SPECIFICATIONS

Brand	CanDo
Model Number	10-1776
Product Dimensions	16"L x 16"W x 3"H
Material	Polypropylene (PP)
Color	Blue
UPC	714905010322
Manufacturer	Fabrication Enterprises

7. WARRANTY AND SUPPORT

For warranty information, product support, or any inquiries regarding your CanDo MVP Balance System, please contact the manufacturer directly.

Manufacturer Contact: 1-800-431-2830

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question