

## ProsourceFit ps-1037-bp-r-blue

# ProsourceFit Exercise Balance Pad L (15.5" x 12.75") Blue - Instruction Manual

Model: ps-1037-bp-r-blue

## 1. OVERVIEW

The ProsourceFit Exercise Balance Pad is a versatile, non-slip cushioned foam mat designed to enhance balance, stability, and core strength. It is suitable for a wide range of activities including general fitness, physical therapy, yoga, and Pilates. The pad's unstable surface challenges muscles, promoting improved body awareness and strengthening key areas like knees, ankles, and feet.

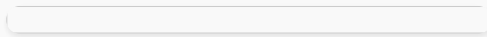


Image 1: The ProsourceFit Exercise Balance Pad, a blue foam mat with a textured surface and the ProsourceFit logo.

### Key Features:

- **Improved Balance & Strength:** Creates an unstable surface to engage core muscles and strengthen lower body joints.
- **Suitable for All Fitness Levels:** Beneficial for athletes, beginners, older adults, and individuals undergoing physical therapy.
- **Non-Toxic & Non-Slip Material:** Made from environmentally conscious TPE foam, it is sweat-proof and slip-resistant.
- **Multi-Purpose Use:** Can serve as a seat cushion, knee pad, foot pad for standing desks, meditation pillow, or to intensify exercises.
- **Large Size:** Dimensions of 15.5"L x 12.75"W x 2.25"H provide ample space for various exercises.

## 2. SETUP

The ProsourceFit Exercise Balance Pad requires no assembly. Simply remove it from its packaging and place it on a flat, stable surface where you intend to perform your exercises. Ensure the area is clear of obstructions to prevent accidental falls.

## 3. OPERATING & USAGE

The balance pad is designed to create a destabilized surface, forcing your body to engage more muscles for stability. Always start with controlled movements and gradually increase intensity as your balance

improves.

### General Usage:

- **Balance Training:** Stand on the pad with one or both feet to improve proprioception and ankle stability.
- **Core Engagement:** Perform exercises like planks, crunches, or push-ups with hands or feet on the pad to increase core activation.
- **Physical Therapy:** Use for rehabilitation exercises to strengthen weak ankles, knees, and hips.
- **Yoga & Pilates:** Integrate into poses to add a challenge and deepen muscle engagement.
- **Knee Support:** Use as a comfortable knee pad for floor exercises or gardening.

### Example Exercises:

1. **Single-Leg Balance:** Stand on the pad with one foot, keeping your core engaged. Hold for 30-60 seconds, then switch legs. For added challenge, close your eyes or gently sway.
2. **Lunges:** Place one foot on the pad and perform lunges. The unstable surface will increase the challenge to your stabilizing muscles.
3. **Squats:** Stand on the pad with both feet and perform squats. Focus on maintaining balance throughout the movement.

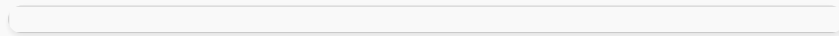


Image 2: A woman demonstrates a single-leg squat on the ProsourceFit Exercise Balance Pad, highlighting its use for stability training.

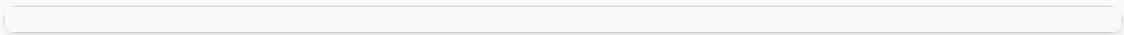


Image 3: A woman stands on the ProsourceFit Exercise Balance Pad, illustrating its application for improving balance and body awareness.

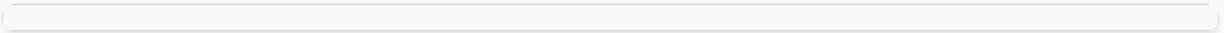


Image 4: Two individuals use ProsourceFit Exercise Balance Pads for squats, demonstrating how the pads can build stability and core strength.

## 4. CARE AND MAINTENANCE

The ProsourceFit Exercise Balance Pad is made from water and moisture-resistant TPE material, making it easy to clean and maintain. Regular cleaning helps prevent odor and bacteria build-up from sweat.

### Cleaning Instructions:

- Wipe down the pad with a damp cloth and mild soap after each use.
- Rinse thoroughly with clean water to remove any soap residue.
- Allow the pad to air dry completely before storing.
- Do not use harsh chemicals or abrasive cleaners, as these may damage the material.

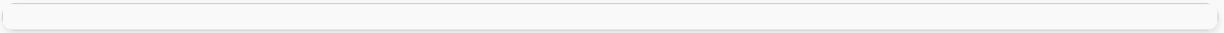


Image 5: A close-up view of the ProsourceFit Exercise Balance Pad's textured surface with water droplets, emphasizing its water-resistant and sweat-proof design for easy cleaning.

## 5. TROUBLESHOOTING

The ProsourceFit Exercise Balance Pad is a simple, durable product. Most issues relate to usage or storage.

Common Considerations:

- **Loss of Balance:** If you find it too challenging, start by holding onto a stable object (like a wall or chair) for support. Gradually reduce reliance on support as your balance improves.
- **Slipping:** Ensure the pad is placed on a clean, dry surface. The textured surface is designed for grip, but excessive moisture or debris can reduce effectiveness.
- **Odor:** Regular cleaning as described in the Maintenance section will prevent odor build-up.
- **Damage:** Avoid sharp objects or excessive force that could puncture or tear the foam.

6. SPECIFICATIONS

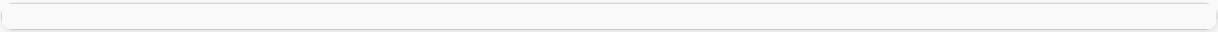


Image 6: A visual representation of the ProsourceFit Exercise Balance Pad's dimensions and available color options.

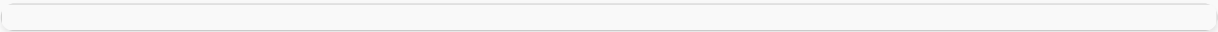


Image 7: A hand pressing into the ProsourceFit Exercise Balance Pad, demonstrating the soft yet supportive nature of its high-quality TPE foam.

Specification	Detail
Brand	ProsourceFit
Model Number	ps-1037-bp-r-blue
Color	Blue
Size	L - (15.5" x 12.75")
Product Dimensions	15.5"L x 12.75"W x 2.25"H
Material	Thermoplastic Elastomers Foam (TPE)
Item Weight	13.7 ounces (0.39 Kilograms)
Maximum Weight Recommendation	340 Kilograms
UPC	810244023242

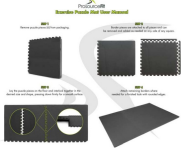
7. WARRANTY AND SUPPORT

For specific warranty information and customer support, please refer to the product packaging or contact ProsourceFit directly through their official website. Keep your purchase receipt for any warranty claims.



### [ProsourceFit Exercise Balance Pad Instruction Manual & Exercise Guide](#)

Official instruction manual and exercise guide for the ProsourceFit Exercise Balance Pad. Learn how to safely use, care for, and perform various balance and core-strengthening exercises with the balance pad.



### [ProsourceFit Exercise Puzzle Mat User Manual: Assembly and Usage Guide](#)

Detailed instructions for assembling and using the ProsourceFit Exercise Puzzle Mat, featuring interlocking EVA foam tiles for home gyms and workout areas. Learn how to connect pieces and add borders for a custom floor surface.



### [ProsourceFit Doorway Pull-Up Bar: Instruction Manual & Exercise Guide](#)

Comprehensive guide for the ProsourceFit Doorway Pull-Up Bar, covering safety instructions, assembly, care, and various exercises for strength and conditioning. Learn how to install and use the pull-up bar safely and effectively.



### [ProsourceFit Acupressure Mat & Pillow: Instruction Manual & Therapy Guide](#)

Instruction manual and therapy guide for the ProsourceFit Acupressure Mat & Pillow. Learn about usage, safety, care, and therapeutic benefits for pain relief, stress reduction, and improved circulation.



### [ProsourceFit Weight Tracker - Weekly Workout Log Template](#)

A printable weekly weight tracker template from ProsourceFit to log exercises, sets, reps, weight, and focus areas like full body, upper body, or lower body workouts.