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Amazon Basics IR97339-BK

Amazon Basics Wood Wobble Balance Trainer Board User Manual

Model: IR97339-BK

INTRODUCTION

The Amazon Basics Wood Wobble Balance Trainer Board is designed to help improve core strength, coordination, posture, and balance. This versatile board is suitable for a wide range of exercises, including push-ups, plank, standing balance poses, and targeted workouts for strengthening specific muscles, ligaments, tendons, and joints. It features a solid wood top and a non-slip surface for secure use.



Figure 1: Top view of the Amazon Basics Wood Wobble Balance Trainer Board.

SETUP

The Amazon Basics Wood Wobble Balance Trainer Board comes pre-assembled and requires no additional setup. Simply remove it from its packaging and place it on a flat, stable surface where you intend to use it. Ensure the area around the board is clear of obstructions to prevent accidents during use.

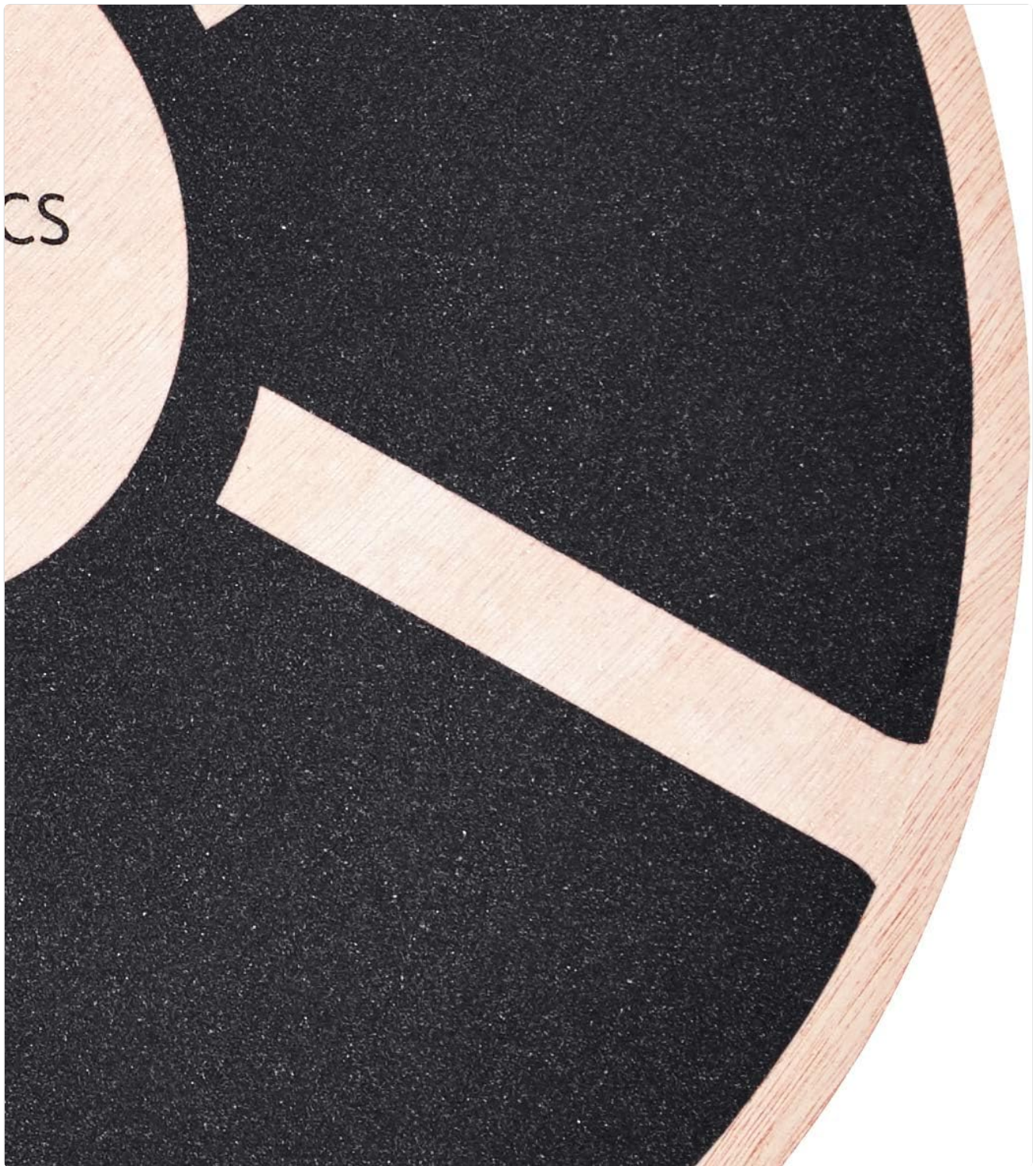


Figure 2: Side view of the balance board, illustrating its simple, ready-to-use design.

OPERATING INSTRUCTIONS

The balance board is designed for various exercises to enhance balance and strength. Always ensure you have adequate space and maintain proper form during exercises.

Basic Balance Training

1. Place the board on a firm, level surface.
2. Step onto the board with both feet, positioning them shoulder-width apart.
3. Slowly shift your weight to find your center of balance, attempting to keep the edges of the board from touching the ground.

4. Maintain a slight bend in your knees and keep your core engaged.
5. For beginners, hold onto a stable object or wall for support until comfortable.





Figure 3: User demonstrating standing balance on the board.

Strength Exercises

- **Push-ups:** Place your hands on the board's non-slip surface, shoulder-width apart, and perform push-ups. The instability will engage more core and stabilizing muscles.
- **Plank:** Position your forearms or hands on the board and hold a plank position. This intensifies the core workout.



Figure 4: User performing a plank exercise using the balance board.

Caution: Always wear appropriate footwear when using the balance board to ensure optimal grip and prevent wear on the non-slip surface, especially if using socks.

MAINTENANCE

To ensure the longevity and optimal performance of your Amazon Basics Wood Wobble Balance Trainer Board, follow these maintenance guidelines:

- **Cleaning:** Wipe the board with a damp cloth after each use to remove sweat and dirt. For stubborn marks, use a mild soap solution and dry thoroughly. Do not use abrasive cleaners or solvents.
- **Storage:** Store the board in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically inspect the board for any signs of wear or damage, especially the wooden top and the plastic base. Discontinue use if any damage is observed.

TROUBLESHOOTING

Slipping during use

If you experience slipping while using the balance board, consider the following:

- **Footwear:** Ensure you are wearing athletic shoes with good grip. Using the board barefoot or with socks can reduce friction and increase the risk of slipping.
- **Surface:** Verify that the floor surface beneath the board is clean and dry.
- **Board Cleanliness:** Check the non-slip surface of the board for any dust, debris, or moisture that might reduce grip. Clean as per the maintenance instructions.

SPECIFICATIONS

Brand	Amazon Basics
Model Number	IR97339-BK
Color	Black
Material	Wood
Product Dimensions (LxWxH)	15.75" x 15.75" x 3.15"
Item Weight	3.44 Pounds
Maximum Weight Recommendation	265 Pounds
UPC	644436918159, 843639102048

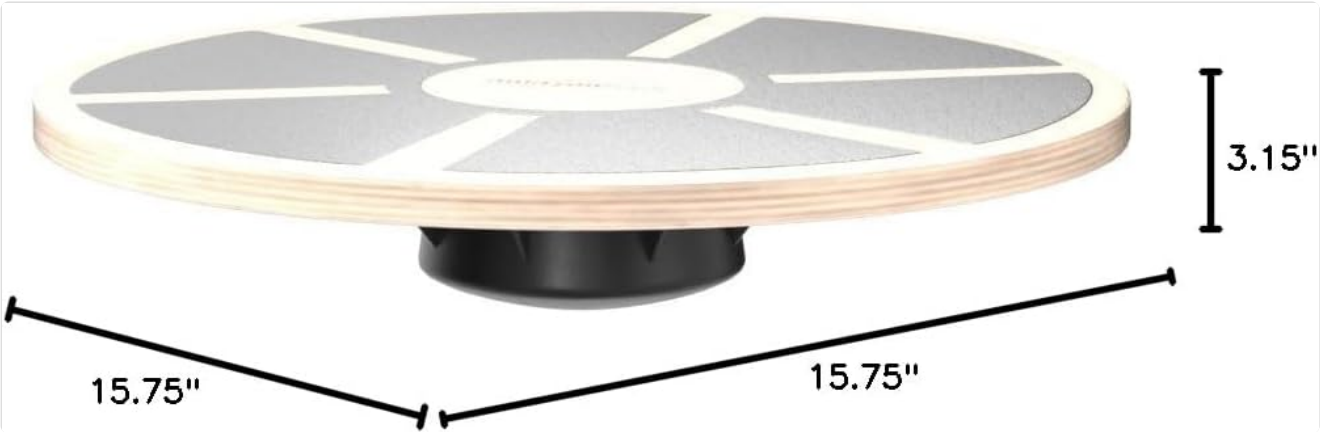


Figure 5: Product dimensions diagram.

WARRANTY & SUPPORT

This Amazon Basics Wood Wobble Balance Trainer Board is backed by an Amazon Basics 1-year limited warranty. For detailed warranty information, please refer to the official [Warranty \(PDF\)](#) document. For product support or inquiries, please visit the [Amazon Basics Store](#) or contact Amazon customer service.

