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Yes4All SJ31

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Model: SJ31 | Brand: Yes4All

1. INTRODUCTION AND OVERVIEW

The Yes4All Premium Half Ball Balance Trainer is designed to improve core strength, balance, coordination, and flexibility. Constructed from high-grade PVC material, it offers high durability and can support up to 880 lbs. Its large 23.5-inch diameter provides a comfortable surface for various exercises. The anti-slip textured top and underside ensure stability during workouts, preventing movement even with sweaty hands or feet. This versatile trainer is suitable for a wide range of exercises including balance training, step-ups, single leg holds, bird dogs, bridges, burpees, lunges, push-ups, squats, crunches, mountain climbers, and planks. It features two recessed handles on the bottom of the platform for easy portability and grip during different exercises, making it ideal for home gyms, outdoor use, and professional settings.



The Yes4All Premium Half Ball Balance Trainer, showcasing its dome shape and sturdy base.

2. SETUP AND ASSEMBLY

2.1 Included Components

- Half Ball Balance Trainer
- Air Pump
- Air Plug (2 included)
- Ruler Tape

2.2 Inflation Instructions

1. Locate the air hole on the base of the balance trainer.
2. Install the appropriate adapter onto the air pump head.
3. Insert the pump head into the air hole.
4. Begin pumping air into the ball. Inflate until the ball is firm but not overinflated. Use the ruler tape to ensure the correct height (approximately 7.25 inches).
5. Once inflation is complete, quickly remove the pump and insert one of the air plugs firmly into the air hole to seal it.



A woman demonstrating a plank exercise on the balance trainer, with the included air pump and plugs shown nearby.

3. OPERATING INSTRUCTIONS

3.1 Basic Usage

The Half Ball Balance Trainer can be used with either the dome side up or the flat side up, offering varied levels of instability and exercise options. Always ensure the trainer is placed on a flat, stable surface before use.

- **Dome Side Up:** Ideal for balance exercises, squats, lunges, and core work. Stand or sit on the dome to engage stabilizing muscles.
- **Flat Side Up:** Provides a more challenging unstable surface for exercises like push-ups, planks, and mountain climbers. The recessed handles on the base can be used for grip.

A professional kit for sports conditioning



An overview of different exercises possible with the balance trainer, including squats, planks, and lunges.

3.2 Exercise Examples

The trainer supports hundreds of exercises. Here are a few examples:

- **Squats:** Stand on the dome with feet shoulder-width apart, perform squats while maintaining balance.
- **Push-ups:** Place hands on the flat base (dome side down) or on the dome itself for an increased challenge.
- **Planks:** Place forearms or hands on the dome or flat base to engage core muscles.
- **Lunges:** Place one foot on the dome and perform lunges.

CAPACITY UP TO
880 LBS



Demonstration of a push-up exercise using the balance trainer with the dome side down.

CAPACITY UP TO 880 LBS



A user performing squats on the balance trainer, demonstrating its use for lower body and balance exercises.

3.3 Additional Features

- **Phone Holder:** Some models may include non-slip pads on the base to securely hold a smartphone horizontally or vertically, allowing users to follow workout apps or videos.
- **Resistance Band Connectors:** The base may feature connection points for elastic resistance bands, expanding the range of exercises for full-body workouts.



Detail of the recessed handles on the base for easy carrying and grip, along with the anti-slip textured surface for enhanced safety.

Video showcasing various balance exercises and uses for a wobble board balance trainer.

4. MAINTENANCE

To ensure the longevity and hygiene of your Yes4All Half Ball Balance Trainer, follow these maintenance guidelines:

- **Cleaning:** Wipe down the surface of the balance trainer with a damp cloth and mild soap after each use. Avoid abrasive cleaners or solvents that could damage the PVC material.
- **Storage:** Store the trainer in a cool, dry place away from direct sunlight and extreme temperatures. Prolonged exposure to heat can cause material degradation.
- **Inflation Check:** Periodically check the inflation level. If the ball feels soft, re-inflate it to the recommended firmness using the provided air pump.
- **Inspection:** Regularly inspect the balance trainer for any signs of wear, tears, or damage. Discontinue use if any damage is found to prevent injury.

5. TROUBLESHOOTING

If you encounter any issues with your Yes4All Half Ball Balance Trainer, consider the following common troubleshooting steps:

- **Difficulty Inflating:** Ensure the pump adapter is securely attached to the air pump and fully inserted into the air hole. Check for any blockages in the pump or valve.
- **Loosing Air:** Verify that the air plug is fully and securely inserted into the air hole after inflation. Inspect the ball for any punctures or leaks. If a leak is suspected, apply soapy water to the surface to identify bubbles.
- **Unstable During Use:** Ensure the trainer is placed on a flat, non-slippery surface. Check that the ball is adequately inflated to the recommended firmness.

If problems persist, please contact Yes4All customer support for further assistance.

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	63.5 x 63.5 x 13.97 cm; 6.9 kg (23.5" x 7.25")
Item Model Number	SJ31
Age Range	Adult
Color	A. Just Black
Style	STANDARD
Material	Polyvinyl Chloride (PVC)
Skill Level	All
Included Components	Air Pump, Plug, Ruler tape
Item Weight	6.9 kg
Maximum Weight Recommendation	400 kg (880 lbs)
UPC	810019298332
Manufacturer	Yes4All
Country/Region of Origin	China



PERFECT FOR

**BALANCE
EXERCISES**

An image illustrating the key dimensions and weight capacity of the Yes4All Half Ball Balance Trainer.

7. WARRANTY AND SUPPORT

For warranty information or customer support regarding your Yes4All Premium Half Ball Balance Trainer, please refer to the product packaging or visit the official Yes4All website. Keep your purchase receipt as proof of purchase for any warranty claims.

You can also visit the Yes4All Store on Amazon for more information and contact options.