

Multi-Balance Instructions



Rotate the self-locking fulcrum to the level desired. (Picture below is set on the beginner level.) Adjusts from 15 degrees tilt for the beginner up to 22 degrees with a narrow rounded-over profile for more advanced work. Stand with one foot in the center of board or both feet as show above and rock from side-to-side or front-to-back.

Beginners may find it helpful to stand in a doorway for additional balance support. Be sure the workout area is clear of all obstructions.



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