GORILLA SPORTS

WOODEN BALANCE BOARD



101289-00001-0001

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General information

It is essential that all users of the device thoroughly read and comprehend the assembly and operating instructions. These instructions should be considered integral to the product and stored in a secure location for easy reference as needed. It's imperative to adhere strictly to the safety and maintenance guidelines provided. Failure to follow these instructions may lead to health issues, accidents, or damage to the device, for which neither the manufacturer nor the distributor can be held liable.

Personal safety

Before starting to use the device, it's advisable to consult your family doctor to determine if the training is suitable for you, considering your health condition. This is especially crucial for individuals with a family history of high blood pressure or heart disease, smokers, those with high cholesterol levels, overweight individuals, and those who haven't regularly exercised in the past year. If you're taking medication affecting your heart rate, it's vital to seek medical advice. Remember, excessive exercise can pose serious health risks. If you experience weakness, nausea, dizziness, pain, shortness of breath, or any abnormal symptoms during training, stop immediately and seek medical help if needed.

Generally, sports equipment is not considered a toy. Unless explicitly specified otherwise, the equipment is designed for use by only one individual at a time for training purposes. Therefore, it should only be used as intended and by individuals who are adequately informed and instructed. Children, individuals with disabilities, and those with physical or mental impairments should only use the device under the supervision of another individual who can provide assistance and guidance. Measures should be implemented to prevent unsupervised children from accessing the equipment. It is imperative to ensure that users and bystanders do not place any part of their body within the vicinity of moving components.

Clothing and footwear suitable for fitness training with the device must be worn, ensuring that the clothing's shape does not pose a risk of entanglement during exercise. Select training shoes that provide a secure grip and feature a non-slip sole to enhance stability during workouts.

Assembly

Verify the presence of all parts and tools specified in the parts list before assembly, noting that certain components may come pre-assembled. During assembly, keep children and pets away from the area to prevent potential hazards from tools, packaging materials, or small parts. Ensure an adequate working space and periodically check the tightness of screws, nuts, and other connections to maintain the device's operational safety.

Placement

Position the device on a flat, stable, and dry surface, using adjustable components if necessary to compensate for uneven terrain. To safeguard sensitive surfaces and prevent dirt accumulation, consider placing a floor protection mat underneath. Prior to commencing training, clear the surrounding area of any obstructions. Outdoor use or placement in areas with high humidity is strictly prohibited.

Cleaning

Please clean using a slightly damp cloth only. Caution! Avoid using gasoline, thinner, or other harsh cleaning agents, as they may cause damage. This device is intended for private home use indoors only. Keep the device clean and free from moisture. Please note that any damage caused by body sweat or other liquids is not covered by the warranty.

Maintenance

We advise checking the screws and moving parts regularly to ensure proper functionality before each use. If repairs or spare parts are required, please reach out to our customer service team. WARNING: Do not use the device until it has been successfully repaired.

Disposal

To uphold environmental responsibility, refrain from discarding packaging materials, used batteries, or device components with household waste. Instead, dispose of them in designated collection bins or at suitable collection points in accordance with current regulations.

WARRANTY

The warranty is 24 months, applies to new goods at first purchase and begins with the invoice or delivery date. During the warranty period, any defects will be repaired free of charge. If you find a defect, you are obliged to report it immediately to the seller. It is at the seller's discretion to fulfill the warranty by sending spare parts or replacement. In case of shipment of spare parts, the seller has the right to replace without loss of warranty. Repair at the place of installation is excluded. Devices for home use are not suitable for commercial or industrial use. Violation in the use will result in warranty reduction or loss. Warranty coverage applies only to defects in materials or workmanship. Wear parts or damage caused by misuse or improper handling, use of force and interventions made without prior consultation with our service department will void the warranty. If possible, please keep the original packaging for the duration of the warranty period in order to adequately protect the goods in the event of a return and do not send any goods carriage forward to our address. A claim under warranty does not result in an extension of the warranty period. Claims for compensation for damage that may occur outside the device (unless liability is mandatory regulated by law) are excluded.

Manufacturer:

Gorilla Sports GmbH
Nordring 80
64521 Groß-Gerau

Here you can find an overview of our international partners:
www.gorillasports.eu.

Training preparations

Before you start training, not only must the training equipment be in perfect condition, but you or your body should also be ready for training. Therefore, if you have not done any strength/endurance training for a long time, you should always consult your family doctor before starting your training and carry out a fitness check-up. Please also discuss your training goals with your doctor; he or she can certainly give you valuable tips and information. In particular, this applies to people over 35 years of age, people who are overweight and/or have problems with the cardiovascular system.

Workout planning

The key to effective, goal-oriented, and motivating training lies in the careful planning of your workouts. Therefore, integrate your fitness regimen into your daily routine as a consistent component. Unplanned workouts can quickly disrupt your schedule or be indefinitely postponed for other tasks. Plan your workouts with a long-term perspective, spanning months rather than just day-to-day or week-to-week. Effective training planning also involves ensuring sufficient motivation during workouts. Music serves as an ideal motivator. Additionally, consider incorporating rewards into your training routine. Set realistic goals, such as losing 1 kg in four weeks or increasing your training weight by 10 kg in six weeks. Upon achieving these milestones, be sure to reward yourself!

Training frequency

Endurance and strength training experts recommend sessions 3 to 4 times a week. However, prioritize quality over quantity and allow for sufficient rest between sessions to aid recovery. A day of rest following each workout is essential to prevent burnout and support muscle repair.

Hydration

Maintain adequate fluid intake before and during your training sessions. During a typical 60-minute workout, you can lose up to 0.5 liters of fluid through sweat. Rehydrate with an apple spritzer blend, replenishing lost electrolytes and minerals. Consume approximately 330 ml of fluids 30 minutes before exercising and maintain a balanced intake throughout your workout.

Warm-Up

Always begin your training session with a thorough warm-up. Spend 5 to 7 minutes engaging in low-impact activities like skipping rope or using a cross-trainer to prepare your body for exercise.

Cool-Down

Avoid abrupt stops after completing your workout. Cool down gradually for another 5 to 7 minutes with light activity on an exercise bike or cross-trainer. Follow this with a comprehensive stretching routine to aid muscle recovery and flexibility.

Thighs



Support yourself with your right hand against a wall or your exercise equipment. Lift your left foot backward and hold it with your left hand. Ensure the knee points straight down. Pull your thigh back until you feel a slight stretch in the muscle. Hold this position for 15 to 20 seconds. Slowly release your foot and lower the leg. Repeat this exercise with the right leg.

Legs and lower back



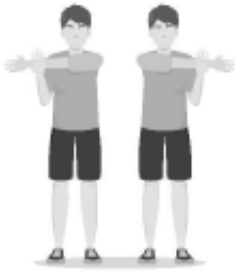
Sit on the floor with your legs stretched out. Attempt to grasp the tops of your feet with both hands, extending your arms and bending your upper body slightly forward. Hold this position for 15 to 20 seconds. Release the tops of your feet and gradually straighten your upper body.

Triceps and shoulder



Reach behind your head to your right shoulder with your left hand and pull on your left elbow with your right hand until you feel a slight tug. Hold this position for 15 to 20 seconds. Repeat this exercise with the right hand.

Upper body



Extend your left arm past your right arm at shoulder level and pull on your left upper arm with your right hand until you feel a slight tug. Hold this position for 15 to 20 seconds. Repeat this exercise with your right hand.

NOTES

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