

Multi-Wobble 15" and 20" Instructions:



Stand with one foot in the middle of the board or two feet as pictured above and begin to balance until you can maintain the board in a level position.

To change levels of difficulty, grasp plastic dome, lift up, and turn to desired height and release. Be sure adjustment dome is seated in the flat area and not partially on any other edge.

Be sure the exercise area is clear of all obstacles. You may find it helpful to practice balancing in a doorway until you feel confident in a more open space.

For alternate uses, you may sit on the board or do push-ups with either your hands or feet on the board.

