

SMART WOBBLE BALANCE BOARD

Model No.: BL40

This smart balance board targets core training. Its sturdy platform tracks standing time, sway range, core engagement and calories, auto-detecting static & dynamic training. Enjoy weight-shift somatosensory games for fun workouts. Ergonomic, comfy for home, gym and rehab to boost balance training efficiently.



Starting Stance

1. Stand on the board steadily.
2. Place feet hip-width apart to maintain body balance.
3. Keep your spine neutral and torso upright; shift your weight gently to prevent the edges of the balance



Forward & Back Tilt Training

1. Adopt the standard starting stance first.
2. Tilt the balance board slowly and steadily forward until its front edge touches the ground.
3. Then tilt it backward slowly until the rear edge touches the ground. Repeat this slow forward-and-back rocking motion.



Left & Right Side Tilt Training

1. Take the standard starting stance.
2. Slowly tilt the balance board to the left, then to the right.
3. Keep alternating left and right tilts for continuous practice.

Circular Rotation Training

1. Maintain the standard starting stance.
2. Steer the balance board to complete a full 360° clockwise rotation.
3. Pause briefly, then rotate counter-clockwise in the opposite direction, board from touching the ground.



Single-Leg Balance Training

1. Stand steadily with one foot on the center of the balance board.
2. Bend your other leg and lift it, drawing your knee toward your torso.
3. Hold the balance for as long as

