



Wobbling Balance Board for Home & Office

Let's Get Started!

Before using your **BASE**:

1. Please read this User Guide for safety information, warnings, and other information on using your **BASE**.
2. Visit [UncagedErgonomics.com/Wobble-Board](http://UncagedErgonomics.com/Wobble-Board) and review all instructional videos, diagram, photos, manuals, how-to guides and more information about how to safely use your **BASE**.

**BASE** (USA and International Patents Pending) creates an UNSTABLE, WOBBLING platform for standing that requires BALANCE and a SAFE ENVIRONMENT to operate.

Have Questions? Need Help?

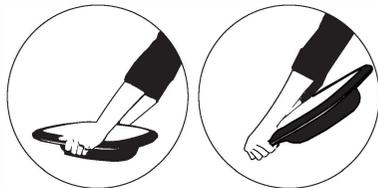
Our A+ customer support team is here to help:

EMAIL: [helloUncagedErgonomics.com](mailto:helloUncagedErgonomics.com)

PHONE: 240-583-0517

**\*\* IMPORANT \*\*** : If you decide that **BASE** is not appropriate and/or safe for your situation, please return your unit for a full refund. Uncaged Ergonomics has a friendly, fair 30-day "No Questions Asked" return window.

■ HOW TO USE **BASE**



**STEP 1:** Move objects away from your desk or **BASE** that may cause injury if you lose your balance, or that may impede the ability for **BASE** to move.

**STEP 2:** Before use, kneel beside **BASE** and use your hands to test its range of motion. This allows you to get a feel for how **BASE** creates an unstable surface that lets you rock, move and balance. You must fully understand how **BASE** works to create an unstable surface and all risks associated with standing on an unstable surface before use.

**STEP 3:** Be sure **BASE** is clean, that **BASE** will safely grip your floor surface, and that **BASE** will not scratch, dent or damage your floor. Check the bottom of **BASE** to be sure it is clean and there are no foreign objects (rocks, etc) that could scratch or damage floor surfaces. Be sure that **BASE** will safely grip your floor surface. A non-skid protective mat should be used to prevent any surface from becoming scratched, damaged, or dented.

**STEP 4:** Place **BASE** parallel to the desk or surface you plan to use.

**STEP 5:** Stand behind **BASE** and grab your desk or another solid object as you step onto **BASE**.

**STEP 6:** Step onto **BASE** one foot at a time. Your feet should be shoulder-width apart.

**STEP 7:** Shift your weight back and forth (left-to-right) and (forward-neutral) to get a feel for how **BASE** moves. Your body will naturally start to explore the range of motion of WOBBLE BOARD. DO NO LEAN BACKWARDS. ALWAYS HOLD ON TO A FIRM, SOLID, STATIONARY OBJECT FOR SUPPORT.

▲ WARNINGS! ▲

▲ **WARNING!** USE AT YOUR OWN RISK! This product creates an unstable surface. Use of this product may result in injury or death.

▲ **WARNING!** UNSTABLE SURFACE. This product creates an unstable, wobbling surface.

▲ **WARNING!** FALL RISK. This product creates an unstable surface and has a fall risk if not used properly. DO NOT LEAN BACK.

Use of this product requires skill and the exercise of caution; children using this product should be properly supervised by adults. Due to the nature of this product, the seller/distributor of this product assumed no responsibility for damage or injury which may be caused by the use of this product whether caused by accident, long term use, negligence, or otherwise.

**BASE**

- **BASE** is not a toy. Children must be supervised by an adult.
- If you begin to feel like you may lose your balance, simply step off **BASE**.
- It is recommended that **BASE** users keep at least 1 hand on their desk workspace or other solid, stationary, stable object to maintain balance.
- Clear the area around you. Move objects away from both your desk and **BASE** may cause injury if you lose your balance and fall object. Clear all objects that may impede the full range of motion of **BASE**.
- Keep the surface of **BASE** dry to reduce risk of slipping or falling.

WEIGHT LIMIT:

**BASE** is manufactured to support no more than 250 lbs.

FOOTWEAR:

It is highly recommended that users choose footwear that offers grip on the surface of **BASE**.

FLOOR PROTECTION:

It is recommended to place a protective mat under **BASE** to help protect any surfaces that may get scratched, damaged, or dented.