

BLACK MOUNTAIN PRODUCTS, INC

WARRANTY SUPPORT:
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For more information about products and exercises, please visit us at BlackMountainProducts.com

WORKOUT INSTRUCTIONS

1. Consult your physician before beginning any regular exercise.
2. Always examine your B.M.P. balance disk for any defects, cracks, cuts, tears, or imperfections before use. If there are any imperfections, stop using the balance disk immediately and contact B.M.P. customer support.
3. DO NOT use B.M.P. balance disk for any use other than exercise.
4. Warm up before starting any exercise routine.
5. When starting exercise, start slowly.
6. Use B.M.P. Balance disk as directed.
7. Children under the age of 18, use only under adult supervision.

WARRANTY

1. All balance disks are FULLY warrantied for life (shipping and handling charges may apply.)
2. Inform Black Mountain Products by telephone or e-mail if there are any missing, damaged, or defective products.
3. Warranty does not cover any incidental damages.
4. B.M.P. reserves the right to alter the warranty at any time.



BLACK MOUNTAIN PRODUCTS
USER GUIDE

Balance Disc



All balance disks have a lifetime warranty

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Balance Disk Contents

1. Balance disk
2. Hand pump with metal pump tip

Balance Disk Features

1. Massage spikes on one side of disk for standing.
2. Flat side of the disk can be used for active sitting.
3. Great for stabilizing joints, building muscle, and improving balance and coordination.

Instructions

1. Remove disk and pump from packaging
2. Screw metal pump tip into hand pump opposite the handle.
3. Insert pump tip into inflation valve on the spiked side of the disk and inflate to desired firmness.
4. To deflate remove metal pump tip from pump and insert into inflation valve, deflate to desired firmness.

Warnings

1. Metal pump tip is a choking hazard.
2. Pump is not a toy please keep out of reach of children.
3. Not for use for children under 3.
4. Consult a physician before beginning any workout program.

Intended Uses

1. Active sitting helps improve posture and strengthen your core.
2. One foot standing improves balance and helps to stabilize your joints.
3. Kneeling torso twist that also helps with posture and core strengthening.
4. Place disc, grip side down, underneath lower back and use during ab and other core exercises to increase core strengthening.
5. Place disc under feet while doing push-ups
6. Place disc under hands or feet while doing a plank exercise.