

## Black Mountain Products®

Read all warnings and precautionary statements to reduce risk of injury when using your balance disk.

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

### Warranty:

1. All Balance Discs are warrantied for life (shipping and handling charges may apply.)
2. Notify 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.

### Warranty Support

[blackmountainproducts.com/request-a-replacement](http://blackmountainproducts.com/request-a-replacement)

[warranty@blackmountainproducts.com](mailto:warranty@blackmountainproducts.com)

Telephone: 815-322-2028

Office hours: 8:00am to 4:00pm (CST) M-F

Visit us at [blackmountainproducts.com](http://blackmountainproducts.com)

Like us on Facebook! 

[www.facebook.com/BlackMountainProducts](http://www.facebook.com/BlackMountainProducts)



**BLACK MOUNTAIN  
PRODUCTS**

*Reach Your Peak Performance!*

Balance Disk



For new products and exercises, scan the QR code or visit us at [blackmountainproducts.com](http://blackmountainproducts.com).

## Balance Disc Contents

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

## Balance Disc Features

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

## Instructions

1. Remove the Balance Disc and pump from packaging.
2. Screw the metal pump tip into the hand pump, opposite the handle.
3. Insert the pump tip fully into the inflation valve on the spiked side of the disc and inflate to desired firmness. Needle must be fully (100%) inserted to pump up the disc properly.
4. To deflate, remove the metal pump tip from the pump and insert into the inflation valve, deflate to desired firmness.

## Intended Uses

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

## 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 years of age.
4. Consult a physician before beginning any workout program.
5. To avoid puncturing a hole in the Balance Disc when inflating, please pinch near the inflation valve to allow enough room for the needle to insert into the disc. (See picture below).

