

## BEFORE YOU BEGIN

Thank you for selecting the versatile Stability Disk. The Stability Disk offers dynamic, effective, and fun workout options for personal or group training. **For your safety and benefit, read this manual before using the Stability Disk.** If you have questions after reading this manual, call Customer Care toll-free at 1-800-288-4802, Mon.–Fri. 6 a.m.–6 p.m., Sat. 8 a.m.–12 p.m. Mountain Time (excluding holidays).



## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following precautions before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. This product is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
4. Keep children under age 12 and pets away from this product.
5. This product should not be used by persons weighing more than 300 pounds (136 kg). No more than 30 pounds (14 kg) of weights should be used with this product.
6. Use this product only on a clean, level, non-slip surface. Make sure that there is adequate clearance around this product.
7. Keep this product away from sharp objects, heat sources, and direct sunlight. Do not leave this product in automobiles where it may be exposed to high temperatures.
8. Inspect this product before each use for worn spots, cracks, and foreign objects. Do not use this product or try to repair it if it is damaged.
9. Inflate this product only as described in this manual. Improper inflation may result in damage to this product and will void the warranty.
10. Never kick or jump on this product.
11. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

## USING THE STABILITY DISK

The Stability Disk is designed to create an unbalanced position while you perform exercises such as calisthenics, medicine ball training, hand weight workouts, and stretching.

Using the Stability Disk will help you develop increased core strength and advanced balancing techniques. Stability Disk training is based on the premise that improving core strength improves limb function and overall performance.

Use the Stability Disk to condition and strengthening your body's central zone or "core," using resistance, recoil, and reaction, the process by which your body moves and learns to move. When you use the Stability Disk to strengthen your core, you will make your other forms of exercise and training more effective, improve your functional conditioning, improve your reactive movement, and encourage "pre-" as opposed to "re-" habilitation by reducing the risk of injury brought on by a weak or deconditioned core.

## INFLATING THE STABILITY DISK

The Stability Disk comes inflated. Air can be added to the Stability Disk as needed in the following way:

1. Attach a standard ball inflation needle to your sports pump. Wet the needle, and insert it into the valve in the Stability Disk. Note: A sports pump may be included.
2. Inflate the Stability Disk to the desired firmness. **Do not overinflate the Stability Disk or use an air compressor.**
3. Remove the needle from the valve. The Stability Disk will then be ready for use.

## CARING FOR THE STABILITY DISK

Clean the Stability Disk with a damp cloth and mild dishwashing liquid. Then, rinse the Stability Disk with clean water and towel dry it completely.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to a product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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