

STRONGBOARD

BALANCE®
An Evolution in Fitness®

OWNER'S MANUAL

“ Manifest the Body of Your Dreams ”



INTRODUCTION

Your physique, your lifestyle and your well-being are about to change forever – Introducing STRONGBOARD BALANCE®, “An Evolution in Fitness” developed by the visionaries at STRONGHOLD FITNESS, LLC. Co-Founders, Adella and Mike Curry, created STRONGBOARD BALANCE with the mission to not only improve how people work out, but also to improve the quality of their lives.

For almost two decades, Mike Curry has been professionally and personally committed to health and wellness initiatives. As a Certified Fitness Coach and Expert Nutrition Counselor, Mike has consulted an extensive clientele of professional athletes, celebrities and physicians nationwide. While the fitness industry steadily evolves, Mike’s ability to help his clients reach their personal goals remains consistent, with an emphasis on core training and balance techniques. This very methodology formed the foundation for STRONGBOARD BALANCE – “*An Evolution in Fitness.*”

Mike and Adella created STRONGBOARD BALANCE to help you accelerate your personal health and wellness goals. With their revolutionary “multi-spring technology” – every movement on STRONGBOARD BALANCE requires a unique counter-balancing that will strengthen your core while you train targeted muscle groups.

From cross-fitness routines to circuit training programs, calisthenics, yoga, Pilates, weight-training, or physical therapy – expedite calorie burn, improve stability and increase power with the full-body experience of STRONGBOARD BALANCE.

You are about to begin a new type of fitness journey with undeniable results that you’ll both see and feel. Sculpt your curves for that perfect silhouette. Intensify your training efforts for maximum results. Tighten your legs, arms, abs, buns and chest. Get into prime shape, rebound from injuries and increase your resilience, feel rejuvenated, and empower yourself both physically and mentally.

Your fitness evolution starts now, with STRONGBOARD BALANCE.

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TABLE OF CONTENTS

Getting Started	4
Safety	5 - 6
Maintenance	7
Product Overview	8
Product Diagram	9
The Experience	10
FAQ.....	11
Contact.....	12
Testimonials.....	13
Warranty	14
Executive Summary.....	15

GETTING STARTED

- **BOX CONTENTS:** Inside you will find (1) STRONGBOARD BALANCE®, (1) Owner's Manual and (1) Brochure.
- **READ:** This Owner's Manual is specifically designed to help you get acquainted with STRONGBOARD BALANCE, and to assure the equipment's proper use for your safety and the safety of those around you. You are advised to read this manual in full prior to using STRONGBOARD BALANCE. Failure to do so may result in injury and/or product damage.
- **REVIEW:** The ONLINE LEARNING CENTER on our website will highlight many of the uses of STRONGBOARD BALANCE to compliment your favorite workouts, and to introduce you to exciting new routines to help optimize your physical fitness. Additionally, the site will further highlight important safety information on the proper usage, maintenance, relevant warnings and general functionality of STRONGBOARD BALANCE. You are advised to review the Online Learning Center on our website, www.StrongBoardBalance.com, in full prior to using STRONGBOARD BALANCE. Failure to do so may result in injury and/or product damage.

SAFETY (Cont.)

- Users are encouraged to mindfully use STRONGBOARD BALANCE®, by maintaining awareness of their position on the board and actively counter-balancing their weight to assure stability and safety.
- **CAUTION:** Beware of the springs on STRONGBOARD BALANCE as they present a pinching hazard. DO NOT place fingers or toes in or around the spring areas in order to prevent any risk of injury.
- It is highly encouraged that users maintain space from any objects that would present risk of injury if you were to fall while using STRONGBOARD BALANCE.
- **DO NOT** use STRONGBOARD BALANCE if any slippery residue or moisture is present on the surface of the unit.
- **DO NOT** permit unauthorized persons to use STRONGBOARD BALANCE as it may pose a risk to their personal safety as well as to property.
- It is **STRONGLY RECOMMENDED** that users exercise vigilance when using STRONGBOARD BALANCE and gradually progress from beginner, to intermediate, to advanced level workouts.
- **DO NOT** use equipment while under the influence of any drugs or alcohol.
- Persons weighing more than 300 pounds should not use STRONGBOARD BALANCE, except in the care of a licensed physical therapist or personal trainer.
- The maximum weight allowance for STRONGBOARD BALANCE is 450 pounds, including the user's body weight and any additional weight.

MAINTENANCE

- Equipment should be inspected before and after each use for dirt or debris. If cleaning is required, allow equipment to dry thoroughly before use.
- When cleaning, **DO NOT** use any acidic or bleach-based cleaning products on your StrongBoard Balance. Doing so may cause damage to the unit and potential safety risks.
- **TO CLEAN** your STRONGBOARD BALANCE® we recommend a gentle wipe, with no fragrance, bleach, or other harsh chemicals. A quick drying, alcohol based sanitizer is ideal. Carefully wipe surfaces that need refreshing. Allow unit to dry completely before use or storage. This remedy also works well for keeping rubber components looking new and clean. Do not use rubber or plastic restoration polishes, including silicone spray and Armor-All, as they can make equipment slippery and unsafe.
- **TO STORE** your STRONGBOARD BALANCE, keep the unit in a secure area where it will not present a tripping hazard. Cover your STRONGBOARD BALANCE with a protective cloth in order to minimize dust and dirt build up, as well as to prevent any scratching.
- **DO NOT** place items on top of your STRONGBOARD BALANCE during storage.
- Store STRONGBOARD BALANCE in a standard upright position with the flat horizontal-base placed firmly on a stable floor.
- If springs squeak, spray threads protruding through spring clip very lightly with WD-40. Be sure to use the “smart straw” extension and spray **ONLY** inside the spring clip. Inspect the board and surrounding area for WD-40 residue and be sure all areas and platforms are dry before engaging STRONGBOARD BALANCE again.

PRODUCT OVERVIEW

Portable and electricity-free, STRONGBOARD BALANCE® utilizes a patented, multi-spring technology to create a 360-degree stability platform. The four compression springs are made from oil-tempered, high-carbon steel, with very high yield strength – allowing individuals to use their own body weight as resistance during full-motion workouts, while the springs will consistently return to shape.

With a cutting-edge design, a polished aesthetic presentation and revolutionary functionality – once you step on STRONGBOARD BALANCE you'll understand why industry experts have dubbed it "*An Evolution in Fitness.*" It truly is a balance device so innovative and intense, it will change the way you work out, forever.

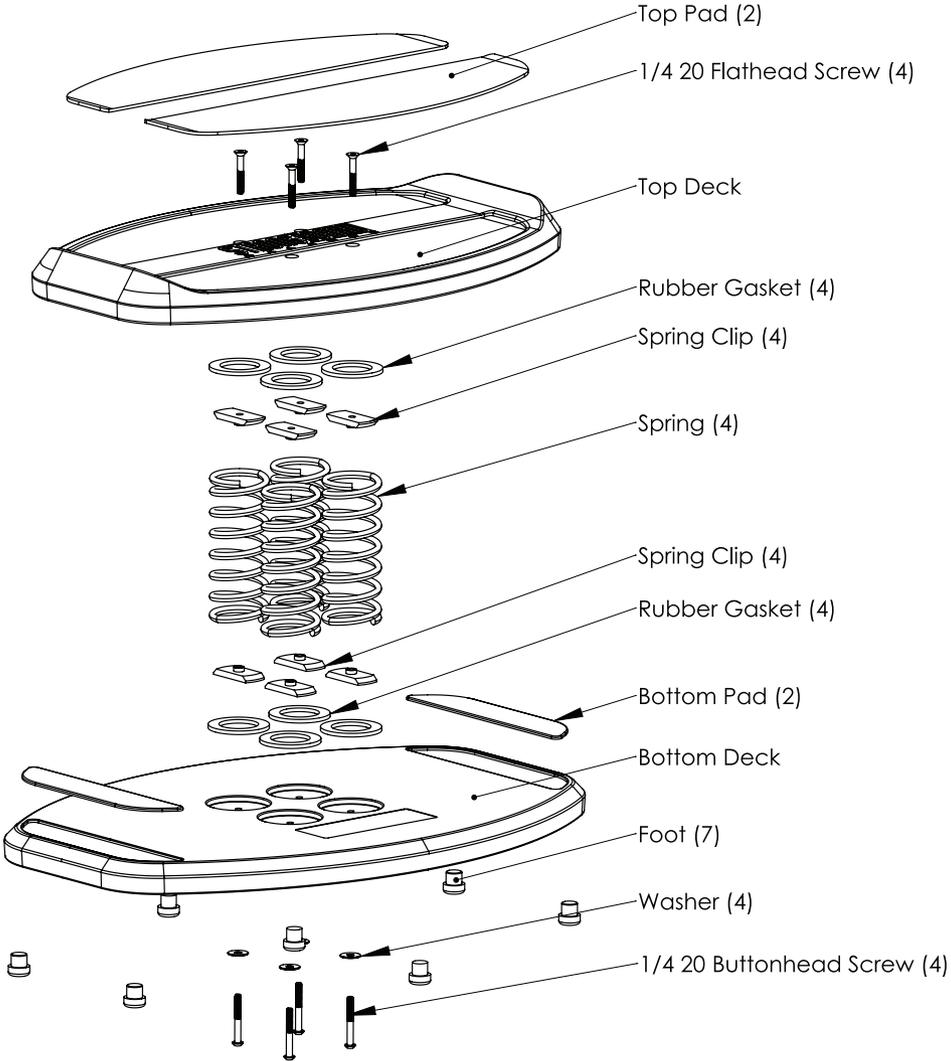
PRODUCT SPECIFICATIONS:

Weight: 14.5 lbs.

Dimensions: Base – 25 ¼" Long, 17 ¼" Wide, Platform – 23 ½" Long, 15 ¼" Wide.

Assembled Height: 9 ¼"

PRODUCT DIAGRAM



THE EXPERIENCE

After reviewing your STRONGBOARD BALANCE® Owner's Manual and Online Learning Center, you can now take the biggest step towards revolutionizing your workouts forever – Prepare for your first STRONGBOARD BALANCE experience.

FOLLOW THESE STEPS:

WARNING: Exercise caution while getting on and off the unit. Use a wall or partner for stability while getting acclimated to your STRONGBOARD BALANCE.

- The proper and safest way to get on STRONGBOARD BALANCE is to place one foot on one end, push down until platform touches the base – this will give you stabilization.
- Next, with your weight still on that end, carefully place your opposite foot on the other end of the board to slowly establish your weight and find center. You are now fully positioned on the STRONGBOARD BALANCE. Once standing on STRONGBOARD BALANCE, the user's body immediately reacts by searching for stabilization and forcing constant, multi-group muscle contractions. Your workout has begun!

These are some basic maneuvers to help you get started:

- First, begin with squats, by bending at the knees, keeping your back straight and chest up, and lowering your buttocks downward to a 90-degree angle – slowly rise back into the standing position, and then repeat.
- Second, try a static stabilizing squat, by holding in the lowered squat position and utilizing your core and leg muscles to maintain balance. Hold for a 10-second interval and then rise back to the standing position. Any shaking you experience is a natural part of the stabilization process through which muscle contraction accelerates blood flow and increases calorie burn.
- Once you have a basic understanding for the natural counter-balancing STRONGBOARD BALANCE demands of your body, slowly begin incorporating new exercises to create routines, to increase the intensity of your workouts and to alter the muscle groups being challenged.

FAQ

How do I know if STRONGBOARD BALANCE® will help me reach my fitness goals?

This is one of the most common questions we receive at STRONGHOLD FITNESS, because as individuals we all have our own unique fitness goals in mind. The great thing about STRONGBOARD BALANCE is the focus on complimenting existing workouts with an emphasis on high-intensity stability training which challenges your foundation. Experts agree that balance and core strength are integral to optimal fitness, health and wellness; making STRONGBOARD BALANCE universally valuable no matter your personal workout goals.

Is STRONGBOARD BALANCE safe for me to use?

Developed by an industry expert with almost 20 years of personal training experience, STRONGBOARD BALANCE was created to bring health, wellness and fitness to people of all different ages and physical levels. By following the warnings and directions included in the STRONGBOARD BALANCE Owner's Manual and the website's Online Learning Center, your workouts will be both safe and productive.

How much time should I work out on STRONGBOARD BALANCE each day?

Incorporate STRONGBOARD BALANCE into your normal daily workout routines, and just by doing so you will intensify your existing workouts. We recommend starting out with basic exercises and increasing your STRONGBOARD BALANCE routines from beginner, to intermediate, to advanced, as you feel comfortable. Always listen to your body and be sure to give yourself proper rest time to assure healthy progress.

Who should I contact if I have questions or issues regarding my STRONGBOARD BALANCE?

For all questions, feedback, sales or warranty inquiries please refer to Page 12 of our Owner's Manual for our complete contact information.

Where can I find additional instructions and ideas for STRONGBOARD BALANCE exercises?

The STRONGBOARD BALANCE community is constantly evolving. You can visit our website and social media pages for news, updates and user stories about how others are using STRONGBOARD BALANCE in their daily lives and fitness routines. Be sure to check us out online at www.StrongBoardBalance.com for all of the latest from our community.

CONTACT

COMPANY INFORMATION

STRONGHOLD FITNESS® LLC
4712 Admiralty Way #469
Marina Del Rey, California 90292
www.StrongHoldFitness.com
info@strongholdfitness.com

For all STRONGBOARD BALANCE® Sales and Warranty Questions
please contact:

CUSTOMER SERVICE:
855-570-3890
www.StrongBoardBalance.com
service@strongholdfitness.com

CONNECT WITH US:

Join our movement and share “*An Evolution in Fitness*” with your family and friends. For the latest news, workout & nutrition tips, testimonials, videos and daily inspiration – LIKE STRONGBOARD BALANCE and FOLLOW STRONGBOARD BALANCE.

Facebook.com/StrongBoard

Twitter.com/StrongBoard

TELL YOUR STORY:

Share your experience with the world. Once you step on STRONGBOARD BALANCE you're committed to progress and the pursuit of your fitness goals. We want to celebrate your story and inspire others. Whether you're losing weight, training professionally, rehabilitating from injury or optimizing your wellbeing; your story deserves to be heard – Email us at: **mystory@strongholdfitness.com**

TESTIMONIALS

“As a chiropractor, I had great interest in STRONGBOARD BALANCE® for measuring balance in athletic patients, and it continues to impress me. While the STRONGBOARD BALANCE offers an efficient method to strengthen the body, its role in measuring neurological balance (proprioception) will hold value to anyone performing such testing. STRONGBOARD BALANCE is stable yet flexible and easy to engage upon, allowing the user to establish a neutral position before beginning activity. Since introducing it to our patients, we’ve discovered new ways to use STRONGBOARD BALANCE to improve balance and fitness, and patient health and wellness is our primary concern.” –Michael Dorausch, D.C.

“As an employer of Athletic Physical Therapy and recreational athlete I have had the privilege of using the STRONGBOARD BALANCE to improve balance, stability and core strengthening on myself, and physical therapy patients. There is no limitation on its use from upper extremity, lower extremity, core, athletes, active person, adolescent, elderly, post-op, pre-op, chronic and/or acute injuries. Regardless of the phase in therapy or workout, there are a variety of exercise (easy to complex) you can do on the STRONGBOARD BALANCE to rehab the injured body part or increase the difficulty level of your workout. I highly recommend this product to any one who is looking to improve balance, stability, core strength or just intensify their current workout.” –Nancy Uribe, Bachelor of Science in Kinesiology with emphasis in Exercise and Human Performance, Masters of Science in Athletic Training

“STRONGBOARD BALANCE is fantastic! It provides multiple planes of instability, creating some of the most challenging training available! It’s one of my favorite and most fun tools to greatly improve my clients’ motor coordination skills, while strengthening the core, the lower and the upper body. My clients simultaneously use STRONGBOARD BALANCE in combination with weights, resistance bands, and ropes providing maximum caloric expenditure – resulting in fat loss in minimal time.” –Ray Velazquez, SantaMonicaTrainer.com

“STRONGBOARD BALANCE is possibly the simplest tool I’ve found to improve balance and enhance proprioception in my clients. DO NOT however confuse the word “simple” with “easy”! Because of the simplicity it’s effective for all ages and fitness levels. I’ve used it to increase the functional stability of many of my clients – from teenage athletes to injured adults who want to improve daily performance. I recommend it to anyone looking to improve balance no matter his or her current level.” –Russ Suchala, Certified Personal Trainer

“While on the Palisades High School’s basketball team, I suffered from post-injury chronic ankle pain. When I started working out with Mike Curry for rehabilitation and strength training, he introduced me to STRONGBOARD BALANCE. My first reaction was this thing is hard to stand on, but after a few minutes of getting used to it, it forced me to focus on maintaining good balance. I used it for the duration of my high school basketball career - doing a lot of double and single leg squats for ankle strength, along with various coordination and balance drills. Now, even after graduation, I still use it to maintain conditioning. I’ll be the first to admit that exercising is boring and not a lot of fun. Using the STRONGBOARD BALANCE takes the boredom out of working-out!” –Kristen Thomason, Student

LIMITED WARRANTY

STRONGHOLD FITNESS®, LLC, (“Seller”) warrants that its STRONGBOARD BALANCE® (“product”) will arrive undamaged and in good working order. If product arrives in damaged condition upon delivery, customer should notify Seller immediately.

Customer should follow all instructions for proper care and maintenance of product or this warranty shall be null and void. This warranty does not cover damage due to misuse or abuse.

Molded plastic base and platform, and metal springs are warrantied for the life of the product against breakage. Spring clip is warrantied for three (3) years from delivery date against breakage or stripping. Hardware is warrantied for one (1) year from delivery date against breakage or stripping. Rubber Mats (platform), Bumpers (base) and Push-in-Bumpers are warrantied for the lifetime of the product to remain in position only. They are not warrantied for damage or wear and tear.

Customer shall pay for shipping on all returns. Contact Seller at the address/telephone number below for return merchandise authorization (“RMA”) Seller will not accept any product return without RMA.

Seller will provide Customer with replacement Warning Label without question upon request. Customer will reapply.

STRONGHOLD FITNESS, LLC DISCLAIMS ALL OTHER REPRESENTATIONS AND WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY AND OF FITNESS FOR ANY PARTICULAR PURPOSE. The foregoing constitutes Customer’s sole and exclusive remedy.

Customer acknowledges that participating in any exercise program and/or using exercise equipment can be dangerous. Use of Product, including both intended and unintended use, could result in injury. Customer agrees to indemnify, defend, and hold harmless STRONGHOLD FITNESS, LLC for all liabilities incurred or alleged as a result of Product, or arising out of the use of Product, including but not limited to claims for injury, death, property damage and attorneys’ fees. In no event shall STRONGHOLD FITNESS’s liability under this Agreement exceed the purchase price paid by Customer for Product.

CONTACT INFORMATION:

STRONGHOLD FITNESS, LLC
4712 Admiralty Way #469
Marina del Rey, California 90292
(855) 570-3890

EXECUTIVE SUMMARY

There is more to fitness than the weight you can lift and the distance you can run. True fitness is about your lifestyle and how you feel about yourself day in and day out. Beyond just being confident about what you see in the mirror, when you commit yourself to physical fitness, you are strengthening your overall character.

There is a mental toughness and resilience that comes from pushing yourself through workouts. There is the hope that comes from losing those pounds to live a happier and healthier life, or rebounding from chronic injury. Your wellbeing is connected to your mind, body and spirit – all of which will benefit from the positive impacts of your fitness-based lifestyle.

STRONGBOARD BALANCE® is not just our business; it is a staple within our daily lives. Since developing our first prototypes, we have been consistently utilizing STRONGBOARD BALANCE within our home and workplace – celebrating the results it has delivered for us, as well as our clients and friends.

Now, we are both excited to be able to share STRONGBOARD BALANCE with you. We're very proud that STRONGBOARD BALANCE has been dubbed "*An Evolution in Fitness*," but still, on a fundamental level we'll always consider it to be the foundation piece for optimizing health and wellness.

From our mission of changing lives, to your mission of bettering yours – We hope you enjoy every step onto STRONGBOARD BALANCE and the journey towards improved fitness that follows.

Sincerely,

Handwritten signatures of Adella and Mike Curry. The signature on the left is 'Adella S.' and the signature on the right is 'Mike Curry'.

Adella and Mike Curry

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