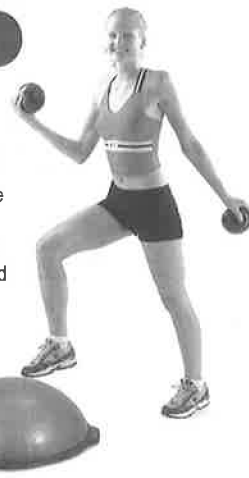


Instruction for Dynaso



Features of Dynaso & introduction

"Dynaso" is an innovative balance training device that has redefined balance training. Sustaining up to 350 lb on either the curved or flat side, the dome is good for rehabilitation, athletic and sports conditioning, balance training etc. Complemented with other equipment, Dynaso imports various kind of enjoyments in your balance training.

Specification & parts

1. Dynaso
2. Plug
3. Instruction



Warning

- Read and follow instructions stated below before using this product.
1. Children must be supervised by an adult who is familiar with this product.
 2. Max. load weight is 350 pounds.
 3. Do not overexert yourself.
 4. Make sure enough space to do all performances in case of falling.
 5. Keep away from sharp objects during use so can avoid puncture on surface.
 6. It would be better to pad an exercise mat on the ground.
 7. Don't do any performance in socks or stockings.
We suggest you to do all performance in bare feet.
 8. Any time, if you lose balance, feel faint or uncomfortable, just step down from the dome. And please consult with your doctor to prevent any health risk.

Start

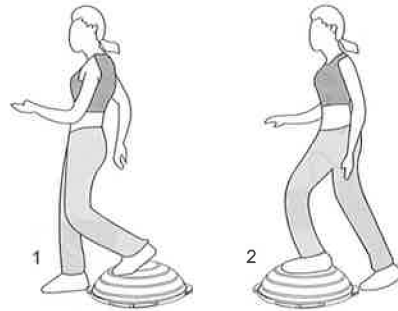
Use the pump provided to inflate the dome to 7"-8" height, and make sure plug into the inlet. Clean the space and put the dynaso on non-slip surface.

Storage

Be sure to clean sweat or dust after use this product. And store it in a dry place, keep away from sunlight and heat to avoid deform.

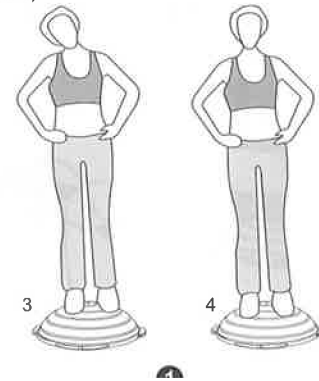
1. ADAPT YOURSELF TO THE DYNASO

Step on & off from the side of the dome in comfortable range. Be sure to alternate your legs and practice a few time until you adapt yourself to the Dynaso. See picture 1,2



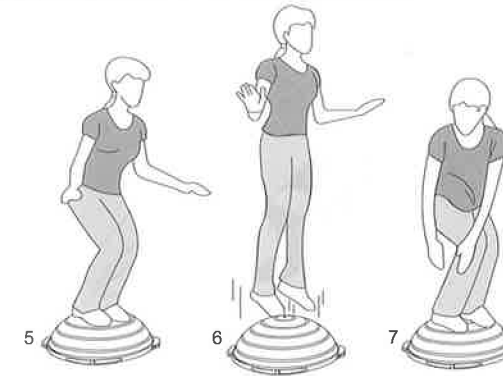
2. BALANCE TRAINING

After familiar with step on & off the dome. You are suggested to practice standing in the center position top of the dome. Try to place your feet centered, apart about hip-width with knees relaxed. You'll find that your muscles are working to keep balance. This performance will improve your balance, coordination. Practice until you can stand still completely. Please see picture 3, 4.



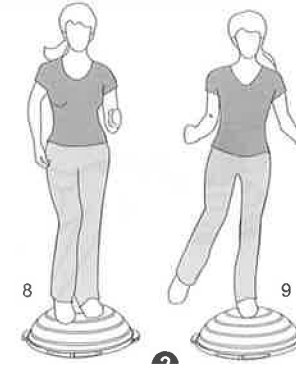
3. AGILITY TRAINING-JUMP & LANDING

Stand in the center of the dome. Keep your feet apart about hip width. Lead slightly and land on original place. Squat as picture 5. shown and keep still about 10 seconds. Repeat for 10~20 times. This performance will make you more agile and stable. Ref. picture 6.



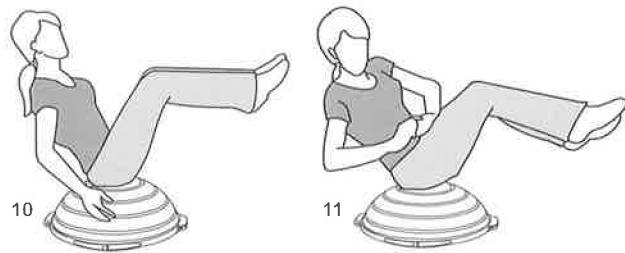
4. SINGLE LEG BALANCE

Stand one leg in centered position of the dome, the other leg lifts like picture 9 shown. Arms stretch out to keep balance, Alternate leg and repeat about 10~20 times. This performance is more challenge for balance training and stabilization endurance.



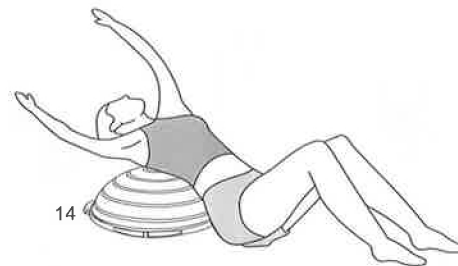
5. SIT FOR ABDOMINAL TRAINING

Sit your torso centered of the dome. Lean your back slightly with lifting your legs like picture 10 shown. Hands placed on both sides of the dome and legs V-sit like picture 11, rotate torso clock-wise for about 10 seconds, counter clock-wise direction for another 10 seconds, too. Repeat 10~20 times. This performance will compress your abdominal and strengthen lower back muscles.



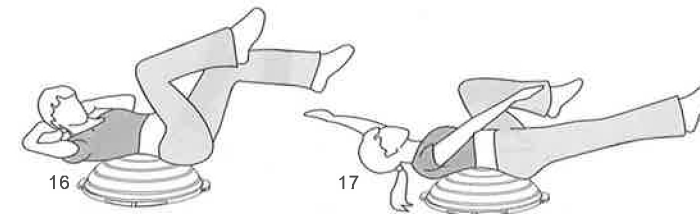
7. LOWER BACK & SPINE STRETCH

Lean the back to the dome and gaze straight forward. Put hands behind your head. V-sit and put your feet flat on the floor. See picture 14. Lie your back over all the dome, reach arms out as far as you can. Keep legs shoulder-width and breathe deeply. Repeat for 10~20 times. This performance is beneficial to the lower back and help realign the spine.



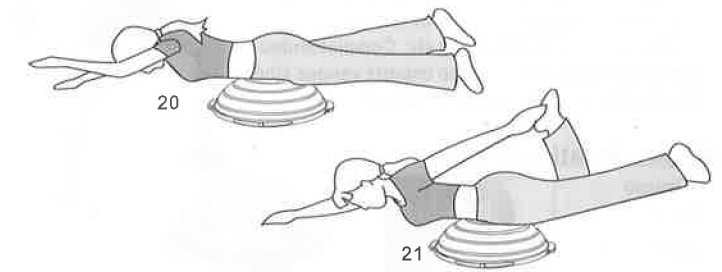
9. ABDOMINAL STRENGTH AND CORE STABILIZATION

Lean your lower back on the dome. Hands behind head and lift legs until both knees are aligned over hips. Extend one leg and pull the other leg toward chest. And rotate torso until one elbow pointing forward and the other back. Alternate sides and continue this motion for 10~20 times. Don't arch your lower back excessively during this performance. Hold with right leg extended and left arm stretch out over head (See picture 17). Pull left knee into the chest and right arm reach down to leg. Hold balance and try to align the body in a parallel position to the floor. Repeat the other side.



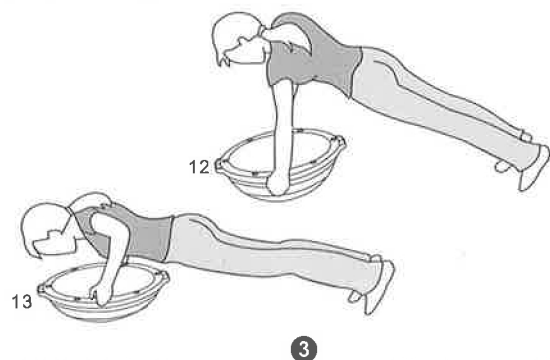
11. ARM/LEG BALANCE

Lie face down with hips centered on the dome. Lift legs to parallel to the floor. Extend arms overhead, keep body straight and core muscles contracted. Flutter arms and legs, be sure to keep balance with arms and legs parallel to the floor. For more challenge, slowly bend one leg and reach back with the opposite arm to touch the heel of the bent leg (see picture 21). Repeat the other leg.



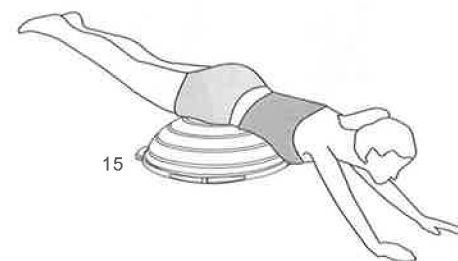
6. PUSH-UP

Turn the platform face upside. Kneel by grasping both sides of the dynaso. Stretch arms with chest over the platform. Bend elbows and lower your body into "Push-Up". See picture 12,13. for re-ferences. Repeat for 10~20 times. This performance will strengthen your upper body and help to improve capacity of the lungs.



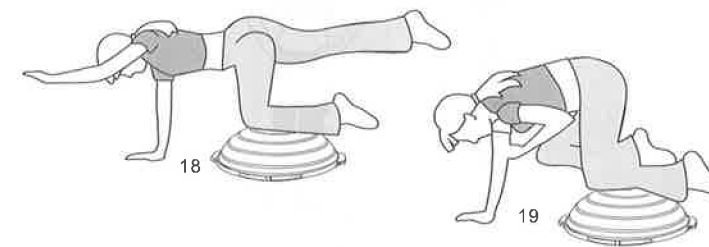
8. SPINE STRETCH

Lie prone over the dome and face down with hands to stabilize body. Reach arms in front of you, legs out behind like picture 15. Feet hip-width apart, toes pointing back. Keep shoulders and neck relaxed. Slowly push yourself off back of the dome. Repeat for 10~20 times. This performance helps to relieve compression stress on the spine, hip and waist.



10. LOWER BACK STRENGTH/ UPPER BODY & CORE STABILIZATION

Kneel one knee centered on top of the dome and put hands in the floor in front of you. Extend one leg back and lift opposite arm until they are parallel to the floor. Hold this position balance for about 2 seconds. Repeat the other side (see picture 18). Pull left elbow and right knee toward the abdomen. Keep lower back relax and flex. Repeat 5~10 times. Repeat on the other side.



We recommend you to keep practicing all these programs regularly. You'll improve balance, coordination and core stabilization, body awareness. You are sure to look better, move quicker and daily actions.