

## HOW TO USE THE POWERPLANE SAFELY

**!!! WARNING !!!! PLEASE READ THIS NOTICE CAREFULLY BEFORE USING THE POWERPLANE TOTAL FITNESS PLATFORM UNIT.**

**BALANCE BOARDS ARE DESIGNED TO CHALLENGE AND IMPROVE YOUR BALANCE SKILLS. DO NOT USE WITHOUT A COMPLETE UNDERSTANDING OF ITS INTENDED PURPOSE AND FUNCTION. CONSULT A PHYSICIAN BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM. USE THIS PRODUCT IN A SAFE CLEAR AREA ON A FLAT DRY SURFACE. THE BEST WAY TO PREVENT INJURY IS TO USE A LITTLE COMMON SENSE. BY USING THIS EQUIPMENT THE USER ACCEPTS TOTAL RESPONSIBILITY FOR ALL RISKS AND INJURY AND WAIVES ANY RIGHT TO THEM, THEIR HEIRS, THEIR EXECUTORS OR ANY PART TO HOLD THE MANUFACTURER OR ITS REPRESENTATIVES RESPONSIBLE FOR DIRECT OR INDIRECT DAMAGES CAUSED BY THE USE OF THIS PRODUCT. IN NO EVENT SHALL THE MANUFACTURER BE LIABLE TO CUSTOMER OR ANY THIRD PARTY FOR ANY DAMAGES WHATSOEVER, INCLUDING BUT NOT LIMITED TO BODILY INJURY, PROPERTY DAMAGE, LOST PROFITS, LOST SAVINGS OR OTHER INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF THE SALE, USE OR INABILITY TO USE THE EQUIPMENT.**

**NEVER LET UNSUPERVISED CHILDREN USE THIS EQUIPMENT.** To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:

- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your kids about the dangers of exercise equipment.

**USE THIS EQUIPMENT ONLY FOR ITS INTENDED USE** as described in this manual and/or video. Do not modify the equipment or use attachments not recommended by the manufacturer. Carefully follow all instructions included with these products.

### **WARRANTY NOTICE**

- Limited Warranty. The manufacturer hereby provides Customer a one-year warranty on parts and labour for home use or a three-month

warranty on parts and labour for commercial/institutional use; the warranty shall commence on the date the manufacturer ships the Equipment to Customer. This limited warranty does not cover normal wear and tear of the Equipment.

- All warranty issues are at the discretion and authorization of the manufacturer only. The manufacturer will provide a warranty on any manufacturer's defect within the specified time frame as specified above and replace the equipment at it deems it necessary or at its sole discretion. The manufacturer has the first right to rectify any problem with customer before determining if a certified technician will be used. Any technicians are to be certified and authorized by the manufacturer only. Any parts shipped for a warranty issue are paid for by the manufacturer and shipping on all parts returned to the manufacturer are paid for by the customer, unless otherwise stated.

### PRODUCT LIMITATION

We do not recommend certain exercises or these exercises. Use them at your own risk:

- Do not attempt any "skate boarding, snowboarding" type of moves on the Powerplane, such as jumping 180 degree or 360 degree. We will not be responsible for any bodily injuries arising out of those exercises nor product warranty from any physical damages to the Powerplane arising as such.
- The Powerplane does not "transfer" into sports or activities such as, but not limited to, skateboarding or snowboarding. By doing so, you will not only put yourself in danger, but others too by doing so; you will also compromise the structural integrity of the Powerplane. If you have any questions in regards to the points above, ask your fitness professional consultant, coach, personal trainer, Physical Education teacher or contact us directly.
- We do not recommend squatting on the Powerplane with your back against the wall.
- We do not recommend exercising with weight exceeding 250 lbs, including your body weight. This product was designed to be used with elastics.
- We do not recommend exercises with barbell or Olympic bars, especially over your head or across your shoulders.
- No two-persons are allowed on the Powerplane at the same time when performing any type of exercises, such as the unit being used as a toddler swinging motion or as "ramp" type-like use for acrobats.
- This product was designed to train people from all ages and all sports, but the main applications are exclusively to train in aerobics, balance, core, strength, and stretching. Any other use would void the warranty.
- Put a towel on the Powerplane if sitting down or lying down. We will not be responsible for any damages to clothing or garments.

### **SAFETY PRECAUTIONS!**

- Your Powerplane Fitness should never be exposed to direct sunlight for long periods of time. Do not immerse it in water and keep the equipment away from sources of heat, including heaters, fireplaces, etc. Wipe sweat off of all equipment to ensure safe footing while working out.
- Do not wear jewelry or sharp rings when working out on the Powerplane Fitness and make sure there are no sharp or pointed objects on the floor or near the platform when you are working out. Do not eat or chew gum while using the Powerplane Fitness. Do not step off of the platform while using the elastics, this could cause the Powerplane Fitness platform to come off the floor and injure you.

**WEAR PROPER EXERCISE FOOTWEAR.** Proper exercise shoes will help prevent slipping, allowing you to focus on the correct motion of the exercise. Exercising in bare feet or socks is not recommended. Wear proper exercise clothing that allows a full range of motion. Always keep the ground surface clean, dry, and free of other obstacles. Do not use balance equipment on slippery surfaces.

**BEWARE OF FINGER PINCHING.** Avoid placing your fingers around the edges of the apparatus where they may get pinched between the floor and equipment.

### **BEFORE STARTING TO EXERCISE:**

**ALWAYS WARM UP BEFORE YOU START A WORKOUT.** Try to do a total body warm up before you start training. A good example of total body warm up is using a rowing or skiing motion. It is especially important to warm up the specific muscle groups you are going to be using.

### **STARTING TO EXERCISE:**

Adjust the equipment to the lowest level to start. If you are new to exercise, do not start with the medicine ball training. First, master BALANCE training, then weight training with the elastics, with a focus on core strength and gradually moving to medicine ball exercises. Initially, all exercises should be performed slowly with control and proper form. Increase speed only when you have developed your technique. Always maintain proper form and control. When performing throwing or tossing exercises, start with your weakest side first. When you do start with a medicine ball, start with a very light medicine ball and gradually build up as your ability to perform the exercise improves. ***ALWAYS CONSULT A PHYSICIAN BEFORE PARTICIPATING IN ANY PHYSICAL ACTIVITY.*** Your physician should assist you in determining the target rate zone appropriate for your age and physical condition. Certain exercise

programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems, back problems or balance impairments. If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.

Train with a spotter or with someone right next to you throughout the exercise to help you regain your balance when you lose it. Maintain control. If you feel unsafe or uncomfortable while balancing, brace yourself against a wall or stable object until you feel comfortable with the exercise. Once you are in control of your balance, begin letting go briefly to stimulate your body to react and respond more effectively. As you improve, your goal will be to perform the balance exercises without having to brace yourself. When doing partner activities try to match partners with similar size, strength and ability.

**Handicapped or disabled persons must have medical approval before using this equipment and should be under close supervision when using any exercise equipment.**

Do not overexert yourself with this or any other exercise program. Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately. Start with the novice exercises first and get a feel for the specifics of the exercise. When you are able to perform the novice exercises as instructed, then you may attempt the advanced ones. Focus. Keep your eyes focused on one point of the wall, ceiling, or floor when balancing.

All exercises must be performed slowly, with control and proper form.

Maintain a stable core body posture, adding support for the spine by contracting your abdominals. Keep your head in alignment with your body.

**BREATHE NATURALLY.** Never hold your breath during an exercise. Avoid over training, you should be able to carry on a conversation while exercising. Drink plenty of water when exercising.

Work out in an open space, away from furniture and other fixtures or structures that may cause injury.

Have plenty of clearance behind and in front of your equipment. It is important to keep children, pets, furniture and other objects out of the way while you are working out. You should have a minimum of 3 feet of clearance both in front of and behind your equipment. Only one person should use the balance equipment when performing an exercise.

**USE PROPER POSTURE.** Maintaining proper posture will greatly reduce chances of injury and maximize exercise benefit. When standing always keep your feet shoulder width apart. Do not lock your knees; it puts an unnecessary strain on them. Keep your back flat and straight, making sure not to twist or arch it in order to complete an exercise.

**USE PROPER FORM.** Focus on only working the muscle groups intended for the exercise you are doing. If you feel strain elsewhere you may need someone to critique your exercise motion or re-evaluate the amount of weight you are lifting. Keeping proper form also means lifting in a smooth fluid motion. Know when your muscles are too tired to keep going.

**STOP TRAINING IF YOU FEEL PAIN.** If you feel pain during a specific exercise, stop immediately. Any continuation may aggravate an existing injury. Re-evaluate your routine to make sure you are doing a proper warm-up. Decrease the amount of weight you are lifting. Use proper form.

- Set short-term goals to achieve long-term goals.
- Make a point of having fun during your workouts.
- Establish a definite time and place to work out.
- Keep a training journal to monitor your progress.

#### **USE OF ELASTICS.**

- When using elastics, follow all instructions and be aware of all warnings that come with the product, if used improperly the products can cause injury.
- We recommend using the Slastix Resistance Tubing with the Powerplane when performing different exercises. If you are not using the Slastix, make sure that the elastics would not be pointing at any of your body parts in case the elastics snap/break, which may cause some injuries.
- Keep all elastics away from children, as they could cause a choking hazard since some of the handles have a loop that can be slipped over a child's head.

#### **CATCHING TECHNIQUE**

- Reach out to meet the ball as it comes toward you.
- Have your hands slightly apart and open wide.
- When catching a long throw, don't stand in the travel path of the ball.
- Maintain control of the ball at all times. Loss of control may result in injury to you, others or your property.

**USE OF A BALL UNDERNEATH THE POWERPLANE UNIT.** If you put a ball, such as soccer or medicine ball, underneath the powerplane, it is strongly advisable to have a spotter or helper to aid and assist you when performing your exercises as once the Powerplane unit is mounted onto the ball, it will move in

tri-dimensional manner. Consequently, the Powerplane unit could be highly unstable once it is mounted onto the ball and correspondingly one should be extra careful when performing any type of exercises.

**COOL DOWN AFTER AN EXERCISE SESSION.**

- Do 3 to 5 minutes of moderate to mild intensity exercise, followed by stretching.

**MAINTENANCE**

There is a slim possibility the Velcro or the anti-slip strips may come off with the passage of time. Unfortunately, this is out of the company's control and we will not be responsible for any ensuing cost. The solution could be two-fold:

- (a) purchase brand new strips through our website or
- (b) go to your home hardware store and ask an expert for a recommended contact glue or purchase brand new strips through the hardware store.

**CONTACT US:**

[www.powerplanefitness.com](http://www.powerplanefitness.com)

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**THANK YOU FOR PURCHASING THE POWERPLANE TOTAL FITNESS PLATFORM UNIT. ENJOY AND BE SAFE.**