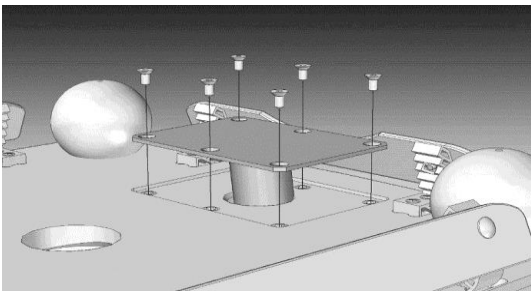


Operating and installation instructions bike balanceboard

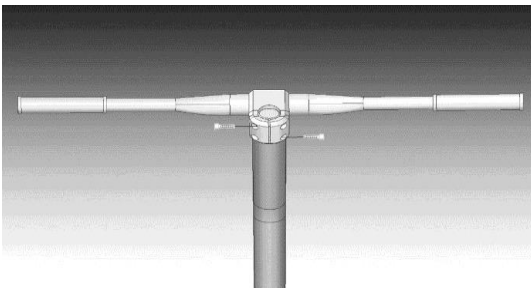
Congratulations on purchasing your new bike balanceboard.

With a TOGU[®] product you have opted for a branded product "made in Germany". As a sports equipment it is produced in accordance with current EU regulations and contains no banned phthalates and heavy metals.

Assembly:



1. Insert the steering column through the hole in the board and hand tighten using the supplied Allen wrench, remove the six screws.



2. Only then attach the stem and the handlebar with the included screws.

Warning:

- Do not store the bike balanceboard in direct sunlight or near heat sources. This could deform the bike balanceboard.
- Avoid contact with sharp and pointed objects (e.g. broken glass, sharp rocks). This may damage the bike balanceboard. Please do not throw the bike balanceboard.
- Work out barefoot, with sports shoes or normal, sturdy footwear. **Do not use the board with click system - cycling shoes.**
- Check the bike balanceboard for damage prior to each use. Otherwise a safe workout cannot be guaranteed.
- The bike balanceboard must stand on a flat, stable, dry surface.
- Do not jump with the bike balanceboard.
- The bike balanceboard is made of high quality Rulon[®] (air-filled parts) and a multi-laminated top of birch wood. All balls are provided with a needle valve.

Care:

To clean the air-filled balls you can use any mild commercial detergent and disinfectant. Solvent-containing, acidic or caustic cleaners harm the material. The wooden cover should be cleaned with commercial wood cleaners, and stored in dry conditions.

Pumping in:

For adding air to the balls, please use the enclosed original TOGU Ball Pump for needle valves (item 904400), which is available as an accessory on www.TOGU.de

Please make sure that the diameter of the four small balls is should not exceed more than approx. 7 cm, because otherwise the balls may permanently deform. The ideal diameter for the floating ball is about 21 cm.

Note:

The bike balanceboard is not a toy. Differences to equipment as compared with the illustration is possible.

Instructions:

The bike balanceboard - improve your dynamic balance

The bike balanceboard (BBB) is a training device, which can improve the dynamic balance. With dynamic balance is meant that the BBB gets out of balance and will bring you through moving your body the BBB back into balance. The movements of your body come mainly from the pelvic region - Training goal is to perform the movements as smoothly and easy as possible.

The BBB is a so-called scalable training device, i.e. the level of difficulty can be adapted to your training progress. For this, the air pressure must be increased in the ball. Always to train in your own limits (The maximum air pressure is 0.4 bar).

Training with the BBB is called "learning"

With the BBB you are performing a neuromuscular training in which your sensorimotor skills can improve. That means, you need to learn the movements with the BBB. This learning process is different for each user, i.e. each user will take a different time or number of repetitions until he can perform the movements properly. Basically, each person can learn the movements with the BBB. After the initial learning outcomes, many users feel the urge to make fast progress and to practice more in order to keep the BBB balanced for a longer time.

Once you have learned to balance with the BBB, it will bring you great joy - some users say that they 'feel the, flow' if you have learned the movements with the BBB, the training will put a smile on your lips.

In order to achieve rapid learning progress, proceed according to the training instructions below and repeat the training process is always in the same manner. Only then can the required repetitions be achieved. Start training always calm and focused, i.e. do not be hasty in positioning the BBB and when starting. Depending on your personal training status training for beginners can be exhausting, both in muscular as well as neurological (nervous system, brain) sense. Please take care for yourself and finish training, when it becomes too stressful for you and your concentration decreases. Especially beginners should take their time. Make a short break between each start. For beginners, a training period of only 2 to 10 minutes a day can already be sufficient.

The training course

Step 1: Position of BBB and Ball

Start your training by placing the floating ball underneath the cut-out of the board. For this grab the handle bar and move the board so that eventually the floating ball is exactly underneath the cut out. In this position the floating ball prevents the BBB from moving unless some force is applied.

Step 2: Get on the BBB

Note: As long as he cannot control safely every movement, every beginner should start training by placing his feet freely but in any case in a step position. For most users, it is beneficial to place the back foot, that it is completely on the base plate and the heel does not extend over the rear edge of the base plate. It is also beneficial for beginner, to place the front foot, that it is completely on the base plate, with the toe not extending beyond the front edge of the base plate. Each position is possible between these 2-foot-positions. Allow for a distance of a few centimeters towards the lateral edge of the base plate. As soon as you have found a convenient position for your feet, you should not change it until the first training successes has been achieved.

Step on the board by putting the rear foot on the base plate first. Shift your weight on the back foot until you stand on that foot. Now put the front foot on the base until you have a firm standing. Perform these steps, as described above, slowly and without haste – only this way you will reach the desired learning effect.



Step 3: Start riding

If you are in a safe standing position on the base plate of the BBB, begin to push your upper body forward until that BBB moves. Beginners can push the handlebars forward instead of their entire weight.

Step 4: Drive

Try to keep now the BBB in motion as long as possible. The goal is to avoid touching the ground with any of the four Balanza-balls.

Step 5: Stopping

If you touch the ground with the Balanza balls and a further ride becomes impossible, take one foot of the base plate. Hold the BBB by holding its handle bars. Please do not jump off the BBB. Even if you should come to an abrupt stop, or the BBB is in an inclined position, please never take your hands off the handlebars: Always remove one foot as late as possible while leaving the other foot standing on the board.

Get help as a beginner when starting the training:

For beginners, it may be advisable that a second person helps to keep the BBB in balance. The helping person should hold the steering column firmly underneath the handlebar. This will help you learning how to control and to use your muscles so that you can initiate precise counter-movements when the BBB is out of balance. This counter-movement will most likely be too strong at the beginning of the training, so you will have difficulties to bring the BBB back into balance. Here, the helping person can support you, so that the exercise does not have to be started over again from the very beginning.

The phases of training:

You will go through different phases when training with the BBB:

- The BBB is out of balance and you try to bring it back into balance. You only react to the movements of the BBB.
- You bring the BBB out of balance and bring it back into balance. This means you do not only react to the movements of the BBB, but you actively control the movements of the BBB.
- You can use the BBB actively and move from the right end to the left stop and vice versa as well as from the front stop to the rear stop and vice versa. In addition, you can also perform turns.
- Do not use your hands for balancing the board. Hands should be used to lead the BBB but not to direct any movements. They should enclose the handles firmly only as it is necessary for the safety of the training. The loose hold of the handles requires practice, so take your time. Your bodyweight should be centered on your feet and not on your hands, just as on a mountain bike.
- Beginners try to balance the BBB by pushing and pulling the handle bar, while holding the handles very firmly. This may be necessary for beginners. The goal however is, as described above, that your hands grip around the handles is only loosely, and exert only a minimum force as is necessary for a safe workout. By the way, twisted handles indicate that the hands were used for balance hold.
- Assume the same posture on the BBB as you would on a mountain bike, which means in a slight squat position with your elbows pointing outwards in an angle. In the literature this is described as "attack" position.
- Put your feet in a walking stance far back on the base plate of the BBB ("attack position"). In the extreme case the heel of the back foot is in the air. This corresponds to the posture of a typical mountain biker (This measure is also called "Reach").



- You can perform the movements on the BBB not only in your preferred foot position, i.e. either right or left foot forward, but in both foot positions, i.e. left foot forward / right foot towards and vice versa, right foot forward / left foot back.
- You can increase the difficulty level according to the progress that by adding air pressure into the ball. The BBB becomes faster as the air pressure is increased inside the floating ball and hence requires faster and more accurate moves to balance it. You should train with the highest air pressure which you still can handle safely. However the air pressure inside the floating ball must not exceed 0.4 bar.

Transmitting the movements of the BBB to mountain biking

The purpose of the BBB is to learn movement patterns that can be applied for mountain biking. For this it is useful to practice with the BBB before or after mountain biking. If you go mountain biking on the weekends, then it is advisable to practice with the BBB from Monday to Friday.