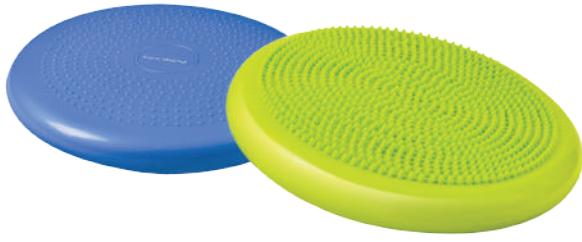


BALANCE CUSHION



Safety Note

1. The Sanctband Balance Cushion is used for core strengthening and improving balance and posture as part of a professionally recommended series of exercise.
2. The Balance Cushion should be only used in accordance to the specific instructions of a trained professional and/or physiotherapist.
3. Do not use this product on an uneven or abrasive surface.
4. This product should not be exposed to high temperatures which can cause the material deteriorate. In such an event, please discontinue use of the product immediately. This product should not be used if it has developed a leak or has deflated.

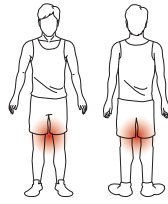
CAUTION: ADULT SUPERVISION IS REQUIRED WHEN USED BY CHILDREN.



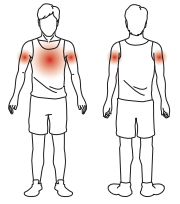
www.sanctband.com



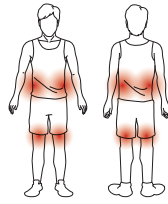
1 INNER THIGH SQUEEZE



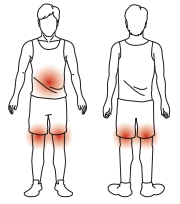
2 CHEST SQUEEZE



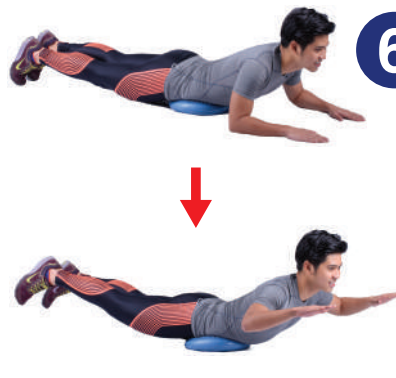
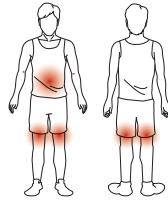
3 ALTERNATE KNEE RAISE



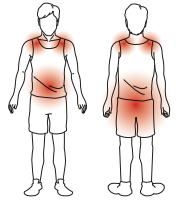
4 DOUBLE KNEE RAISE



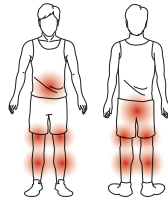
5 V - SIT



6 BACK EXTENSION



7 BALANCE SQUAT



8 BALANCE SPLIT SQUAT

