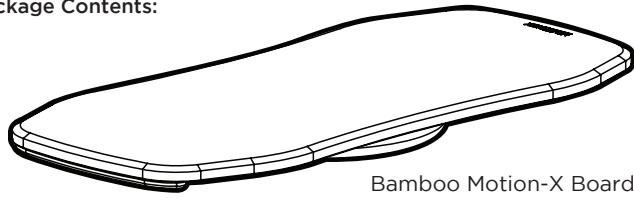


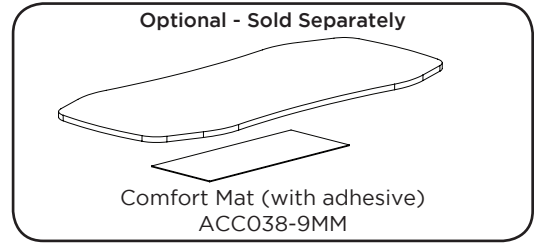
# UPLIFT DESK<sup>®</sup> Bamboo Motion-X Board

MVT005

Package Contents:



Bamboo Motion-X Board

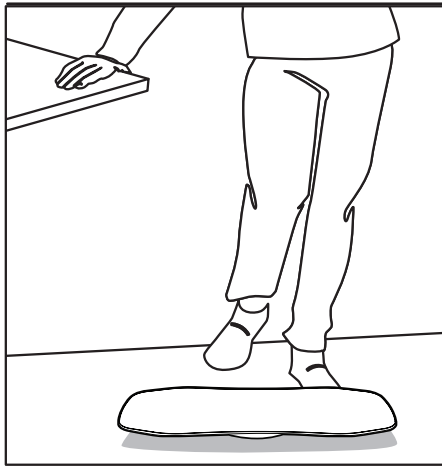


Optional - Sold Separately

Comfort Mat (with adhesive)  
ACC038-9MM

## A NOTE BEFORE USING

The standing surface on this motion board is flat. Wear shoes with a flat sole, like sneakers, walking shoes, etc. This board is NOT for use with high heels or socks. For sock or barefoot use, we recommend adding the ACC038-9MM Comfort Mat accessory.

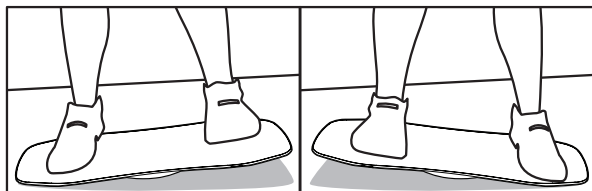
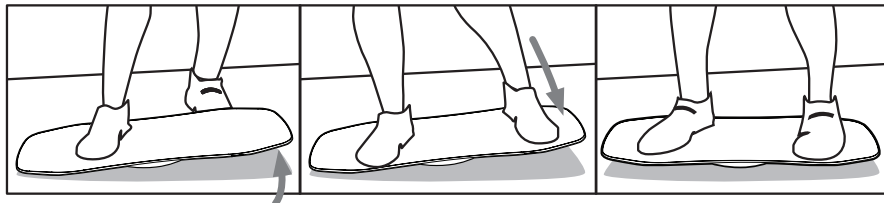


### Step 1

Set the board on a firm, flat surface. We highly recommend using a small, tightly woven rug with rubber backing if using this board on a hardwood floor or another hard surface flooring to protect the board & your floor, and to prevent slipping.

**Warning:** Hold on to a desk or a stable object as you step onto the board for the first time. Placing one foot on one side of the board will cause the other side of the board to rise. This is normal. To use, carefully step onto one side, and after confirming your stability, place your other foot onto the other side of the board. Keep your feet parallel, facing forward, and firmly on the board, evenly distributing your feet on the outer edges until you find your balance.

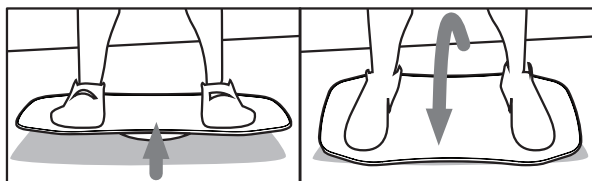
Give your body a few minutes to get used to the balancing motion of the Bamboo Motion-X Board. Keep your hands on something stable as you move. Do not attempt any swift or sudden movements until you find the points of balance on the board.



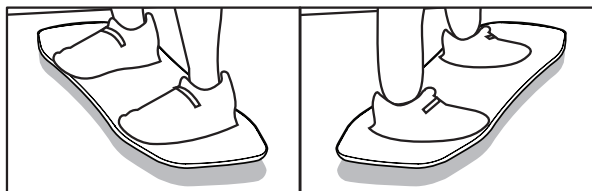
### Step 2

Use this board to add more movement to your workday. At your desk, we recommend trying these energizing moves:

**Rock:** Move side to side by pushing down on one side, or by using a similar motion to that of walking up a set of stairs. Right side down, left side up. Then left side down, right side up. Doing these motions in conjunction allow you to rock.



**Tilt:** To try this move, push forward on the board with the ball of your foot and your toes, and then push back with your heels. Use strength from your ankles and calves to push forward and backward to do the tilt. Now you're moving!



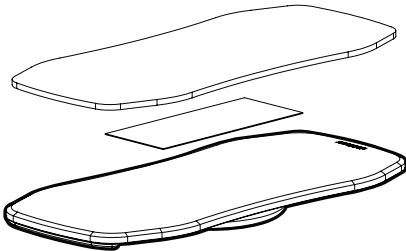
**Swivel:** Once you're balanced on the board, you'll be able to swivel your hips and move your legs from side to side. Note: This is an advanced move. The board can move swiftly when you swivel with enough force. Hold on to a stable surface when practicing the swivel.

## ⚠ CAUTIONS & WARNINGS

- ⚠ **CAUTION:** Read all Warnings and Cautions before using the Bamboo Motion-X Board.
- ⚠ **CAUTION:** This product's maximum weight capacity is 250 lb. DO NOT exceed the maximum weight capacity.
- ⚠ **WARNING: Do not jump or attempt to bounce on the board.**
- ⚠ **CAUTION:** If you do not understand any part of these warnings, cautions, or instructions, contact UPLIFT Desk for direction in the use of this product.
- ⚠ **CAUTION:** If the product is damaged, contact UPLIFT Desk immediately. DO NOT use the product.
- ⚠ **CAUTION:** Do not wear high heels when using this product. High heel shoes are less stable when standing, and heels may puncture and damage the board's surface.
- ⚠ **CAUTION:** UPLIFT Desk assumes no responsibility for any damage or injury caused by improper assembly or use of this product.
- ⚠ **CAUTION:** To avoid falling or tipping, place the board on a firm, flat surface before stepping onto it. While getting your balance on the board, hold onto a stable surface. If needed, have someone nearby help you until you know the balance points of your Bamboo Motion-X Board.
- ⚠ **CAUTION:** Always ensure the Bamboo Motion-X Board is securely positioned during use. For best results, use on hardwood floors or a small, tightly woven rug with rubber backing to protect your floor and your board.
- ⚠ **CAUTION:** Consult a physician before beginning any exercise regimen.
- ⚠ **CAUTION:** By using the Bamboo Motion-X Board, you agree to assume and accept all risks of bodily injury due to your use of the device.

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### If you purchased the Optional Comfort Mat



You're almost set for standing! To install the mat, peel and stick one side of the double-sided adhesive tape and apply to the board.

Peel off the exposed side of the Adhesive tape, place the mat centered on the board. Press down firmly over the entire surface of the pad to stick it to the tape and secure it to the board.

Installing this mat to your board allows you to use the board with socks and will provide your body even more support while standing and balancing.