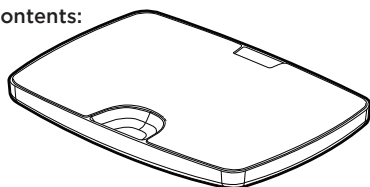


UPLIFT DESK®

Fit Motion Board
MVT007

Package Contents:



Fit Motion Board

Optional Hardware



Bumper
(qty 4)



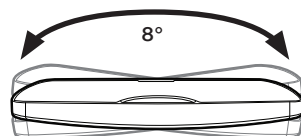
Washer
(qty 4)



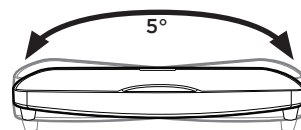
Screw
(qty 4)

A NOTE BEFORE USING

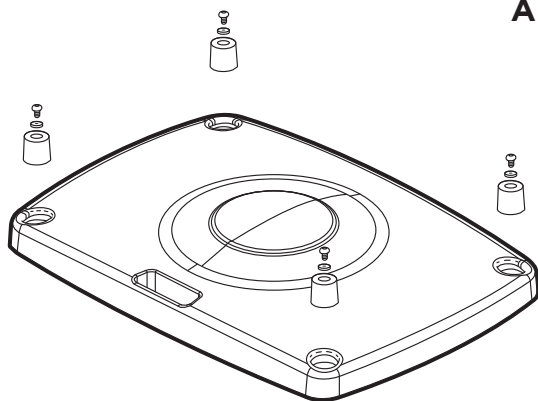
This board can be used right out of the box and comes with a wide tilt angle of 8°. Skip to "Standing on the board" if this sounds good.



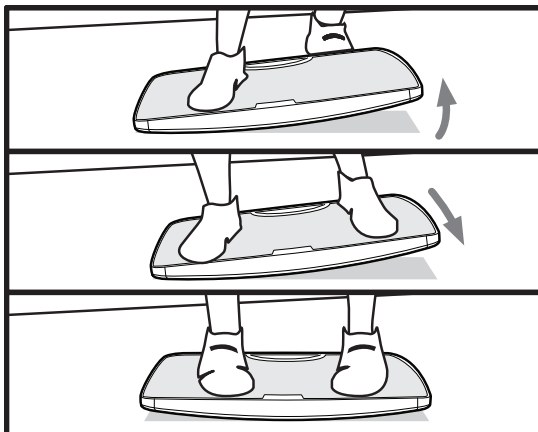
If you prefer less of a tilt when you stand on your board, installing the optional Bumpers will reduce the tilt angle to 5°, for less movement.



With the Fit Motion Board upside down, insert all of the rubber Bumpers, (wide-end first) into the spots in the corners, and attach them using the Screws & Washers using a Phillips head screwdriver (not provided).



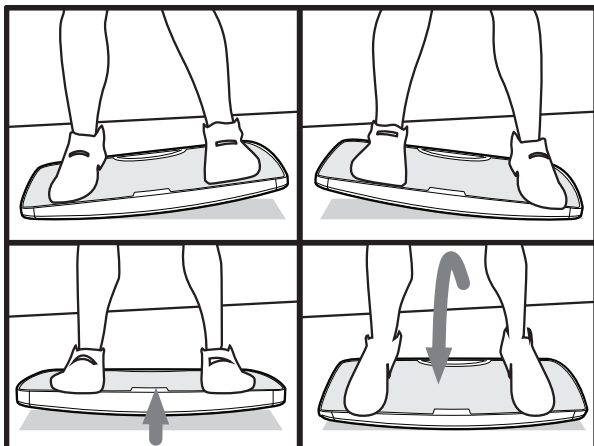
STANDING ON THE BOARD



Set the board on a firm, flat surface. Hold on to a desk or a stable object as you step onto the board for the first time. Place a foot on one side of the board. This will cause the other side of the board to rise, and this is normal. 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 Fit Motion 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.

MOVING ON THE BOARD

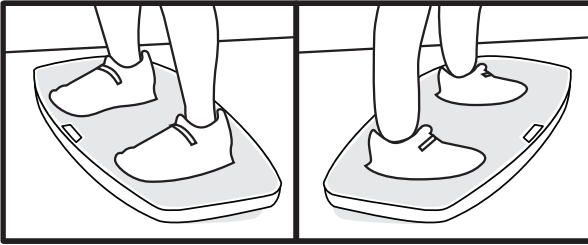


Use this board to add more movement to your workday. At your desk, we recommend trying these energizing moves:

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!

MOVING ON THE BOARD (Continued)



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. Swiveling works best on hard surface floors.

⚠ CAUTIONS & WARNINGS

- ⚠ **CAUTION:** Read all Warnings and Cautions before using the Fit Motion Board.
- ⚠ **CAUTION:** This product's maximum weight capacity is 350 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.
- ⚠ **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 on to a stable surface. If needed, have someone nearby help you until you know the balance points of your Fit Motion Board.
- ⚠ **CAUTION:** Always ensure the Fit Motion Board is securely positioned during use. For best results, use on hard surface floors.
- ⚠ **CAUTION:** Consult a physician before beginning any exercise regimen.
- ⚠ **CAUTION:** By using the Fit Motion Board, you agree to assume and accept all risks of bodily injury due to your use of the device.