



**USER MANUAL – EN**

**IN 10973 Balance Trainer inSPORTline Dome Big**



**CONTENTS**

INTRODUCTION..... 3  
SPECIFICATION AND PARTS ..... 3  
WARNING ..... 3  
START ..... 3  
STORAGE ..... 3  
EXERCISES ..... 4  
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 6

## **INTRODUCTION**

“Dome Big” is an innovative balance training device that has redefined balance training. Sustaining up to 350lb on either the curved or flat side, the dome is good for rehabilitation, athletic and sports conditioning, balance training etc. Complemented with other equipment, balance trainer imports various kind of enjoyments in your balance training.

## **SPECIFICATION AND PARTS**

1. Trainer
2. Pump
3. Plug
4. Instruction

## **WARNING**

Read and follow instructions stated below before using this product.

1. Children must be supervised by an adult who is familiar with this product.
2. Max load weight is 350 pounds.
3. Do not overexert yourself.
4. Make sure enough space to do all performances in case of falling.
5. Keep away from sharp objects during use so can avoid puncture on surface.
6. It would be better to pad an exercise mat on the ground.
7. Don't do any performance in socks or stockings. We suggest you to do all performance in bare feet.
8. Any time, if you lose balance, feel faint or uncomfortable, just step down from the dome. And please consult with your doctor to prevent any health risk.

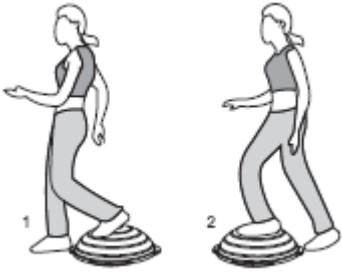
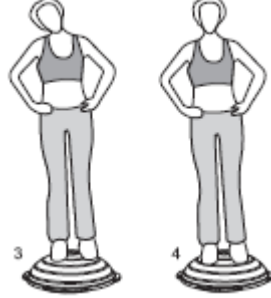


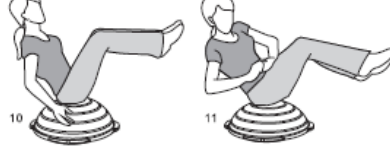
## **START**

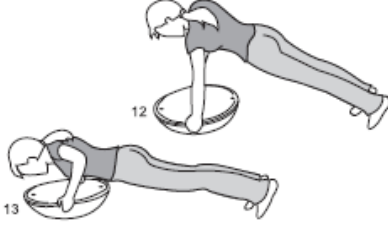

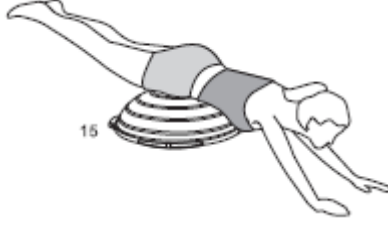


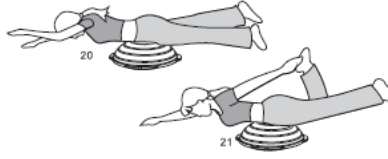
Use the pump provided to inflate the dome to 7"-8" height, and make sure plug into the inlet. Clean the space and put the trainer on non-slip surface.

## **STORAGE**

Be sure to clean sweat or dust after use this product. And store it in a dry place, keep away from sunlight and heat to avoid deform.

## EXERCISES

 <p>1 2</p>	<p><b>ADAPT YOURSELF TO THE TRAINER</b></p> <p>Step on and off from the side of the dome in comfortable range. Be sure to alternate your legs and practice a few time until you adapt yourself to the trainer.</p>
 <p>3 4</p>	<p><b>BALANCE TRAINING</b></p> <p>After familiar with step on and off the dome, you are suggested to practice standing in the center position top of the dome. Try to place your feet centered, apart about hip-width with knees relaxed. You'll find that your muscles are working to keep balance. This performance will improve your balance and coordination. Practice until you can stand still completely.</p>
 <p>5 6 7</p>	<p><b>AGILITY TRAINING – JUMP &amp; LANDING</b></p> <p>Stand in the center of the dome. Keep your feet apart about hip width. Lead slightly and land on original place. Squat as shown on picture 5. and keep still about 10 seconds. Repeat 10-20 times. This performance will make you more agile and stable. Ref. picture 6.</p>
 <p>8 9</p>	<p><b>SINGLE LEG BALANCE</b></p> <p>Stand one leg in centered position of the dome, the other leg lifts like picture 9 shown. Arms stretch out to keep balance. Alternate leg and repeat about 10-20 times. This performance is more challenge for balance training and stabilization endurance.</p>
 <p>10 11</p>	<p><b>SIT FOR ABDOMINAL TRAINING</b></p> <p>Sit your torso centered of the dome. Lean your back slightly with lifting your legs like picture 10 shown. Hands placed on both sides of the dome and legs V-sit like picture 11, rotate torso clock-wise for about 10 seconds, counter clock-wise direction for another 10 seconds, too. Repeat 10-20 times. This performance will compress your abdominal and strengthen lower back muscles.</p>

	<p><b>PUSH-UP</b></p> <p>Turn the platform face upside. Kneel by grasping both sides of the trainer. Stretch arms with chest over the platform. Bend elbows and lower your body into “Push-Up”. See picture 12, 13 for reference. Repeat 10-20 times. This performance will strengthen your upper body and help to improve capacity of lungs.</p>
	<p><b>LOWER BACK &amp; SPINE STRETCH</b></p> <p>Lean the back to the dome and gaze straight forward. Put hands behind your head. V-sit and put your feet flat on the floor. See picture 14. Lie your back over all the dome, reach arms out as far as you can. Keep legs shoulder-width and breathe deeply. Repeat for 10-20 times. This performance is beneficial to the lower back and help realign the spine.</p>
	<p><b>SPINE STRETCH</b></p> <p>Lie prone over the dome and face down with hands to stabilize body. Reach arms in front of you, legs out behind like picture 15. Feet hip-width apart, toes pointing back. Keep shoulders and neck relaxed. Slowly push yourself off back of the dome. Repeat for 10-20 times. This performance helps to relieve compression stress on the spine, hip and waist.</p>
	<p><b>ABDOMINAL STRENGTH AND CORE STABILIZATION</b></p> <p>Lean your lower back on the dome. Hands behind head and lift legs until both knees are aligned over hips. Extend one leg and pull the other leg toward chest. And rotate torso until one elbow pointing forward and the other back. Alternate sides and continue this motion for 10-20 times. Don't arch your lower back excessively during this performance. Hold with right leg extended and left arm stretch out over head (See picture 17). Pull left knee into the chest and right arm reach down to leg. Hold balance and try to align the body in a parallel position to the floor. Repeat the other side.</p>
	<p><b>LOWER BACK STRENGTH / UPPER BODY &amp; CORE STABILIZATION</b></p> <p>Kneel one knee centered on top of the dome and put hands in the floor in front of you. Extend one leg back and lift opposite arm until they are parallel to the floor. Hold this position balance for about 2 seconds. Repeat the other side (see picture 18). Pull left elbow and right knee toward the abdomen. Keep lower back relax and flex. Repeat 5-10 times. Repeat on the other side.</p>
	<p><b>ARM/LEG BALANCE</b></p> <p>Lie face down with hips centered on the dome. Lift legs to parallel to the floor. Extend arms overhead, keep body straight and core muscles contracted. Flutter arms and legs, be sure to keep balance with arms and legs and legs parallel to the floor. For more challenge, slowly bend one leg and reach back with the opposite arm to touch the heel of the bent leg (see picture 21). Repeat the other leg.</p>

We recommend you to keep practicing all these programs regularly. You'll improve balance, coordination, core stabilization and body awareness. You are sure to look better, move quicker and daily actions.

# TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

## General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

## Warranty Conditions

### Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

### The Warranty does not cover defects resulting from:

User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

Improper maintenance

Mechanical damages

Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

## Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



**SEVEN SPORT s.r.o.**

Registered Office:	Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters:	Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre:	Cermenska 486, 749 01 Vitkov, Czech Republic
CRN:	26847264
VAT ID:	CZ26847264
Phone:	+420 556 300 970
E-mail:	eshop@insportline.cz reklamace@insportline.cz servis@insportline.cz
Web:	www.insportline.cz

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**SK**

**INSPORTLIN s.r.o.**

Headquarters, Warranty & Service centre:	Elektricna 6471, 911 01 Trencin, Slovakia
CRN: 36311723	
VAT ID: SK2020177082	
Phone:	+421(0)326 526 701
E-mail:	objednavky@insportline.sk reklamacie@insportline.sk servis@insportline.sk
Web:	www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: