

BOSU® ELITE

By ↻ WeckMethod



OWNER'S MANUAL

FOR SAFETY AND PROPER USE, PLEASE READ THE OWNER'S MANUAL
THOROUGHLY BEFORE USING YOUR BOSU® ELITE BY WECKMETHOD.
FAILURE TO READ SAFETY INSTRUCTIONS MAY RESULT IN POSSIBLE SERIOUS INJURY.

BOSU[®] ELITE

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IMPORTANT SAFETY TIPS

WARNING: FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED ON THE EQUIPMENT & IN THIS OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.

- 1. Before starting this or any exercise program, consult your physician.**
Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Your physician can also help you determine if you have physical limitations that could create a health risk or prevent you from properly using this equipment. **Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems, orthopedic conditions, or balance impairments. If you are taking medication that may affect your heart rate, a physician's advice is absolutely essential.**
- 2. Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.
- 3. Do not overexert yourself with this or any other exercise program.**
Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**
- 4. Breathe naturally,** never holding your breath during an exercise. Avoid over training; you should be able to carry a conversation while exercising.
- 5. Before each use, visually inspect the equipment.** Never use the equipment if parts are missing or if the equipment is not functioning properly.
- 6. Before each use, make sure the dome is properly inflated.** Over-inflating the dome can cause the dome to separate from the platform. Immediately stop using the equipment and contact customer service if this occurs.

IMPORTANT SAFETY TIPS (CONT.)

7. **Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as cross-training or aerobic shoes. For some exercises, you may be instructed to exercise in your bare feet. Never exercise in socks, stockings, etc.
8. **Use this equipment only for the intended use** as described by the manufacturer. **Do not** modify the equipment or use attachments not recommended by the manufacturer.
9. **Read and follow the guidelines in this manual before performing any of the BOSU® Elite exercises provided in videos and other content.** Correct exercise technique will help you get the results you want and keep you exercising safely. Do not use your BOSU® Elite until you have read this manual completely.
10. **Start out slowly and progress sensibly.** Before beginning any workouts, become acclimated with the dynamic surface of the BOSU® Elite by slowly stepping on and off the dome, practicing standing in the Power Zone™ until you are comfortable, etc. Once you become acclimated, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises.
11. **STANDING ON THE PLATFORM SIDE OF THE BOSU® ELITE IS NOT RECOMMENDED. IT IS AN ADVANCED EXERCISE AND INCREASES YOUR RISK OF FALLING WHICH COULD CAUSE SERIOUS INJURY. IF YOU CHOOSE TO STAND ON THE PLATFORM SIDE, YOU DO SO AT YOUR OWN RISK. DO NOT STAND ON THE PLATFORM SIDE IF YOU ARE UNWILLING TO ACCEPT THE INCREASED RISK OF FALLING AND INJURY.**
12. The dynamic surface of the BOSU® Elite can enhance fitness training in a number of ways, but it is important to remember that it is still highly unstable and the potential for a fall that may result in injury does exist. Move slowly and with control throughout the workout. **To reduce the likelihood of a fall, simply step off the BOSU® Elite safely to the floor if you feel that you are losing your balance at any time.**

IMPORTANT SAFETY TIPS (CONT.)

13. **Make sure the BOSU® Elite is set on a non-slip, level surface with adequate clearance space around you.** You should have enough space to lie in a face up, face down, or side lying position on top of the dome, and to be able to step off safely in any direction. **Make sure that if you lost your balance and fell, you would not hit any nearby objects. To reduce the risk of injury if a fall were to occur, use a mat or exercise pad on wood or other hard surfaces.**
14. **Wipe sweat off the vinyl surface of the BOSU® Elite dome before each use and while working out as needed.** Not unlike a wet basketball floor, sweat will make the dome surface slippery. Use a towel to wipe sweat off the dome if necessary. A dry BOSU® Elite provides for a safer and more effective training environment.
15. **Warm up** before any exercise program by doing 5 to 10 minutes of gently aerobic exercise, such as walking, followed by stretching.
16. **Cool down after an exercise session**, with 5 to 10 minutes of gentle exercise, such as walking, followed by stretching.
17. **The BOSU® Elite is not a toy. Children must be supervised by an adult familiar with the proper use of this product. To prevent injuries, keep this and all fitness equipment out of the reach of unsupervised children. Follow these simple rules:**
 - Keep unsupervised children out of rooms where you have exercise equipment.
 - Store exercise equipment in a room that can be locked.
 - Know exactly where your children are when you work out.
 - If you have small children at home, don't wear headphones when you work out.
 - Talk to your kids about the dangers of exercise equipment.
18. **When storing the BOSU® Elite, make sure the dome is not in direct contact with any other surfaces.** The dome needs to breathe to prevent sweating (i.e. an oily residue may appear on the dome), **which can cause the dome to be slippery increasing the likelihood of a fall resulting in injury.** If the dome does sweat, follow the cleaning instructions provided in this manual.

EQUIPMENT WARNING LABELS

SEE PAGE 9 FOR LOCATION OF WARNINGS ON EQUIPMENT

LABEL 1

WARNING

TO REDUCE THE RISK OF SERIOUS INJURY OR DEATH, READ ALL SAFETY LABELS AND OWNER'S MANUAL, OR BE INSTRUCTED BY A QUALIFIED TRAINER/PHYSICAL THERAPIST.

- CHECK WITH YOUR DOCTOR BEFORE USING THE BOSU® ELITE.
- DO NOT OVEREXERT. STOP IF YOU FEEL FAINT OR DIZZY.
- CHILDREN MUST BE SUPERVISED BY AN ADULT FAMILIAR WITH PROPER USE.
- INSPECT BEFORE EACH USE. DO NOT USE IF DAMAGED.

WARNING

THIS EQUIPMENT CHALLENGES YOUR BALANCE. YOU MAY FALL OFF.
MAKE SURE YOU HAVE ADEQUATE SPACE AROUND YOU IN CASE YOU FALL.



STANDING ON PLATFORM SIDE INCREASES YOUR RISK OF FALLING. IF YOU LOSE YOUR BALANCE, THE PLATFORM TIPS QUICKLY. IF YOU CHOOSE TO STAND ON THE PLATFORM SIDE:

- TAKE EXTRA PRECAUTIONS, SUCH AS HOLDING A SECURELY FIXED HANDHOLD, NOT HOLDING WEIGHTS OR ANY OTHER OBJECT, HAVING A SPOTTER, AND PLACING MATS ON THE FLOOR.
- BE PREPARED TO FALL. EVEN WITH PRECAUTIONS, THIS ADVANCED ACTIVITY MAY RESULT IN INJURY OR DEATH.

EQUIPMENT HAS MAXIMUM WEIGHT LIMIT OF 400 LB

WECKMETHOD

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MADE IN THE USA

LABEL 2

WARNING

STANDING ON THIS SIDE (PLATFORM SIDE UP) INCREASES YOUR RISK OF FALLING. SEE SIDE LABEL FOR DETAILS.

LABEL 3

WARNING

**INCREASED FALL RISK (PLATFORM SIDE UP)
SEE SIDE LABEL FOR DETAILS.**

INTRODUCTION

Congratulations and thank you for purchasing the BOSU® Elite by WeckMethod. You have selected one of the most effective and versatile training tools for developing athleticism and total body conditioning. The BOSU® Elite enables you to integrate proper technique with total body conditioning by combining the functional benefits of the original BOSU® Balance Trainer with the WeckMethod™ training principles of optimal body mechanics, total body symmetry, and movement efficiency.

The BOSU® Elite incorporates a firmer dome material for greater stability during high impact movements, greater instability for platform side up exercises, and increased resistance that spring loads your body. It introduces specific visual and tactile design elements to help you build a better athletic foundation.

You'll notice it incorporates a Power Line™ and Power Zone™. The Power Line™ is used to set your body in the best athletic position and establish proper alignment from head to toe. Training in the Power Zone™ ensures you get the most out of each exercise while maintaining athletic balance and control of your center of gravity. The BOSU® Elite's numerical reference points provide visual cueing for specific programming and targeting desired areas of improvement.

In order to make sure you are using the BOSU® Elite safely and effectively, please take a minute to read through this owner's manual. You will find a safety section, care and use section, and some good tips on helping you acclimate and get started using your BOSU® Elite.

For a complete video library including care & safety, individual exercises, specific techniques, cueing, and a full body workout please visit WeckMethod.com/videos and select BOSU® Elite video category.

If you have any questions or comments on the BOSU® Elite please do not hesitate to email us at info@weckmethod.com or call us at (619) 222-2604.

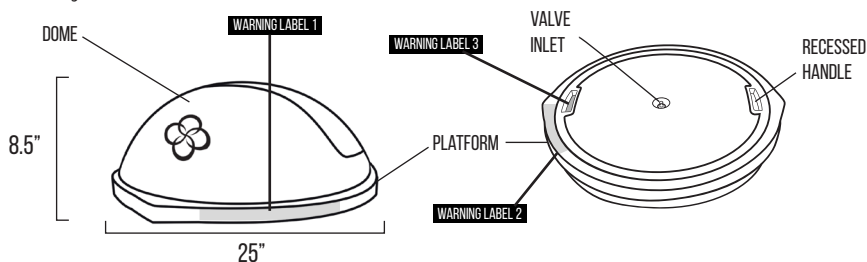
Congratulations again for purchasing your BOSU® Elite by WeckMethod! You are on your way to creating a better athletic foundation and improving your strength and conditioning!

FEATURES & SPECIFICATIONS

The BOSU® Elite is a multipurpose training tool designed to improve your athleticism, conditioning, strength, body mechanics, and balance. It can be used with the platform side up or down to address specific areas of the body and perform a number of exercises.

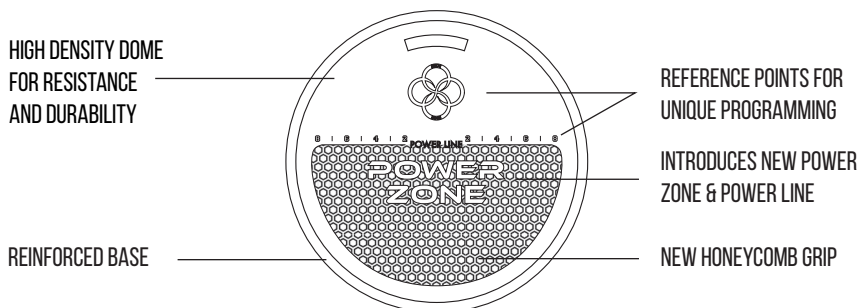
SPECIFICATIONS

The solid platform is 25 inches in diameter, and the dome should be inflated until it is firm (**see next page for inflation instructions**). Two recessed handles on the bottom, toward the sides of the platform, make it easy to turn over or carry.



FEATURES

The BOSU® Elite includes a strong, durable dome for maximum resistance and greater stability for high impact movements. It incorporates a Power Line™ and Power Zone™ to establish proper body mechanics and maximum output. The dome provides specific reference points for proper cueing and dynamic exercise variations.



BOSU® ELITE

By  WeckMethod

INFLATION

INFLATION INSTRUCTIONS:

Initially inflate the BOSU® Elite to 8 inches.

Allow one day for the BOSU® Elite to adjust to the internal pressure - if you desire more firmness, then inflate up to 8.5 inches.

Do not exceed 8.5 inches of inflation. (FIG. C)

Use this page to measure the height of inflation with the platform side up. (FIG. B) The full height of the page is 8.5 inches. Make sure platform side is level when measuring.

Over-inflation may damage the BOSU® Elite causing separation of the dome from the platform (FIG.D) and/or prevent it from being stable with the platform side down. (FIG.E)

FIG. A



FIG. B

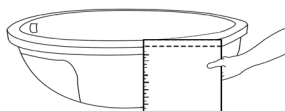


FIG. C

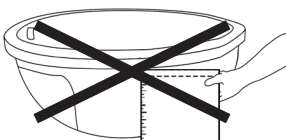
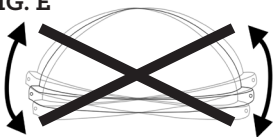


FIG. D



FIG. E



DO NOT OVER INFLATE

Safety Reminder:

Make sure your BOSU® Elite is set on a non-slip, level surface with adequate clearance space around you. You should have enough space to lie in a face up, face down, or side lying position on top of the dome, and be able to step off safely in any direction. Make sure that if you lost your balance and fell, you would not hit any nearby objects. To reduce the risk of injury if a fall were to occur, use a mat or exercise pad on wood or other hard surfaces.

CARE & STORAGE

Your BOSU® Elite has been carefully designed to require minimal maintenance for enjoyable use. To ensure this, we recommend you do the following:

- **DO NOT OVER INFLATE** (see page 10).
- Keep your BOSU® Elite clean. Wipe sweat, dust, or other residue off the BOSU® Elite after each use with a towel. Water and a mild soap may also be used to clean the platform and dome.
- Store your BOSU® Elite after use. The BOSU® Elite is easy and convenient to store either inflated or deflated. **DO NOT STORE THE BOSU® ELITE IN DIRECT SUNLIGHT (SUCH AS OUTSIDE OR NEAR WINDOWS) OR NEAR HEAT SOURCES.** Direct sunlight or excessive heat (like the high temperatures that can occur in the trunk of a car) can cause the inflated dome to deform. Though the product can continue to be used, deformation may cause the original balance traits of the dome to change.
- **When storing the BOSU® Elite, make sure the dome is not in direct contact with any other surfaces.** The dome needs to breathe to prevent sweating (i.e. an oily residue may appear on the dome), **which can cause the dome to be slippery, increasing the likelihood of a fall resulting in injury.** If the dome does sweat, clean with water and a mild soap.
- Avoid contacting the BOSU® Elite dome with sharp or abrasive objects. Sharp or abrasive objects can puncture the vinyl surface. Always check the soles of your shoes for glass, stones, etc., before standing on the BOSU® Elite dome.
- When deflating your BOSU® Elite for storage, you may have to pull firmly to remove the plug. It will not harm the BOSU® Elite to give the plug a hard tug in order to remove it.

ACCLIMATION

It is important to become acclimated with the dynamic surface of the BOSU® Elite by carefully stepping on and off the dome to the floor and practicing standing in the Power Zone™ until you are comfortable. For beginners, you may want to use a wall or stable surface to hold onto as you perform the exercises. Practice the acclimation exercises in this section before moving onto other exercises.

If you feel that you are losing your balance at any time while standing on the dome, simply step off the BOSU® Elite safely to the floor.

FOOT TO THE FLOOR

1. Stand on BOSU® Elite with the balls of your feet at, or just forward of, the Power Line™.
2. Practice stepping off the BOSU® Elite using each foot.
3. Repeat until you are comfortable stepping on and off.
4. Use this technique at any time to dismount the BOSU® Elite



ACCLIMATION (CONTINUED)

STANDING ON THE POWER ZONE

1. Stand on the BOSU® Elite, feet pointing straight ahead, with the toes just forward of the Power Line™.
2. Step back with one foot and place it in the Power Zone™, with your big toe at the Power Line™, between the #2 and #4, wherever is most comfortable.
3. Now bring your other foot into the Power Zone™, with your big toe at the Power Line™, between the #2 and #4, wherever is most comfortable.
4. Find your balance and get comfortable standing in the Power Zone™ with your feet pointed straight ahead.
 - Notice, your heels are now lower than the balls of your feet.
 - Shift your weight back and forth from right to left to help acclimate yourself to the Power Zone™.



WARRANTY AND RETURNS

BOSU® ELITE LIMITED WARRANTY

For a period of 2 years from date of purchase, WeckMethod warrants that the product is free from defects in materials and workmanship. This warranty applies only when the product is used in accordance with the care and use guidelines in this manual. This warranty only applies when purchase of the product is from an authorized dealer and is for personal, household, or commercial fitness use. A proof of purchase is required. This warranty is not transferrable. Warranty only valid in the USA.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, WECKMETHOD DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY (INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. WeckMethod will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use, or repair of the product. **SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.**

In the event of failure of this product to conform to this warranty during the warranty period, you must return this product to the location shown below at your own expense, unless otherwise approved by us in advance. WeckMethod will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage by accident (including transit), or repairs or attempted repairs by any person not authorized by WeckMethod, or by vandalism, misuse, abuse, over inflation, or alteration.

In order to obtain service under the warranty, use the following procedure:

Contact Customer Service at (619)222-2604 or info@weckmethod.com

Provide the following information:

- Return address
- Daytime phone number
- Email address
- Brief statement concerning the part in question
- Your Order# (if ordered directly from WeckMethod.com) and/or copy of proof of purchase

Write your order information here for your records and future reference:

- Place of Purchase: _____
- Date of Purchase: _____
- Order #: _____
- Serial #: _____

(located on bottom in handle)

NOTES

Contact Us

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BOSU® ELITE

By WeckMethod

Inflation Guide

Use this page to measure the height of inflation with the platform side up. (FIG. B) The full height of the page is 8.5 inches. Ensure platform side is level when measuring.

CAUTION: Do not over-inflate the BOSU® Elite.

INFLATION INSTRUCTIONS:

Initially inflate the BOSU® Elite to 8 inches.

Allow one day for the BOSU® Elite to adjust to the internal pressure - if you desire more firmness, then inflate up to 8.5 inches.

Do not exceed 8.5 inches of inflation. (FIG. C)

Over-inflation may damage the BOSU® Elite causing separation of the dome from the platform (FIG.D) and/or prevent it from being stable with the platform side down. (FIG.E)

FIG. A



FIG. B

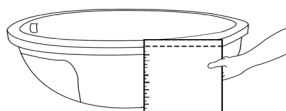


FIG. C

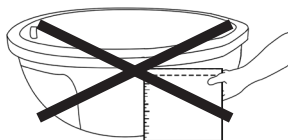


FIG. D



FIG. E

