WHY USE IT

Good tonicity and well-nourished muscles provide us with stronger bones, balance, orientation. Tensed and shortened muscles cause exaggeration in the tendons, which affects the energy and metabolic processes between muscles and bones. As energy decreases, more tension in the muscles.

USING IT

- You stretch the muscles on the back of the body - the reduction of tension starts from the feet and moves gradually to the neck.
- Stretching safely muscles, and restoring energy in the body - reducing pain in the muscles, fatigue in the back, hips. Upper back and neck tension are also reduced.

HOW TO USE IT

- You can use it barefoot or socks, stockings, etc.
- Start at the lower step, stand straight, and stay in this stage until you can completely relax your muscles.
- Choose a next step/angle only if the previous standing is completely free and natural for 15 minutes in a row.
- Keep it in a visible place, then it's easier to take care of your body.

AS A TRAINING TOOL

- Squats - stand on the table toes pointed downward and make squats. Table will take care to make the muscles evenly loaded.
- Lunges
    - Ascending - face the board one stride length away from it. Take a step onto the board as you would with a regular lunge. When your forward leg is flat on the board, lower your body and bend your other knee, taking care to balance your body weight through the leg resting on the board.
    - Descending - you'll do the same movement, but your starting position will be on the board, and you will step off the board onto the floor. Your standing leg will remain on the board while your forward/moving leg rests flat on the floor. Lower your body while maintaining a straight back.
    - These exercises will activate the muscles stabilizing your hip, knees, and ankles while working on your balance.
- Calf raises – stand on the board and lift both heels, keep balance. Maintain this position for 3 seconds, then lower your body until your feet are flat on the board. Repeat.
- Push-ups - you can put your hands on the stand to lighten push-ups. Or you place your feet there to increase the load.
- Plank –like with push-ups, it is possible to reduce or raise the load when making a plank.
- Triceps exercise - sit towards board and stretch your hands behind your back so that both hands can grab the board. Slide your body up the ground by stretching the

elbows and hold this position for three seconds. Lower your body slowly by bending your elbows until your buttocks are again on the floor.

- Side lunges – step out to the side with one leg and lower your body until your thigh is parallel to the ground, then push back up to the starting position.
- Glute bridges – lie on your back with your feet on the slant board and lift your hips off the ground to work the glutes and lower back.
- Steps – you can do effective cardiovascular exercises by stepping onto and off the board at a brisk pace for 5 to 10 minutes. It's a great alternative for walking or jogging when the space is limited.
- Different stretching exercises - simple but extremely effective, especially if you sit for a long
    - Just raise the adjustable top to a comfortable level and stand as described above
    - For a deeper stretch, bow down and touch the toes.
    - These simple exercises are vital to keep your calf muscles and Achilles heel flexible and healthy.

REMEMBER

- Do a regular moderate workout to keep good tonicity.
- Rest to recover.
- Drink clean water to get the necessary ingredients in the body where you need it.
- Eat healthy food, so that body could produce energy and muscle tissue.
- Consult your doctor or physiotherapist in case of post-surgery or injury rehabilitation.
- Do other stretching exercises.
- The maximum allowed weight on the board is 125 kg.
- At the end of the day, everyone is responsible for their own body.

MAINTENANCE

- Use merely damp cloth. If in need, use soapy water sponge and dry with cloth.
- If in need, you can freshen wood with oil-wax.

BONUS

- Add a handle to the packaging at your discretion and use it as a carrying bag.

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