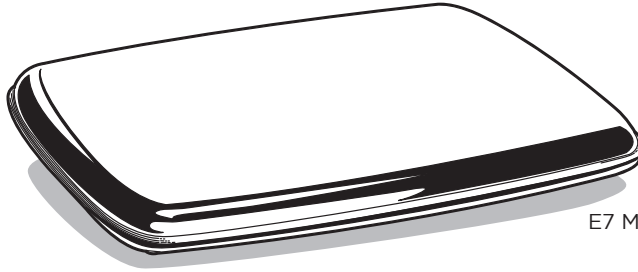


# UPLIFT DESK<sup>®</sup> E7 Motion Board

MVT002

Package Contents:



E7 Motion Board

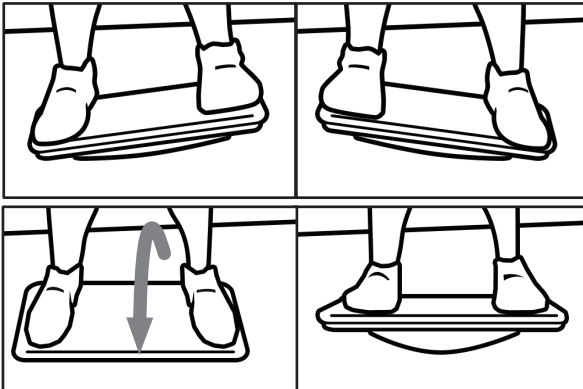
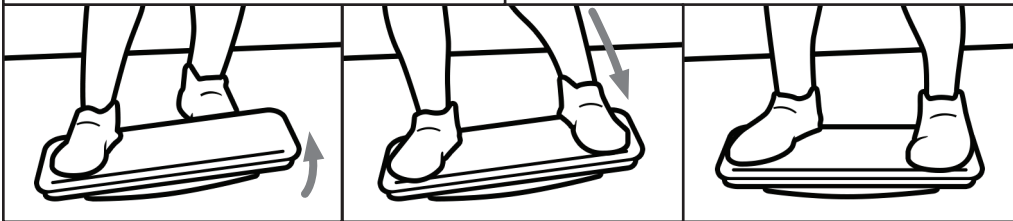


## Step 1

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

**Warning:** Hold on to a desk or a stable object as you step onto the board for the first time. Put one foot on one side of the board; this will cause the other side will rise. This is normal. Now place your other foot on the other side. 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 E7 Motion Board. Keep your hands on something stable. Do not attempt any swift or sudden movements until you find the points of balance on the board.



## Step 2

While you're at a desk working, we advise sticking to these movements:

**Rock:** Move side-to-side by pushing down on one side, or using a similar motion to that of walking up a set of stairs. Right down, left up. Then left down, right up. This will get you moving in the Rocking motion.

**Tilt:** To try this move, push forward 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!



## Caution:

Do not wear heels because they are less stable while standing, and will puncture the standing surface and damage the product.



# CAUTIONS & WARNINGS



**Caution:** Read all Warnings and Cautions before using the E7 Motion 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 heeled shoes are less stable, and the heels may puncture and damage the standing 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 E7 Motion Board.



**Caution:** Always ensure the E7 Motion 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.



**Warning:** Consult a physician before beginning any exercise regime.



**Warning:** By using the E7 Motion Board you agree to assume and accept all risks of bodily injury due to your use of the UPLIFT Desk E7 Motion Board.