

ASSEMBLING

A: BALANCE BOARD

FIGURE A1

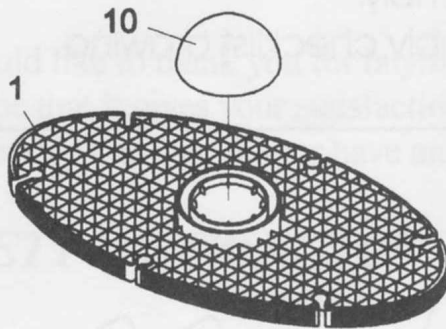
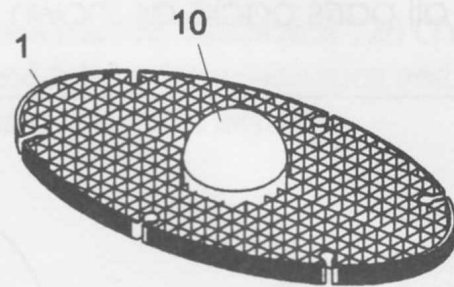
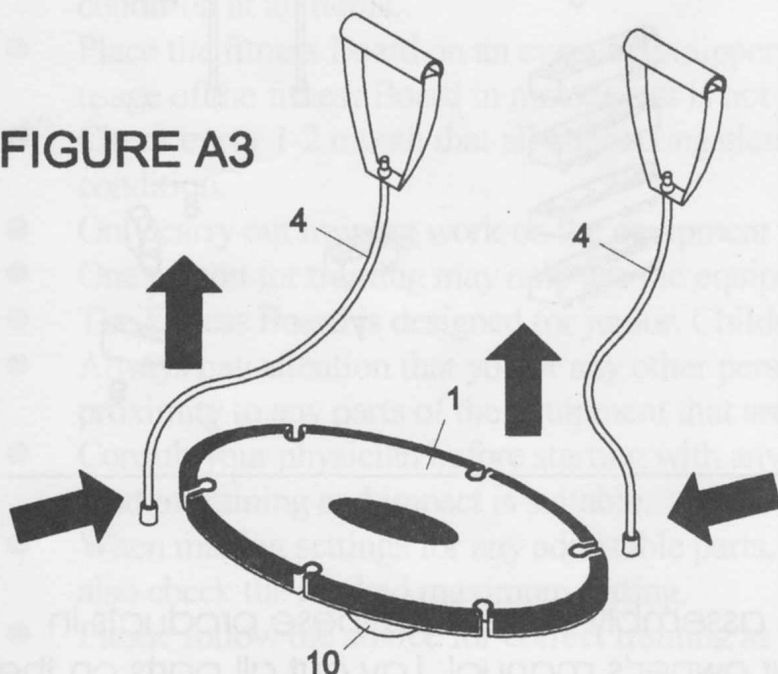


FIGURE A2

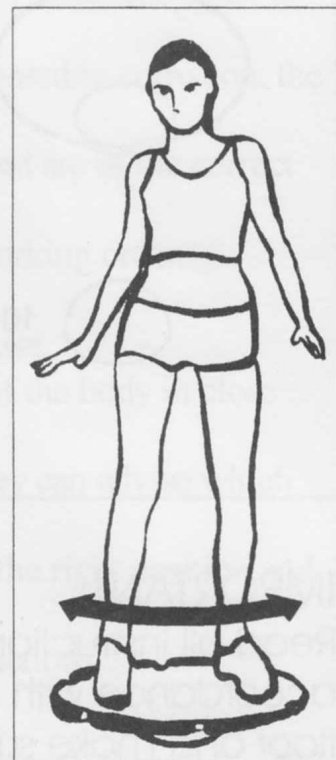
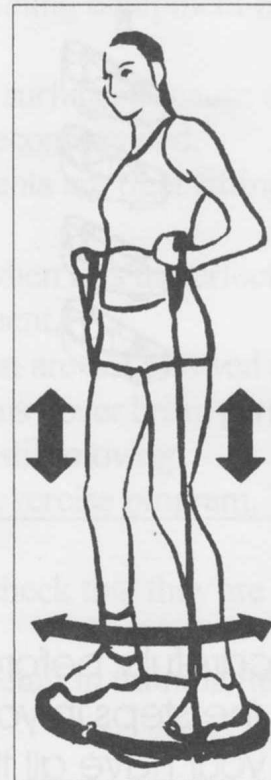


Slide the Plastic Bowl (#10) to end of the base of the Fitness Board (#1) as shown in Figure A1 and Figure A2.

FIGURE A3

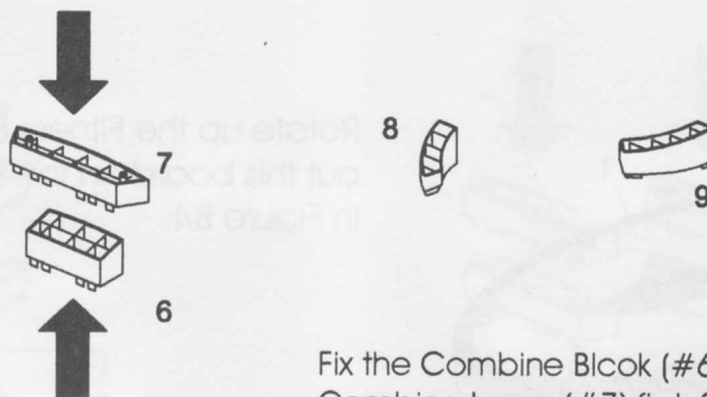


Make sure fix the Handle Elasticity's (#4) to the holes of the Fitness Board (#1) as shown in Figure A3.



This step to Balance Board Functions see the pictures.

ASSEMBLING B: STRETCH/SLANT AEROBIC STEP



Fix the Combine Block (#6) and Combine Lump (#7) first, Slide this set to the Fitness Board (#1) as shown in Figure B1.

FIGURE B1

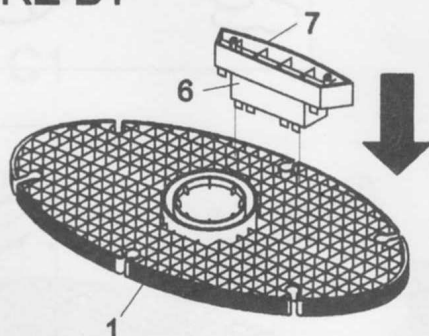


FIGURE B3

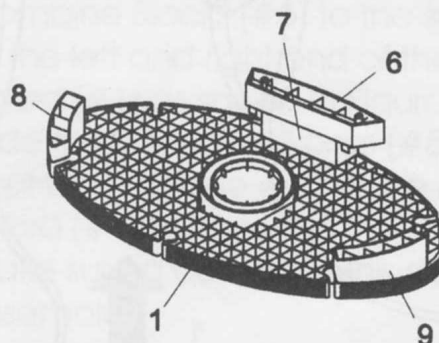
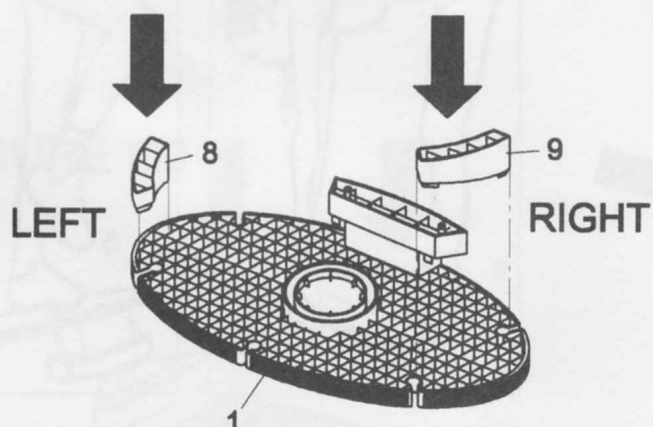
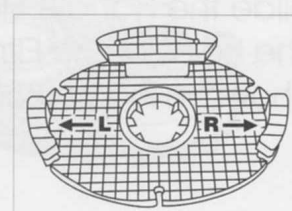
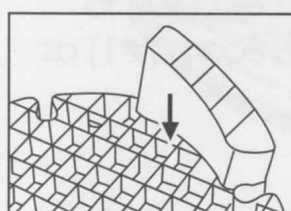
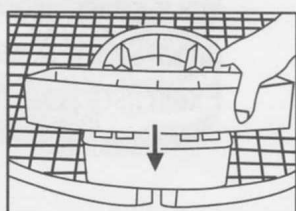
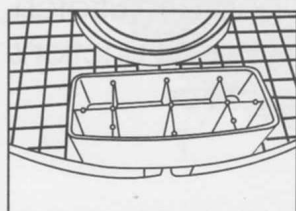


FIGURE B2

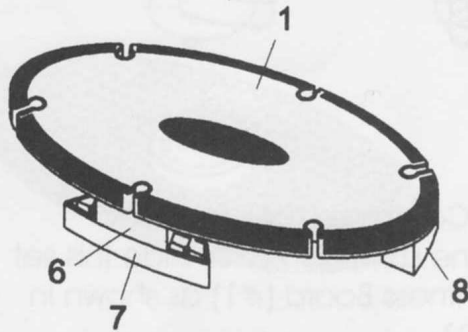


Put the Left Oblique Combine Block (#8) and Right Oblique Combine block (#9) the end of the Fitness Board (#1) as shown in Figure B2 and B3.



ASSEMBLING B: STRETCH/SLANT AEROBIC STEP

FIGURE B4



Rotate up the Fitness Board (#1) and put this board on the Floor as shown in Figure B4.

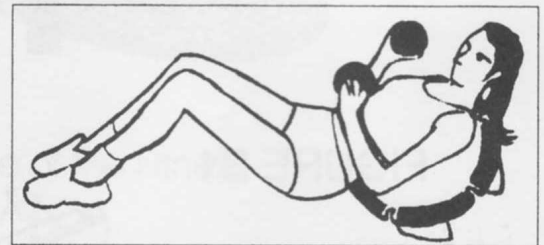
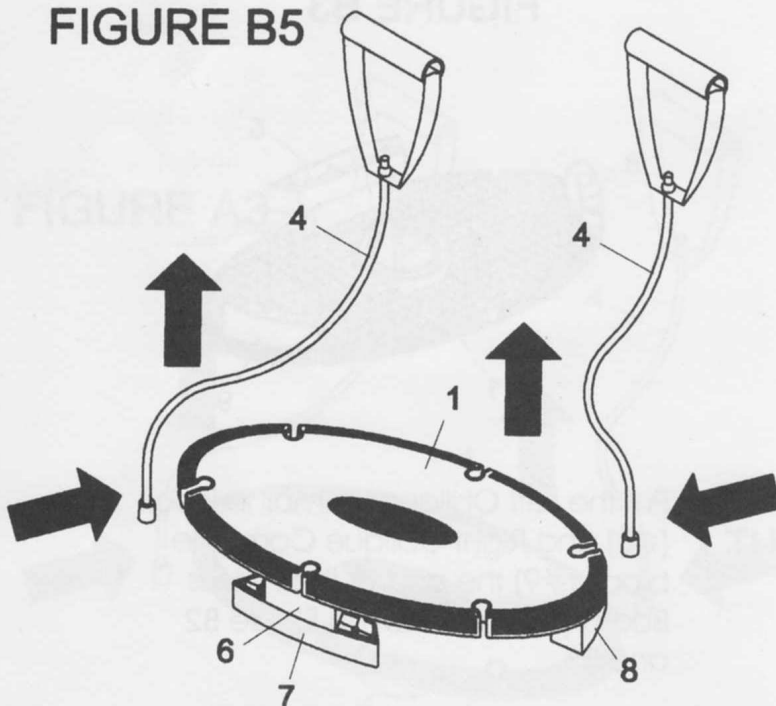
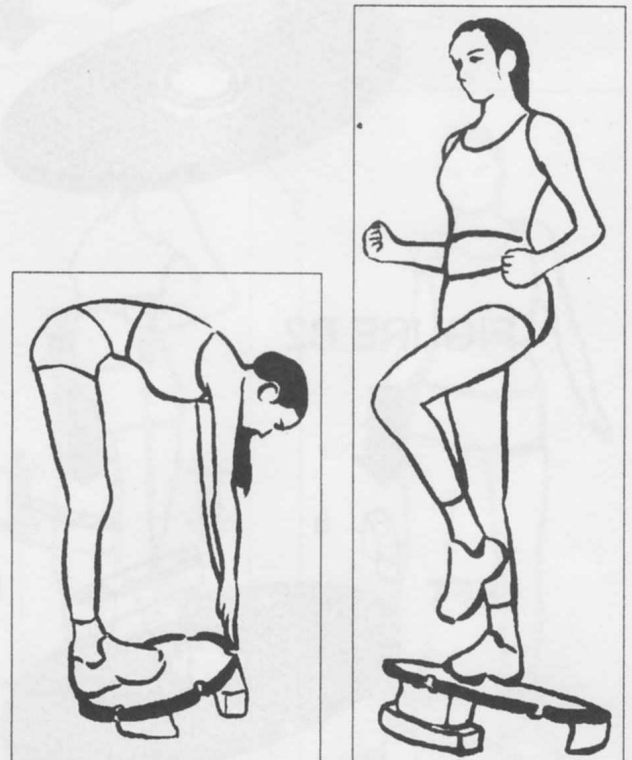


FIGURE B5



Slide the Handle Elasticity's (#4) to the holes of the Fitness Board (#1) as shown in Figure B5.



You can use this board to Stretch and Slant Aerobic Steps Functions Exercise see the pictures.

ASSEMBLING

C: AEROBIC STEP

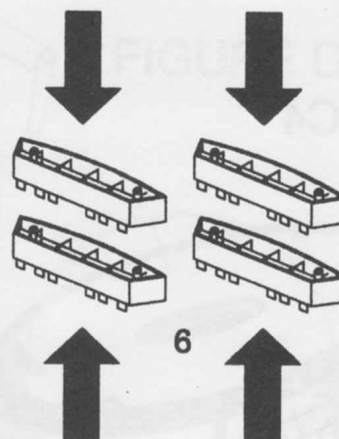
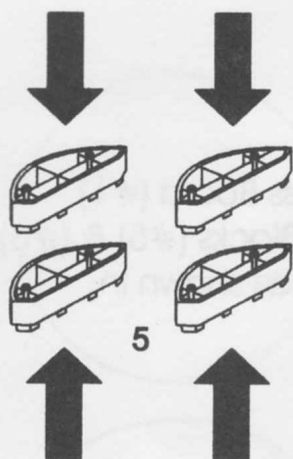
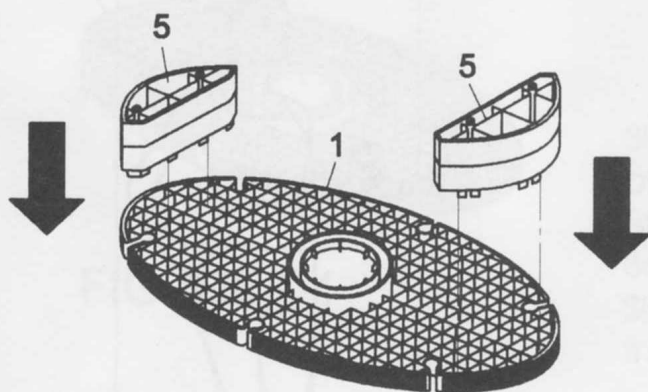


FIGURE C1



Fix the Combine Blocks (#5) and Combine Blocks (#6) first, then Slide the Combine Blocks (#5) to the side of the left and right end of the Fitness Board (#1) as shown in Figure C1. Slide the Combine Blocks (#5) to the front and rear the end of the Fitness Board (#1) as shown in Figure C2. Make sure a complete this step assemble.

FIGURE C2

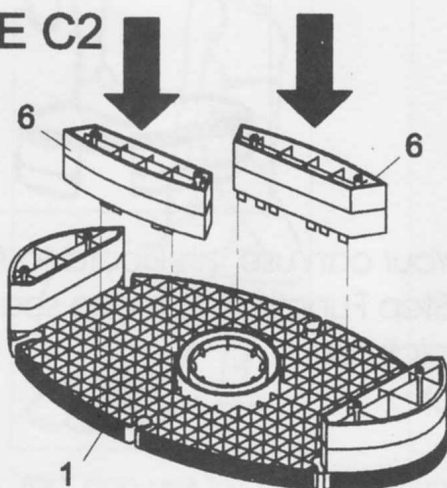
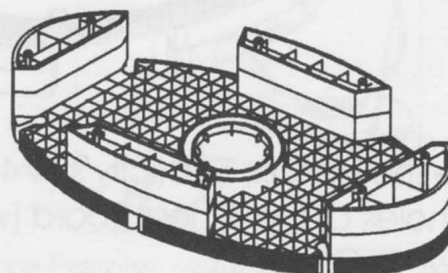


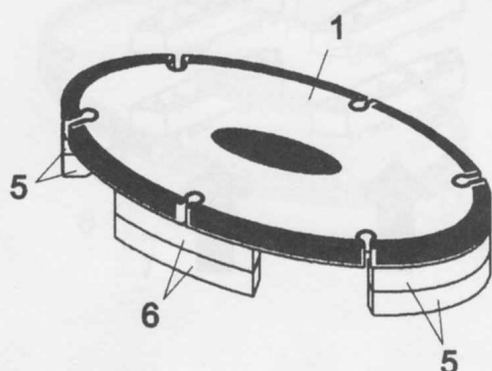
FIGURE C3



ASSEMBLING

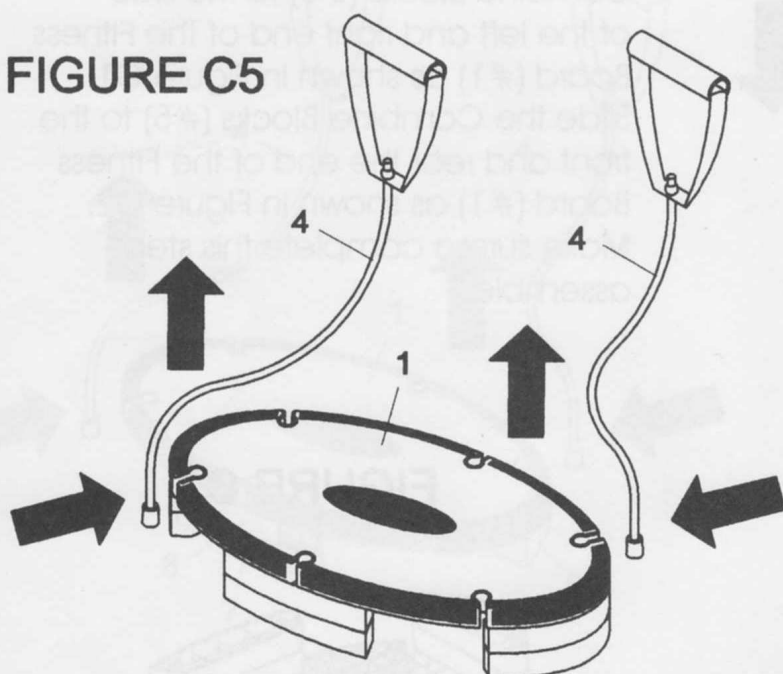
C: AEROBIC STEP

FIGURE C4



Rotate up the Fitness Board (#1) and put Combine Blocks (#5) & (#6) board on the Floor as shown in Figure C4.

FIGURE C5



Slide the Handle Elasticity's (#4) to the holes of the Fitness Board (#1) as shown in Figure C5.



You can use this board to Aerobic Step Functions Exercise see the pictures.

ASSEMBLING

D: GYM BALL BASE

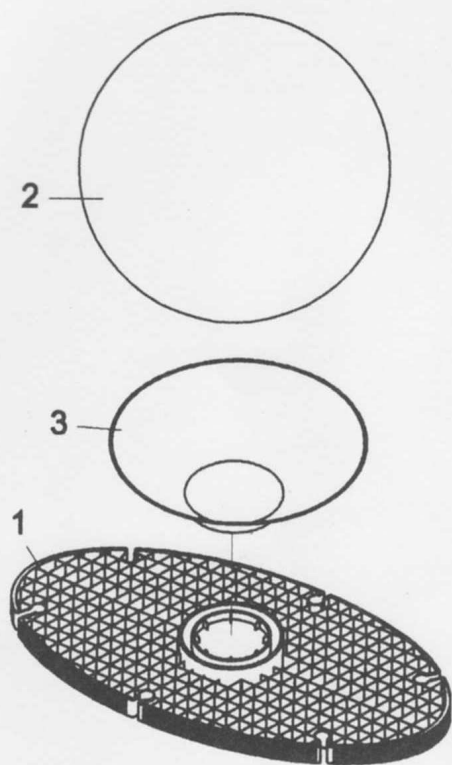


FIGURE D1

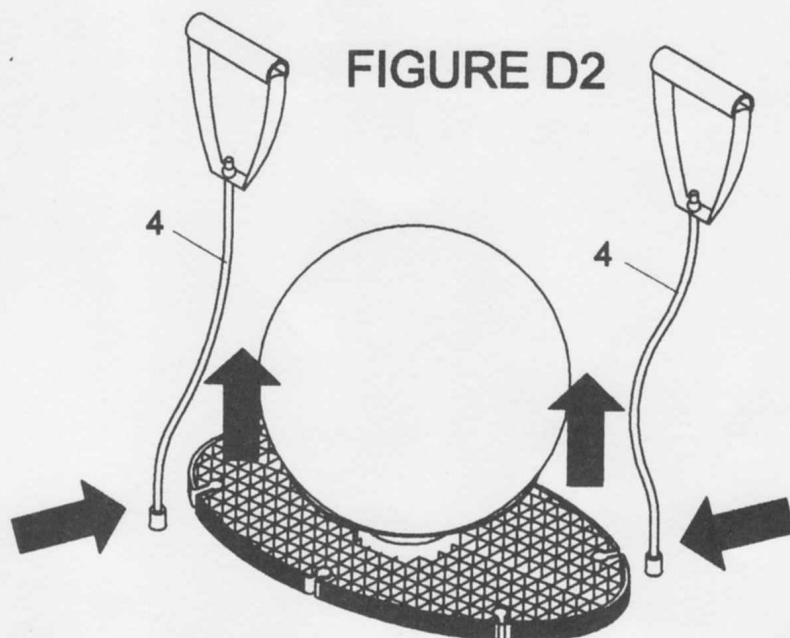
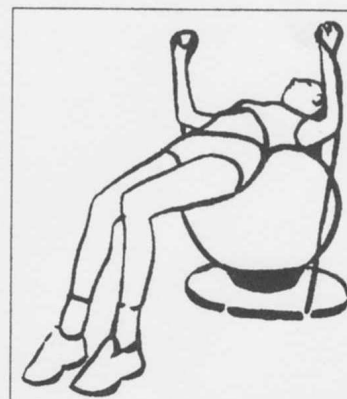
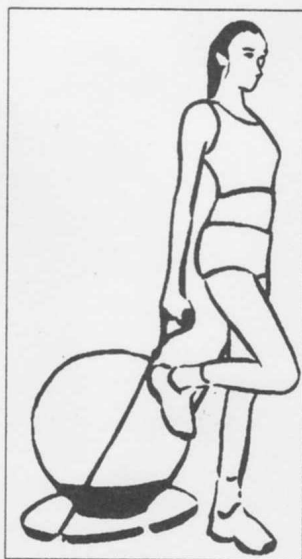


FIGURE D2

Slide the Gym Ball Tray (#3) to the base the end of the Fitness Board (#1). And blow the Gym Ball (#2) full, then slide the Gym Ball (#2) to the Gym Ball Tray (#3) as shown in Figure D1.

Slide the Handle Elasticity's (#4) to the holes of the Fitness Board (#1) as shown in Figure D2.



You can use this board to Gym Ball Base Functions Exercise see the pictures.