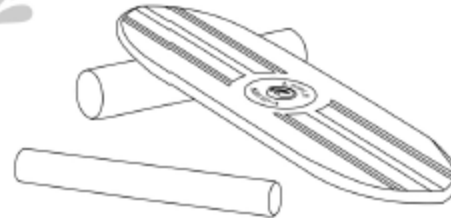




Balance Board with Cork Rollers

Welcome to the world of balance, strength, and fun!

We're thrilled to be part of your wellness and fitness journey. Your new balance board is designed to help you build core strength, improve stability, and have fun while staying active—right at home.



01/WHAT'S INCLUDED

- ✔ 1x Wooden Balance Board
 - 80cm (L) x 23cm (W)
 - Max weight capacity: 60 Kg

Beginner set rollers:

- ✔ 1x Cork Roller - 40cm (L) x 5cm (D)
- ✔ 1x Cork Roller - 40cm (L) x 8cm (D)

02/BENEFITS AT A GLANCE



Enhances balance and coordination



Strengthens your core and lower body



Boosts focus and body control



A fun way to exercise for both kids and adults

03/HOW TO USE

1. **Start on a soft surface** (like a rug or mat) to reduce movement when learning.
2. **Place the cork roller** horizontally and set the balance board on top.
3. Step onto the board **one foot at a time** near each end. Use a wall or chair for support if needed.
4. Once balanced, gently rock back and forth, shifting your weight side to side.
5. As you gain confidence, try basic exercises like squats or stretches.



04/SAFETY TIPS

1 Always use it on a flat, non-slip surface.

2 Children should use it under adult supervision.

3 Don't use near stairs or sharp objects.

4 Barefoot or grippy shoes recommended.

05/CARE GUIDE

- Wipe the board and roller with a dry or slightly damp cloth.
- Keep away from excessive moisture.
- Store in a cool, dry place when not in use.



06/STAY IN TOUCH

- ♡ We'd love to see how you're using your balance board! Tag us IG: [@LittleNation](#)
- ☑ Need help or have feedback? Reach out at: support@littlenation.com

Little Nation

Made with care for healthy, happy movement.

Thank you for supporting a brand that puts families first.

