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## QUICK START GUIDE AND INFO GUIDE



Download app

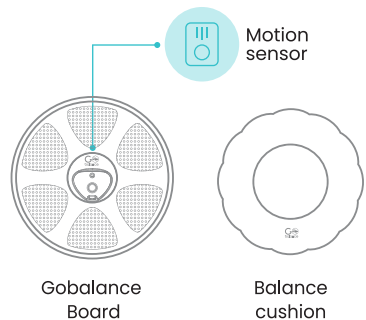


Switch on and pair



Get training

## 1 WHAT'S INCLUDED

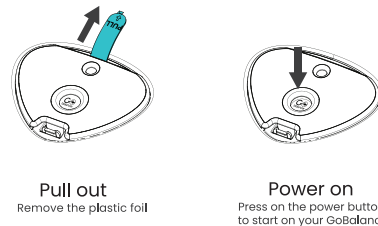


## 2 WHAT YOU NEED



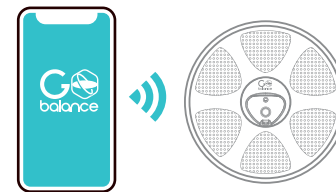
Safe surrounding  
Make sure no harmful or unstable elements  
are found around you

## 3 POWER UP YOUR GoBalance



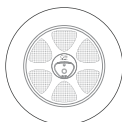
- Pairing successful – green blinks
- To power off the GoBalance, press and hold
- Power on – Light Blue & Dark Blue
- Searching mode – Dark Blue blinks

## 4 DOWNLOAD & CONNECT APP



## 5 INFLATE BALANCE CUSHION

- 1 Inflate the Balance Cushion. The more you inflate it, the more stable and easy to use the balance board will be.
- 2 Place the Balance Cushion on a flat, level floor and clear the training area of any hazards.
- 3 Place the GoBalance Wobbly Balance Board on top and exactly in the center of the Balance Cushion.



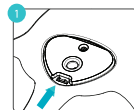
## 6 STAND ON YOUR GoBalance

- I Place the GoBalance on a flat leveled floor, clear the exercise area from any foreign objects.
- II Place one foot on one side of the GoBalance and apply weight. It will tip toward that foot until the edge of the GoBalance rests on the ground. Shift your weight entirely onto that leg, holding onto something sturdy for support if necessary.
- III Place your free foot on the opposite side of the GoBalance, an equal distance from the center.
- IV Shift your weight back and forth until it's evenly balanced. Just standing on the board like this can be a major challenge at first. Hold onto something sturdy for balance if necessary but wean yourself off the support one finger at a time as your balance improves.

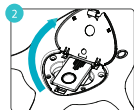


## 7 REPLACING THE BATTERY

- 1 Push the cover snap and open the cover
- 2 Take out the motion sensor
- 3 Open the safety screw
- 4 Pull out the battery drawer and safely dispose of the empty battery
- 5 Place the new battery, "+" facing down and close the drawer
- 6 Secure the drawer in place with the safety screw
- 7 Place the motion sensor back into the GoBalance
- 8 Place the cover, make sure both hinges are in their slots
- 9 Close the cover and press it down till you hear a click



Push the cover snap and open the cover



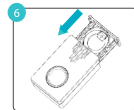
Take out the motion sensor



Open the safety screw



Pull out the battery drawer and safely dispose of the empty battery



Place the new battery, "+" facing down and close the drawer



Secure the drawer in place with the safety screw



Place the motion sensor back into the GoBalance



Place the cover, make sure both hinges are in their slots



Close the cover and press it down till you hear a click



### WARNING! Do not ingest battery, chemical burn hazard

This product contains a coin/button cell battery. If the coin/button cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death. Keep new and used batteries away from children. If the battery compartment does not close securely, stop using the product and keep it away from children. If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.

## 8 TROUBLESHOOTING






### App does not connect to my GoBalance

- Make sure you are using the GoBalance app.
- Verify GoBalance is turned on (blue LED blinks).
- Verify that Bluetooth is enabled on your device
- Device Bluetooth pairing is automatic. Make sure GoBalance is not paired to your smart device. Go to SETTINGS > BLUETOOTH > CONNECTED DEVICES click the GoBalance





### GoBalance power light is off

- Try to power on the GoBalance by a short press on the power button.
- Replace the battery - follow the instructions on the user guide

## ATTENTION!

-  Use a support device if required!
-  Clear the exercise area from any foreign objects
-  Caution! Slippery when wet!!!
-  Children must have adult supervision!
-  Please read the detailed safety instructions on the back of this page!

## MAINTENANCE INSTRUCTIONS

-  Avoid the unit being dropped
-  Do not disassemble or insert foreign objects into the unit
-  Avoid contact with water
-  Do not wipe the surface of the unit with alcohol or abrasives



# Instructions for use

## Please observe the following precautions before each use of your GoBalance:

- Before each use, inspect the GoBalance for cracks, missing parts, deformations, or any other defects that may cause it to break. Do not use the GoBalance if such defects are found.
- Always use the GoBalance in an open area on a flat, dry, level and stable floor. Do not use on an incline.
- During training you may find it necessary to dismount the GoBalance quickly therefore make sure that the area is clear of furniture and other obstacles that might cause harm while using or dismounting the GoBalance.
- For initial usage, be sure you have firm support such as a wall, bar or a stable table within arm's reach. If necessary keep using the support to prevent falling during training.
- Train on the GoBalance wearing sneakers, sports shoes or barefoot only.
- Do not engage in bouncing or jumping exercises while using the GoBalance.
- No more than one person at a time should use the GoBalance.
- Avoid stepping or standing on the edges of the GoBalance.
- Do not expose the GoBalance to liquids or extremes of heat or cold.
- Do not use the GoBalance if you are under the influence of alcohol or any other substance that could affect your sense of balance or perception causing you to slip or fall.
- An adult must explain all safety information and usage guidelines to children or other users with mental or cognitive issues. Failure to do so may result in bodily injury and/or damage to the system or other property. Observe children during gameplay for proper and safe use of the GoBalance.

## Important safety instructions

- Prevent injuries! When you train, use your GoBalance at a safe distance from other people.
- Do not dismantle, disassemble, open, or otherwise alter the GoBalance, except for the purpose of changing the battery.
- The GoBalance contains a coin lithium battery which can be combustible. Keep away from heat source such as fire, oven, microwave oven, direct sunlight, etc.
- If the battery emits a liquid, stop using the GoBalance immediately and contact qualified service.
- Never charge batteries. Charging batteries may cause battery electrolyte to seethe or battery internal pressure to rise. Leakage, heating, explosion or ignition of batteries may result.
- Keep the GoBalance dry. Do not use with wet hands or in a wet environment. Moisture can cause electric shock.
- Do not store the GoBalance in a hot or humid environment such as car parked in sunshine, etc.

FCC Compliance: FCC ID: SH6MDBT42V

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IC Compliance: IC: 8017A-MDBT42V

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions: (1) This device may not cause interference (2) This device must accept any interference, including interference that may cause undesired operation of the device.



## EUROPEAN UNION – DISPOSAL INFORMATION

The symbol above means that according to local laws and regulations your product should be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. Some collection points accept products for free. The separate collection and recycling of your product at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. Keep these instructions for future reference as they contain important information.

## INFLATABLE BALANCE CUSHION SAFETY CHECK BEFORE USE:

- Inspect cushion for tears or holes – DO NOT use if damaged.
- Inflate slowly to the recommended size – AVOID over-inflation.
- Test firmness – should be stable yet give slightly under pressure.
- Use manual pump ONLY, NO high-pressure devices.
- Deflate after use, store in a cool, dry place away from sharp objects.
- MAX Supported weight: 150KG
- WARNING: The Inflatable Balance Cushion is not meant for swimming, pool activities, use in the sea or any other water activities.

**BATTERY SAFETY INFORMATION:** Batteries are small objects. Replacement of batteries must be done by adults. Follow the polarity (+/-) diagram in the battery compartment. Promptly remove dead batteries from the toy. Dispose of used batteries properly. Remove batteries for prolonged storage. Only batteries of the same or equivalent type as recommended are to be used. DO NOT incinerate used batteries. DO NOT dispose of batteries in fire, as batteries may explode or leak. DO NOT mix old and new batteries or types of batteries (i.e. alkaline/standard/rechargeable). Using rechargeable batteries is not recommended due to possible reduced performance. Rechargeable batteries are only to be charged under adult supervision. Replaceable-rechargeable batteries are to be removed from the toy before being charged. DO NOT recharge non-rechargeable batteries. DO NOT short-circuit the supply terminals.

**⚠ WARNING:** Contains button or coin cell battery. Hazardous if swallowed-see instructions.



Batteries included are for in-store demonstration, and should be replaced to improve performance.

**⚠** This product contains a button or coin cell battery. A swallowed button or coin cell battery can cause internal chemical burns in as little as two hours and lead to death due to chemical burns and potential perforation of the esophagus. Dispose of used batteries immediately and safely. Used batteries can still be dangerous. Keep new and used batteries away from children. If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.

If you suspect your child has swallowed or inserted a button battery immediately call the 24-hour Poisons Information Centre on 13 11 26 for fast, expert advice. Examine devices to make sure the battery compartment is correctly secured, e.g., that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure. Tell others about the risk associated with button batteries and how to keep their children safe.

Particula LLC ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH THE USE OF THIS PRODUCT. THE CONSUMER ASSUMES ALL LIABILITY AND USES THIS PRODUCT AT THEIR OWN RISK.

Particula LLC @ 2024 | 144-42 Jewel avenue Flushing, Ny 11367 USA  
support@particula-tech.com  
MADE IN CHINA



CE

FC

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