

Installing the Balanced Body® Jumpboard Rotator Discs

PARTS

- » 4"x30" Velcro loop material*, sticky on one side
- » Jumpboard Rotator Discs, Pair

TOOLS NEEDED

- » Scissors (not included)



***Note:** The 30" Velcro strip is designed to accommodate most padded jumpboards offered by Balanced Body.

Before installing the Velcro strip, use mild soap and water to clean the top five inches of the back of the padded footplate where the Velcro will be attached. This is to remove any hand oils, etc, that might interfere with the bonding of the Velcro.

Cut the strip of Velcro to fit the width of the foot plate. Install as high as possible on the non-padded side of the foot plate.

Once the Velcro is installed hang the rotator discs over the jumpboard and use the Velcro to hold them in position.

Questions? Call Balanced Body Technical Support at 1-800-PILATES or +1-916-388-2838.