Improve your balance, stability, joint mobilization and motor skills by integrating Balance & Therapy Domes into your workout routine. Use the domes spike side down for moderate training and spike side down for an increased balancing challenge. Complete the exercises in this guide using the Balance & Therapy Domes to alleviate common foot problems and discomfort in the upper extremities, using the gentle spikes to stimulate blood flow and circulation.
**Forward Lunge**

**Starting position:** stand with one foot slightly forward, ball of the foot on the Balance & Therapy Dome (spike side up), arms long by sides

- **INHALE** to prepare
- **EXHALE** shift weight forward and bend front knee, pressing down on Dome
- **INHALE** return to standing

*Complete 10 reps on each side*

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**Deep Squat**

**Starting position:** stand with one foot slightly forward, ball of the foot on the Balance Dome (spike side down), arms reaching out to the sides

- **INHALE** bend both knees, lowering back knee toward the floor
- **EXHALE** return to standing

*Complete 5-8 reps on each side*
Ankle Exercise

Starting position: stand with one foot slightly forward, sole of the foot on the Balance & Therapy Dome (spike side down), arms long by sides

INHALE  press down on the toes, rocking the Dome forward
EXHALE  press down on the heel, rocking the Dome back

Complete 10 reps on each side

Hip Rolls

Starting position: lying on back on mat, arms long by sides, knees bent, each foot on top of one Balance & Therapy Dome (spike side down)

INHALE  to prepare
EXHALE  keep torso stable and lift hips to form one long line from shoulders to knees
INHALE  plantar flex ankles by pressing toes down
EXHALE  dorsiflex ankles by pressing heels down
INHALE  return to neutral
EXHALE  return to start

Complete 3-5 repetitions
**Ab Prep**

Starting position: lying on back on mat, upper back resting on Balance & Therapy Dome (spike side up), knees bent, feet flat on mat, hands supporting head

INHALE lower upper torso back over Dome, supporting head
EXHALE flex upper torso forward to starting position

Complete 10-12 repetitions

Modification: increase work to obliques by rotating upper torso to each side on forward flexion

Complete 5-8 repetitions on each side, alternating

**Hip Flexor Stretch**

Starting position: kneel on one knee on top of Balance & Therapy Dome (spike side down), other foot forward, hands resting on top of forward knee

INHALE to prepare
EXHALE shift weight forward, opening the front of the back hip, keeping abdominals engaged

Complete 5 reps on each side

Note: to increase the stretch, lift the back foot off the floor
**Glute Stretch**

**Starting position:** sitting with one ankle crossed over opposite knee, one hip resting on Balance & Therapy Dome (spike side up), back hand resting on mat for support, front hand around outside of top knee.

With a smooth breath, allow weight to sink into Dome and release glute muscles.

*Repeat on other side.*

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**Calf Stretch**

**Starting position:** stand with one foot slightly forward, ball of the foot on Balance & Therapy Dome (spike side up), heel on the floor, hands on hips.

*INHALE* to prepare

*EXHALE* keep heel on the floor and bend both knees, lengthening calf muscles.

*Complete 10 reps on each side.*

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**Outer Hip Stretch (Abductors)**

**Starting position:** sitting with the side of one hip resting on Balance & Therapy Dome (spike side up), bottom leg long, top leg bent with foot on mat in front of bottom knee, back hand resting on mat for support, front hand around front of top knee.

With a smooth breath, allow weight to sink into Dome and release abductor muscles on outside of hip.

*Repeat on other side.*

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**WARRANTY, CARE AND USAGE FOR BALANCE & THERAPY DOMES**

**Warranty**

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

**Care and Cleaning**

If necessary, clean the Balance & Therapy Dome with a combination of tea tree oil* and water. A mixture of mild soap and water can be used to remove more persistent dirt.

Ensure cleaner does not make surfaces slippery.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.*

**Safety and Usage**

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.

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For more information about MERRITHEW™ products and training, please call:

toll-free North America 1.800.910.0001 | toll-free UK 0800.328.5676 | head office 416.482.4050