



BOSU® Balance Trainer Rim Kit Assembly Instructions

Notes:

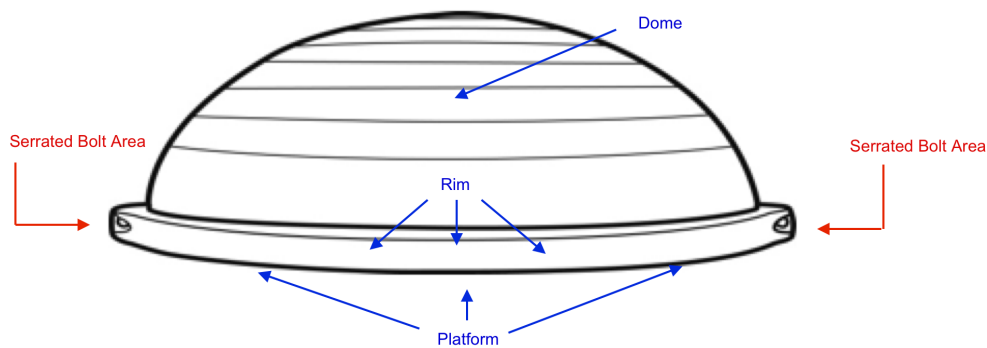
- These instructions apply to all size configurations and color combinations of the BOSU® Balance Trainer.
- Complete one side of the rim at a time.

Tools Required:

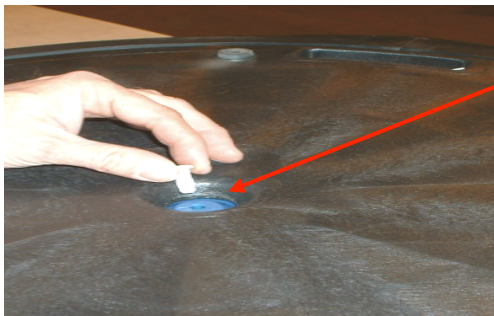
- (1) 5/16" Ratchet and Socket (to remove bolt)
- (1) 3/8" Ratchet and Socket (to remove nut)

Parts Required:

- (2) 10-24 x 7/8 Serrated Bolt
- (2) 10-24 Serrated Nut



Step 1: Deflate



Flip your BOSU® Balance Trainer upside down so that the black base is facing upward. Pull the plug out to deflate completely.

Step 2: Remove bolt and nut from rim/clamp

With the 5/16" ratchet/socket and 3/8" ratchet/socket, remove the bolt and nut. Repeat on other side.



Step 3: Re-insert bladder into the rim

Step 4: Re-attach rim

Line the clamps up with the handles on the bottom of the base.



Attach the 10-24 x 7/8 serrated bolt and 10-24 serrated nut.

Tighten the bolt with a 5/16 ratchet/socket and a 3/8 ratchet/socket. Repeat on other side.



Step 6: Re-inflate by following the instructions in your owner's manual.

Inflation Tips:

- **For all 65cm BOSU® Balance Trainers (Professional and Retail versions):**
 - Place your Balance Trainer flat on the floor, with the platform side up.
 - Insert the air nozzle firmly into the valve housing and begin to inflate. DO NOT exceed 10 inches.
 - TIP: To judge proper inflation, simply hold a ruler vertically against the side of the Balance Trainer and inflate until the platform clears approximately 8" - 8.5" on the ruler.
 - Put the plug in part way to seal the air, flip the Balance Trainer over and re-measure. You can adjust inflation if needed. Once the Balance Trainer is at the correct inflation, push the plug in completely.
- **For the 50cm BOSU® Sport Balance Trainer:**
 - Place your Balance Trainer flat on the floor, with the platform side up.
 - Insert the air nozzle firmly into the valve housing and begin to inflate. DO NOT exceed 8 inches.
 - TIP: To judge proper inflation, simply hold a ruler vertically against the side of the Balance Trainer and inflate until the platform clears approximately 6" - 6.5" on the ruler.
 - Put the plug in part way to seal the air, flip the Balance Trainer over and re-measure. You can adjust inflation if needed. Once the Balance Trainer is at the correct inflation, push the plug in completely.

Notes:

- Do not over inflate. This will cause the bladder to become separated from the base again.

- Keep in mind, when you try to inflate the Balance Trainer to 10" while the bladder is on the floor, the ball is flattened out from its own weight. When you flip it over to measure, it's nearly over inflated.

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