



Your new balance pad is ideal for yoga, meditation and balance exercises.

This product is also a simple and effective addition to your workout. The instability of the pad forces your body to maintain its balance, activating the muscles – especially the postural and deep core muscles – and training body tension.

You can also use the pad as a seat cushion, a pillow or to put under your knees when doing floor exercises. For yoga and meditation exercises the balance pad provides a simple but enjoyable place for physical and mental concentration.



## Fitness Exercises

Tchibo GmbH D-22290 Hamburg · 150737AB1X1XVI · 2025-07

[www.tchibo.de/instructions](https://www.tchibo.de/instructions)  
(Please enter the product number in the box labelled  
"Bedienungsanleitungssuche" and click on "Suchen".)



Made exclusively for:  
Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany

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**Product number: 725 100**

## **For your safety**

### **Intended use**

The balance pad is designed for yoga, meditation and balance exercises to strengthen your muscles and improve your sense of balance. The instability of the pad forces your body to maintain its balance, activating the muscles and training body tension.

Below you will find some exercises that you can do with the balance pad. They work the postural and deep core muscles in particular, as well as improving your coordination and balance.

The balance pad is a piece of sports equipment intended for home use. It is not suitable for commercial use in fitness centres or therapeutic institutions.

## **Important information**

### **Consult your doctor!**

- Before you start exercising, consult your doctor and ask how much exercise you should be undertaking.
- If you are significantly physically impaired (e.g. if you wear a pacemaker), if you are pregnant, if you suffer from circulatory disorders, inflammation of the joints or tendons, or if you have an orthopaedic condition, then you must have your exercise programme approved by your doctor. Incorrect or excessive exercising can endanger your health!
- Stop exercising immediately and see your doctor if any of the following symptoms occur: nausea, dizziness, excessive shortness of breath or chest pain. You should also stop exercising immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic exercise!

### **DANGER to children and persons with physical impairments**

- This product must not be used by persons whose reduced physical, mental or other capabilities make them unable to use the balance pad safely. This particularly applies to people with impaired balance.
- Keep the packaging materials out of the reach of children. They pose several risks, including the risk of suffocation!

### **DANGER - risk of injury**

- The balance pad is made of non-slip material. Nevertheless, it may slip out of place on smooth surfaces - particularly if weighed down on one side.  
Therefore place a non-slip mat, e.g. an exercise mat, underneath the balance pad when doing the exercises if necessary.
- Sweat can also cause the surface to become slippery.  
In this case, wipe the pad dry. Wear sports socks if necessary.
- Ensure that the room in which you exercise is well ventilated. However, make sure to avoid draughts.

- Do not wear jewellery such as rings or bracelets.  
You could injure yourself or damage the product.
- Wear clothing that is comfortable to exercise in.
- The ground must be level and flat.
- Ensure you have enough room to move around while exercising.  
Leave enough space between yourself and other people. Ensure that there are no objects protruding into the exercise area.
- Always inspect the product before use. Do not use it if it shows any signs of damage.

### **What to note when exercising**

- Do not exercise if you are tired or unable to concentrate.  
Do not exercise immediately after meals. Drink plenty of fluids as you exercise.
- Wear clothing that is comfortable to exercise in.  
Clothing must be of a design and length that cannot get caught on anything as you exercise.

- It is best to be barefoot when exercising. In order to balance on the pad, the muscles in your feet will have to work extra hard.
- At the beginning, do only three to six exercises for different groups of muscles. Only repeat these exercises a few times, according to your physical condition.  
Take a break of at least one minute between exercises.  
Slowly increase the number of repetitions up to about 10 to 20.  
Never exercise to the point of exhaustion.
- Carry out all exercises at an even speed. Do not make any jerking movements.
- Keep on breathing evenly during the exercises. Do not hold your breath! At the beginning of each exercise, breathe in. At the most strenuous point of the exercise, breathe out.
- Always do the exercises on both sides.
- Concentrate while performing the exercises.  
Do not become distracted while exercising.



**Basic position**

- During all exercises, keep your back straight and do not arch it! Keep your bottom and stomach tensed. When carrying out exercises in a standing position, keep your legs slightly bent (see image).
- Do not overexert yourself. Only exercise within the limits of your physical fitness. If you experience pain while performing an exercise, stop the exercise immediately.
- It is advisable to have an experienced fitness trainer teach you the correct way to do the exercises.

- To achieve the best possible exercise results and avoid injuries, always plan a warm-up phase before you start exercising and a cool-down phase afterwards as part of your workout.

### **Before exercising: warming up**

Warm up for about 10 minutes before exercising, moving all the following body parts in succession as listed here:

- Tilt your head to the side, to the front and to the back.
- Raise, lower and make circular movements with your shoulders.
- Make circular movements with your arms.
- Move your chest to the front, back and to the side.
- Tilt your hips forwards, backwards and swing them to the side.
- Jog on the spot.

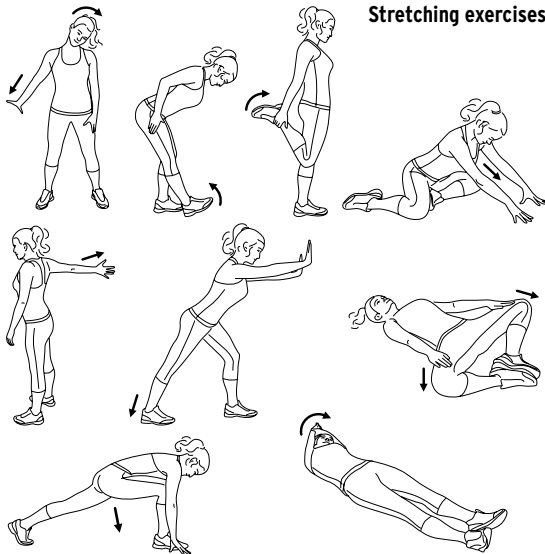
### **After exercising: stretching**

Basic position for all stretching exercises:

Lift your chest, pull your shoulders down, bend your knees slightly and turn your toes slightly outwards. Keep your back straight!

Hold each of the positions in the exercises for about 20-35 seconds.

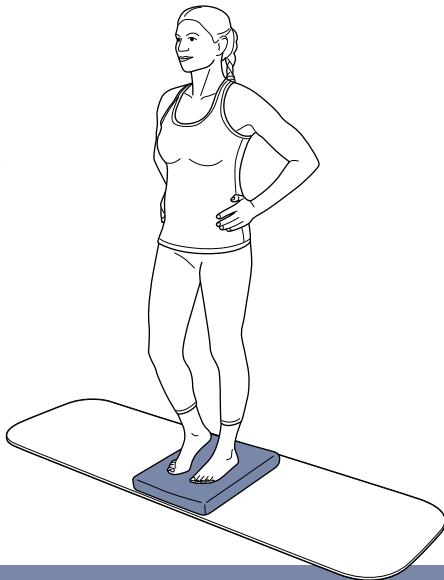
### **Stretching exercises**



## 1. Lower legs

Assume the basic position.  
Stand with your feet about  
shoulder-width apart and place  
your hands on your waist.

Walk on the spot without taking  
your toes off the pad.  
Roll your feet well.



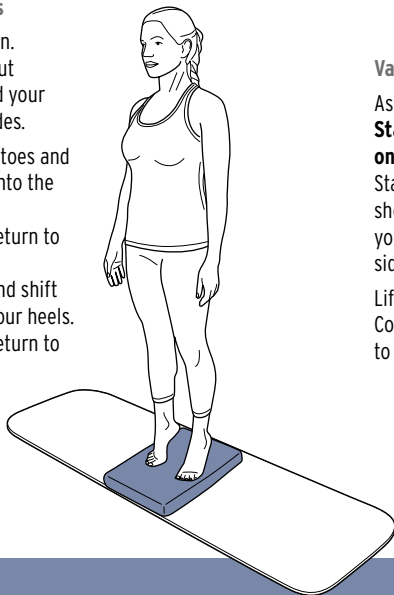
### Variation 1a. Lower legs

Assume the basic position.  
Stand with your feet about  
shoulder-width apart and your  
arms hanging by your sides.

Raise yourself onto your toes and  
shift your body weight onto the  
balls of your feet.

Count to 4, then slowly return to  
the starting position.

Then bend your ankles and shift  
your body weight onto your heels.  
Count to 4, then slowly return to  
the starting position.



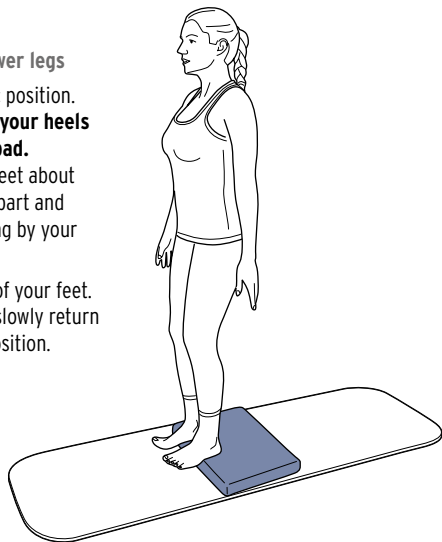
### Variation 1b. Lower legs

Assume the basic position.

**Stand with only your heels  
on the balance pad.**

Stand with your feet about  
shoulder-width apart and  
your arms hanging by your  
sides.

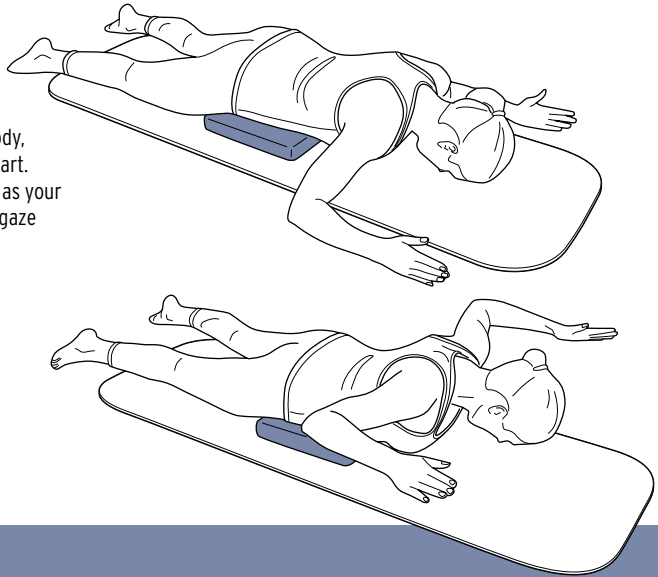
Lift up the front of your feet.  
Count to 4, then slowly return  
to the starting position.



## 2. Back stretch

Lie on your front on the balance pad and stretch your body, keeping your toes placed on the floor, shoulder-width apart. Raise your arms and keep your elbows at the same level as your shoulders, your forearms pointing forwards. Direct your gaze downwards.

Tense your lower back and raise your upper body. Continue to direct your gaze downwards. Count to 4, then slowly return to the starting position.



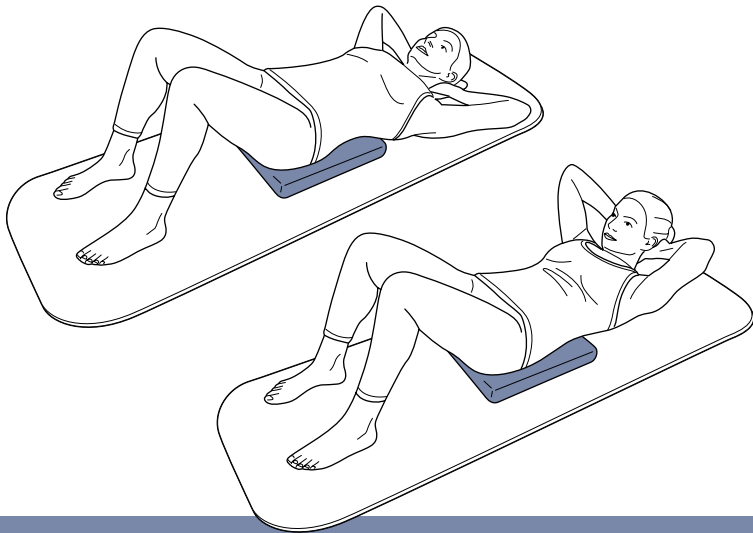


### 3. Stomach muscles

Lie on your back on the balance pad, bend your legs, put your heels on the floor and your hands on the back of your neck.

Tense your stomach and roll your upper body as far as possible from the ground. Your lower back remains on the balance pad.

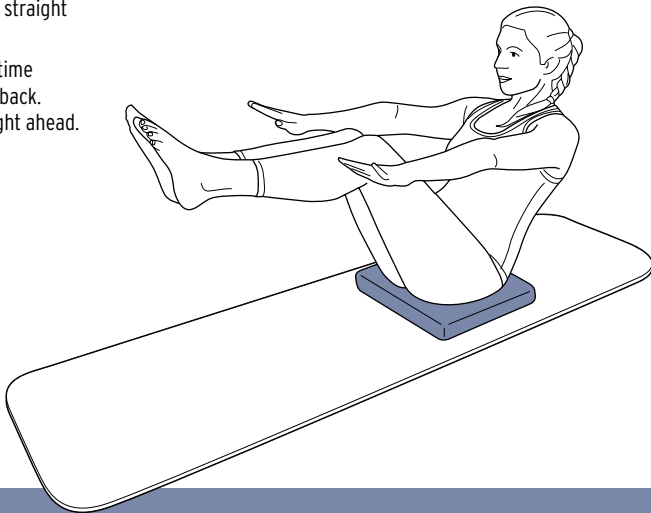
Count to 4, then slowly return to the starting position.



#### 4. Stomach

Sit on the balance pad with your legs bent, your back straight and your arms by your sides supporting your body.

Raise your legs, keeping them bent, and at the same time stretch your arms forward and lean your upper body back. Keep your back straight and your gaze directed straight ahead. Count to 4 and slowly return to the starting position.



## 5. Side stomach muscles

Sit to one side of the balance pad with your thighs one on top of the other and your lower legs tucked behind your body.

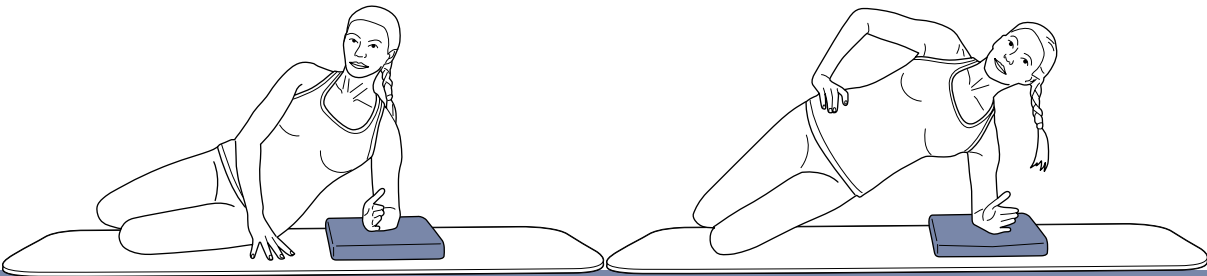
Support yourself on the balance pad with your lower arm.

Your thighs and upper body are aligned.

Push your hips up - keeping your back straight - until your thighs, upper body and head form a straight line.

Count to 4, then slowly return to the starting position.

Change sides.



## 6. Shoulders, back, bottom + backs of thighs

Get on your hands and knees on the balance pad.  
Keep your back straight and direct your gaze downwards -  
your back and head form a straight line.

Raise one leg and stretch it out behind you, and at the same  
time raise the opposite arm and stretch it out in front of you.  
Keep your back straight and continue to direct your gaze downwards.  
Count to 4, then slowly return to the starting position.  
Change sides.

### Variation 6a. Shoulders, back, bottom + backs of thighs

Raise the lower part of your supporting leg so that only your  
knee is on the balance pad.



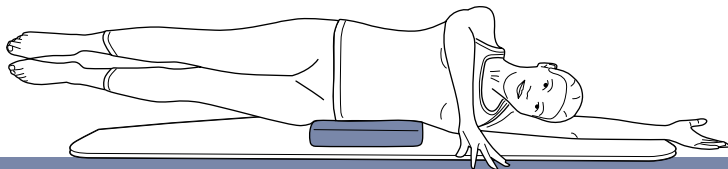
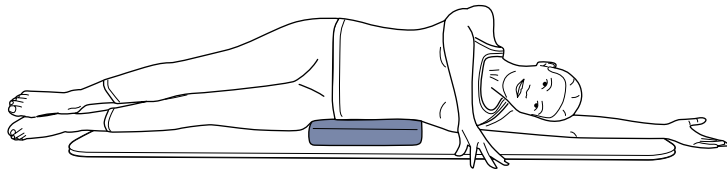
## 7. Abductors, adductors and stomach muscles

Lie on your side with your hips on the balance pad and your body outstretched. Stretch your lower arm out and rest your head on your arm. Place the other hand in front of your body to support you.

Lift both legs as high as possible to the side.

Count to 4, then slowly return to the starting position.

Change sides.



## 8. Abductors

Stand on one leg on the balance pad and stretch your arms out to the sides for better balance.

Hold your free leg straight and as far out to the side as possible.

Count to 4, then slowly return to the starting position.

Change sides.

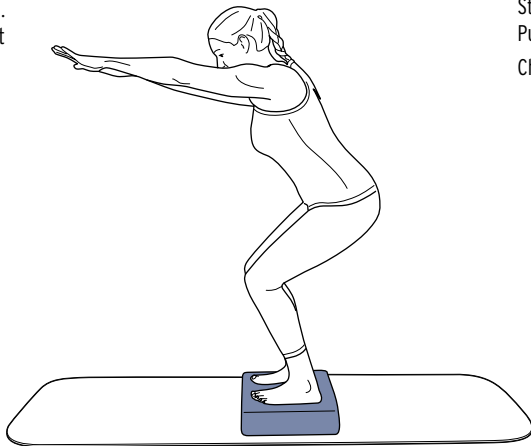


## 9. Bottom + thighs

Assume the basic position. Stand with your feet about shoulder-width apart, and your arms straight and pointing forwards.

Bend your knees and hips and lower your body until your thighs are almost parallel to the floor. Keep your back straight and your knees over your toes.

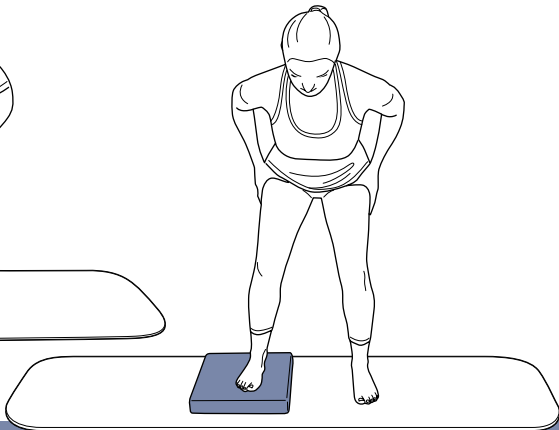
Count to 4, then slowly return to the starting position.



### Variation 9a. Bottom + thighs

Stand with one foot only on the balance pad. Put your hands on your hips.

Change sides.



## 10. Back, bottom + backs of thighs

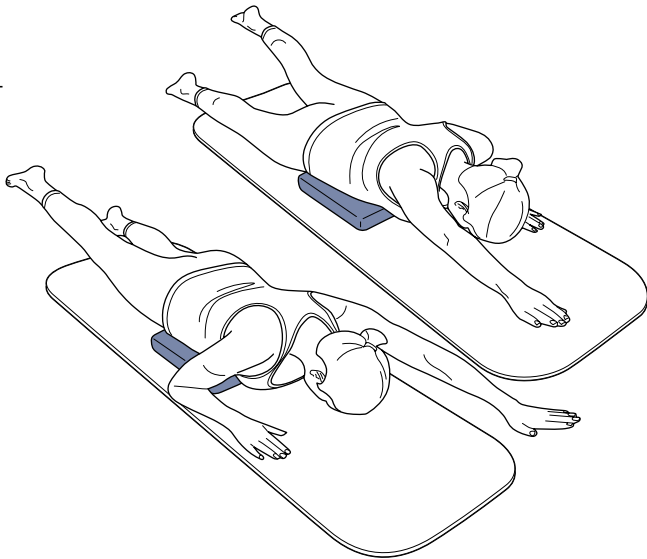
Lie on your front on the balance pad and stretch your body, keeping your toes placed on the floor, about shoulder-width apart. Bend your arms and keep your elbows at the same level as your shoulders, with your lower arms pointing forwards. Direct your gaze downwards.

Raise one leg and at the same time raise the opposite arm and stretch it forwards.

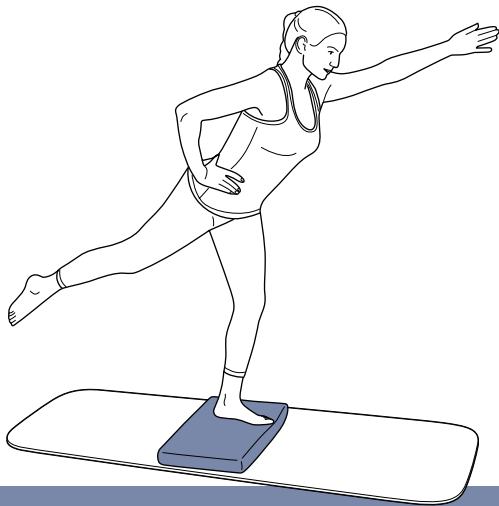
Continue to direct your gaze downwards.

Count to 4, then slowly return to the starting position.

Change sides.







### **11. Back stretch, bottom and deltoids**

Assume the starting position. Put your hands on your waist. Shift your weight onto one leg and raise the other one slightly.

Keeping your back straight, bend forwards. Stretch your raised leg out behind you and raise the opposite arm out in front until your leg, upper body and arm form a straight line. Count to 4 and slowly return to the starting position.

Change sides.

## Care

- The product can be wiped off with a damp cloth if necessary. After cleaning, leave the product to air-dry at room temperature. Do not place it on a heater and do not use a hairdryer or anything similar!
- Store the product in a cool, dry place. Protect it against sunlight and pointed, sharp or rough objects and surfaces.
- Do not leave the product on sensitive furniture or floors. Some varnishes, synthetic substances and furniture/floor care products may react adversely with the material of the product and soften it. To avoid any unwanted marks, store the product in a suitable box.

- Material: high-grade plastic: TPE
- Size: approx. 400 x 250 x 50 mm (L x W x H)
- Weight: approx. 204 g



Due to manufacturing processes, there may be a slight odour when you first remove the product from its packaging. However, this is completely harmless. Allow the product to air out well before use. The odour will disappear after a short while. Make sure there is sufficient ventilation!