

# CANDO® Balance Board Combo™

Economical choice - Each board does the job of 3!

## Intended Use

The CanDo® Balance Board Combo™ is a versatile balance training system that replaces three separate balance boards in one. By inserting one or two interchangeable instability balls, the same board can be configured as a rocker board, a wobble board, or an asymmetric wobble board — providing a full range of difficulty levels for balance training and lower body strengthening.

### Two board shapes are available:

- Circular Board — 16" diameter, with 3 instability ball placement options
- Rectangular Board — 15" x 18", with 5 instability ball placement options

### Key features:

- Durable, heavy-duty, and non-skid surface
- Lightweight and compact for easy portability and storage
- Handles/slots on each board for attaching resistance band or tubing
- Available in five difficulty levels via color-coded instability balls

**NOTE:** Consult a healthcare professional before beginning a balance training program, especially following injury or surgery.

## Setup Instructions

1. Select your desired instability ball color/difficulty level.
2. Thread the instability ball(s) into the desired screw hole(s) on the underside of the board by rotating clockwise until snug. Do not overtighten.
3. Place the board on a clean, flat, non-slip floor surface.
4. If using resistance bands or tubing, thread them through the handle/slot on the board edge before stepping on.
5. Step onto the board carefully, using a wall, chair, or spotter for support during the first attempt.

**NOTE:** Always ensure the instability balls are securely attached before each use. Check for wear or damage on balls and board before every session.

## Board Configurations

Each board can be set up in three ways depending on the number and placement of instability balls:

### Rocker Board

Insert 2 instability balls into opposite placement holes. The board rocks along a single axis, providing a controlled, directional challenge. This is the most stable configuration.



### Wobble Board

Insert 1 instability ball into the center placement hole. The board wobbles in all directions, requiring multi-directional balance and greater core engagement.



### Asymmetric Wobble Board

Insert 1 instability ball into an off-center placement hole. This creates an uneven, asymmetric wobble that adds an additional stability challenge and targets specific muscle groups differently on each side.



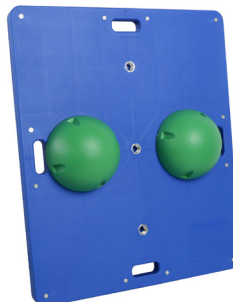
## Circular Board (16" diameter) w/ 2 Instability Balls

Ball Color	Difficulty	Ball Height	Tilt Angle	SKU
yellow	x-easy	1"	7°	10-2020
red	easy	1.5"	11°	10-2021
green	moderate	2"	14°	10-2022
blue	difficult	2.5"	18°	10-2023
black	x-difficult	3"	21°	10-2024



## Rectangular Board (15" x 18") w/ 2 Instability Balls

Ball Color	Difficulty	Ball Height	Tilt 15"	Tilt 18"	SKU
yellow	x-easy	1"	7°	7°	10-2030
red	easy	1.5"	11°	10°	10-2031
green	moderate	2"	15°	13°	10-2032
blue	difficult	2.5"	18°	16°	10-2033
black	x-difficult	3"	22°	19°	10-2034



instability balls

## Additional balls and boards available

### Instability Balls Only

Ball Color	Difficulty	Ball Height	SKU
yellow	x-easy	1"	10-1760
red	easy	1.5"	10-1761
green	moderate	2"	10-1762
blue	difficult	2.5"	10-1763
black	x-difficult	3"	10-1764
5 ball set (yellow - black)			10-1765

### Boards Only

Board Type	SKU
16" diameter (hard)	10-1776
20" diameter (medium)	10-1786
30" diameter (easy)	10-1796
rectangular board (15"L x 18"W)	10-1756



## ⚠ Safety Warnings

- Do not use on uneven, wet, or slippery surfaces.
- Always have a stable support (wall, chair, or spotter) nearby, especially for new users.
- Discontinue use if the board or balls show signs of cracking, deformation, or instability.
- Not intended for jumping, impact, or plyometric activities.
- Keep away from children unless under direct adult supervision.
- Wear appropriate footwear or use barefoot on the non-skid surface — avoid socks only.

## Care & Maintenance

- Wipe board and instability balls clean with a damp cloth after each use.
- Do not submerge in water or use harsh chemical cleaners.
- Store in a dry location away from direct sunlight and extreme temperatures.
- Inspect the board surface and ball attachment points before each use. Replace any damaged components immediately.
- Instability balls may be unscrewed and stored separately for transport.

**REF** 10-2020, 10-2021, 10-2022, 10-2023, 10-2024, 10-2030, 10-2031, 10-2032, 10-2033, 10-2034, 10-1760, 10-1761, 10-1762, 10-1763, 10-1764, 10-1765, 10-1776, 10-1786, 10-1796, 10-1756

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