



**IMPORTANT:** Before using the BeyondBarre Glideboard, you must read, understand, and follow the safety instructions presented here. Failure to do so could result in death or serious personal injury.

## Safety Instructions

- Consult your doctor before using the Glideboard, or before starting any other exercise program.
- If, at any time while using the Glideboard, you feel faint, dizzy, short of breath, or experience pain or tightness in your chest, stop exercising and immediately consult your doctor.
- Do **not** get on the Glideboard until you fully understand how to properly use it.
- The plastic surface of the Glideboard is **very slippery**. To avoid slipping and falling, always use care while on the Glideboard, and when stepping on and off.
- To prevent someone from inadvertently slipping and falling on the Glideboard, immediately hang or store it (on edge) when not in use.
- The Glideboard is **not** safe for children to use. Do not allow children to get on the board.
- Use the Glideboard only on a flat, level, surface.
- Do **not** use the Glideboard in bare feet. (Use non-cotton socks with a high moisture wicking capacity or canvas ballet slippers.)
- Do not get on the GlideBoard until you fully understand how to use it. Before getting on the GlideBoard for the first time, go to [www.beyondbarre.com](http://www.beyondbarre.com) to view a short video on how to use the BeyondBarre GlideBoard.

**Disclaimer:** BeyondBarre will not be held liable for any injury resulting from use of the BeyondBarre Glideboard.