

Visit www.juvoboard.com/videos to access your workout videos!

Owner's Manual

A WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

Product May Vary Slightly From Pictured.

CAUTION: Weight on this product should not exceed 300 lbs.

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803 Customer Care 1 (800) 375-7520 www.staminaproducts.com When calling for parts or service, please specify the following number:

Model#: 75-0005A

United States and/or International patents apply and/or are pending. See www.staminaproducts.com for details.

STAMINA PRODUCTS MADE IN CHINA

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SAFETY INSTRUCTIONS

A WARNING Cancer and Reproductive Harm www.P65Warnings.ca.gov

- **CAUTION** The JUVO BOARD Mat contains natural rubber latex which may cause allergic reactions.
- A WARNING Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. By choosing to use the JUVO BOARD and accessories, you and/or your clients/patients assume responsibility for that risk, not to the people who sold you the equipment, distribute and/or manufacture it. Failure to follow all warnings and instructions could result in serious injury or death.

A WARNING To reduce the risk of serious injury, read the following Safety Instructions before using the JUVO BOARD.

- 1. Save these instructions and ensure that other exercisers read this manual prior to using the **JUVO BOARD** for the first time.
- 2. Read all warnings and cautions posted on the JUVO BOARD.
- 3. The **JUVO BOARD** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
- 4. We recommend that two people be available for assembly of this product.
- 5. Keep children away from the **JUVO BOARD.** Do not allow children to use or play on the **JUVO BOARD.** Keep children and pets away from the **JUVO BOARD** when it is in use.
- 6. It is recommended that you place this exercise equipment on an equipment mat.
- 7. Set up and operate the **JUVO BOARD** on a solid level surface. Do not position the **JUVO BOARD** on loose rugs or uneven surfaces.
- 8. Make sure that adequate space is available for access to and around the **JUVO BOARD**.
- 9. Keep fingers clear of all pinch points when folding and unfolding the JUVO BOARD.
- 10. Before using, inspect the **JUVO BOARD** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
- 11. Before using, always check the Front Support(2) to be sure it is secure. The Locking Knob(20) must be inserted into one of the holes in the Front Support(2), and the Securing Knob(21) must be tightened.
- 12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- 13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
- 14. Do not wear loose or dangling clothing while using the **JUVO BOARD**.
- 15. When using the JUVO BOARD barefoot or with socks it is recommended to always keep the JUVO BOARD Mat(6) in place. If using the JUVO BOARD with shoes it is recommended the Mat(6) be removed and you wear rubber soled shoes that provide enough traction that you will not slip.
- 16. Use caution during your workout if you sweat a lot, as the **JUVO BOARD** Mat(6) and **JUVO BOARD** could become slippery when wet. If your Mat(6) or the Board(5) should become slippery, simply wipe with a clean dry cloth.
- 17. THE **JUVO BOARD** IS AN ÙŃSTABLE SÙRFACE. BE CAREFUL TO MAINTAIN YOUR BALANCE WHILE USING, MOUNTING, DISMOUNTING OR ASSEMBLING THE **JUVO BOARD.** LOSS OF BALANCE MAY RESULT IN A FALL AND SERIOUS BODILY INJURY.
- 18. The **JUVO BOARD** should not be used by persons weighing over 300 pounds.
- 19. The **JUVO BOARD** should be used by only one person at a time, unless you are under the direct supervision of a certified **JUVO BOARD** instructor.
- 20. Before using the **JUVO BOARD**, go to www.juvoboard.com/videos or consult with a Certified **JUVO BOARD** Instructor for warm-up and workout instructions.

EXTEND YOUR PARTS WARRANTY TO 180 DAYS FROM THE DATE OF PURCHASE, REGISTER YOUR PRODUCT.



NEED HELP? CONTACT US FIRST 1 (800) 375-7520 customer.care@staminaproducts.com

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

> With your body in mind, Stamina Customer Care

To enact your extended warranty and to help us better serve you, please go online and register your new product.

register.staminaproducts.com

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.



ONLINE customer.care@staminaproducts.com www.staminaproducts.com









MAIL Stamina Products, Inc. ATTN: Customer Care P.O. Box 1071 Springfield, MO 65801-1071



facebook.com/StaminaProducts facebook.com/AeroPilates

CUSTOMER CARE HOURS: Monday-Thursday, 7:30 AM-5:00 PM, Central Time Friday, 8:00 AM-3:00 PM, Central Time

BEFORE YOU BEGIN

Thank you for choosing the **JUVO BOARD.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **JUVO BOARD** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **JUVO BOARD.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **JUVO BOARD**, please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts.com under the Customer Care section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY: Allen Wrench (5mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **JUVO BOARD**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size





Failure to comply with these warnings could result in bodily injury and property damage. All warnings and instructions are to be read prior to use. Replace this warning label if damaged, illegible, or removed. Keep others including children & pets away from equipment when in use. BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PERSONS OVER THE AGE OF THIRTY-FIVE OR WITH PREEXISTING HEALTH PROBLEMS. STAMINA[®] ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. Make sure all nuts and bolts are securely tightened, and follow all safety tips and instructions set forth herein. This product should not be used by persons weighing more than 300 lbs.



ADJUSTMENT CAUTION DECAL(28)



After adjusting Leg position ensure the Locking Knob is completely engaged and the Securing Knob is tight prior to use

W1 TIP HAZARD WARNING(29)



HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Customer Care section and order the part needed, e-mail us at customer.care@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

STEP 1: Turn the **JUVO BOARD** upside down. **BUTTON HEAD BOLTS(M8x1.25x35mm)(13)**, **WASHERS(M8)(26)**, and **BUTTON HEAD BOLTS(M8x1.25x18mm)(15)** are pre-assembled on the **JUVO BOARD**. Remove them before the assembly.

STEP 2: Refer to detail view 1. Position the **FRONT SUPPORT(2)** into the **FRONT ROCKING BASE(3)** with the holes in the **FRONT SUPPORT(2)** on the same side as the **LOCKING KNOB(20)**. Cover the **SUPPORT PLATE(25)** with the **FRONT ROCKING BASE(3)**, then slide the assembly into the gap between the **MAIN FRAME(1)** and **BOARD(5)**. Align the holes on all of the parts, bolt the **FRONT ROCKING BASE(3)** and the **SUPPORT PLATE(25)** to the **MAIN FRAME(1)** and **BOARD(5)** with **BUTTON HEAD BOLTS(M8x1.25x35mm)(13)**, **WASHERS(M8)(26)**, and **BUTTON HEAD BOLTS(M8x1.25x18mm)(15)**.

STEP 3: Screw the **LOCKING KNOB(20)** into **FRONT ROCKING BASE(3)** and making sure the pin catches in one of the holes of the **FRONT SUPPORT(2)**. Secure the **FRONT SUPPORT(2)** more by screwing the **SECURING KNOB(21)** into **FRONT ROCKING BASE(3)** and tighten.



SPECIFICATIONS:

Length = 86 13/16" Width = 32 7/8" Height = 22 13/16" Weight (with mat) = 64.5 lbs



The free area around the product shall be not less than 0.6m (2 feet) greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.

FRONT SUPPORT ADJUSTMENT

The angle of the FRONT SUPPORT(2) can be adjusted. To adjust, loosen the SECURING KNOB(21). Pull the LOCKING **KNOB(20)**, then adjust the angle of the **FRONT SUPPORT(2)** to desired position. Release the LOCKING KNOB(20) and make sure it goes into one of the adjustment holes in the FRONT SUPPORT(2). Tighten the SECURING KNOB(21).



Refer to the illustrations below. The angle of the FRONT SUPPORT(2) can be set to different angles for different workouts.





A WARNING When setting the **JUVO BOARD** to Elevate, it is possible for the pin to engage with the FRONT SUPPORT(2) in an incorrect position as shown in illustration A. NEVER USE THE JUVO BOARD IN THIS POSITION. Using the JUVO BOARD in this incorrect position could result in tip over and cause bodily injury and/or damage to the JUVO BOARD. Please refer to illustration B for the correct position of the FRONT SUPPORT(2) in the Elevate setting. Always use the JUVO BOARD with the FRONT SUPPORT(2) in positions as shown in above.



STABLE / UNSTABLE SURFACE

There are two **ROCKING BASES(3, 4)** under the **BOARD(5)** that create an unstable surface when in the flat position, also called Juvo Balance. The **JUVO BOARD** offers an unstable surface for balance workouts. Refer to illustration C. To add stability to the **JUVO BOARD**, slide the two **YOGA BLOCKS(33)** under the **BOARD(5)** on each side of the **REAR ROCKING BASE(4)**. The most stable place on the board will be the area shown in illustration C, the other portions will remain somewhat unstable.





USING THE STRAPS

The JUVO BOARD is supplied with two STRAPS(22). These STRAPS(22) can be attached on the FRONT SUPPORT(2) or the STRAP LOOPS(23) for more workout functions. Refer to the illustration below to attach the STRAPS(22). The end of the STRAPS(22) have three loops for different workout functions, and/or to fit users of varying heights.

NOTE: Never use the STRAPS(22) to carry or move the JUVO BOARD.

1. Attach the STRAPS(22) to the FRONT SUPPORT(2).



2. Attach the STRAPS(22) to the STRAP LOOPS(23).



STORAGE

- 1. Always store your **JUVO BOARD** in a clean, dry space away from children and pets.
- 2. To move the **JUVO BOARD**, lift the front end of the **JUVO BOARD** and use the **WHEELS(11)** on the **MAIN FRAME(1)**.
- 3. Adjust the angle of the **FRONT SUPPORT(2)** to the folded position for storage. Refer to the following.

FOLDED POSITION

Set the angle of the **FRONT SUPPORT(2)** as shown in the illustration for storage.



MAINTENANCE

The safety and integrity designed into the **JUVO BOARD** can only be maintained when the **JUVO BOARD** is regularly examined for damage and wear. Special attention should be given to the following:

- 1. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
- Verify that the CAUTION LABEL(27), ADJUSTMENT CAUTION DECAL(28), and TIP HAZARD WARNING(29) are in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement caution label if one is missing or damaged.
- 3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
- 4. Worn or damaged components must be replaced immediately or the **JUVO BOARD** removed from service until repair is made.
- 5. Check the **STRAPS(22)** for damage. Replace damaged parts immediately. **NEVER** use the **JUVO BOARD** with damaged or frayed **STRAPS(22)**.
- 6. Check the **MAT(6)** for damage, tears or excessive wear. Replace damaged parts immediately. **NEVER** use the **JUVO BOARD** with a damaged or torn **MAT(6)**.
- 7. Exposure to direct sunlight can damage and prematurely age your **JUVO BOARD MAT(6)**.
- 8. To keep your JUVO BOARD MAT(6) clean and odor free use a 50/50 white vinegar and water solution. Simply remove the MAT(6) from the JUVO BOARD, spray the MAT(6) with the solution, allow the solution to sit for a few minutes, then wipe down with a clean damp cloth. Do not soak or submerge the mat. Allow the MAT(6) to dry completely away from direct sunlight.
- After each use, wipe your JUVO BOARD MAT(6) and BOARD(5) with a clean dry cloth. NEVER use furniture polish or similar substances to clean your JUVO BOARD product. Doing so could make the surface of the BOARD(5) and MAT(6) slippery and could result in a fall or serious bodily injury or damage to the JUVO BOARD.
- 10. Only Stamina Products supplied components should be used to maintain/repair the **JUVO BOARD**.

MODEL 75-0005A

WARRANTY

Stamina Products, Inc. ("Stamina") warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation based on the date of original purchase from an authorized retailer and the following schedule:

Mat, straps, and strap loops:	90 days
Board, rubber surfaces (including feet, stability feet,	
and rubber rocking base cover) and front support system:	1 Year
Frame:	5 Years

THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO ABUSE, MISUSE, ALTERATION OF ANY KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071, or email us at customer.care@staminaproducts.com, or call us at 1-800-375-7520. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option.

NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER. These warranties are not transferable. IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY. If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.

THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY. NO ORAL OR WRITTEN INFORMATION GIVEN BY STAMINA, ITS AGENTS OR EMPLOYEES, SHALL CREATE A WARRANTY OR IN ANY WAY INCREASE THE SCOPE OF THIS WARRANTY. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.

The laws in some states affect the disclaimer or limitation of implied warranties and consequential and incidental damages. If any such law is found applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages shall be deemed to be modified to the extent necessary to comply with applicable law.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Front Support	1
3	Front Rocking Base	1
4	Rear Rocking Base	1
5	Board	1
6	Mat	1
7	Rocking Base Cover	2
9	Foot	4
10	Non-Slip Floor Protector	2 2
11	Wheel	
13	Bolt, Button Head (M8 x 1.25 x 35mm)	3
14	Bolt, Button Head (M8 x 1.25 x 30mm)	10
15	Bolt, Button Head (M8 x 1.25 x 18mm)	9
16	Bolt, Button Head (M6 x 1 x 35mm)	2
17	Shaft Screw, Round Head (M4 x 15mm)	12
18	Washer (M6)	2
19	Nylock Nut (M6 x 1)	2
20	Locking Knob	1
21	Securing Knob	1
22	Strap	2
23	Strap Loop	2
24	EVA Pad	2
25	Support Plate	1
26	Washer (M8)	3
27	Caution Label	1
28	Adjustment Caution Decal	1
29	Tip Hazard Warning	1
30	Allen Wrench (5mm)	1
31	Manual	1
32	Small Support Plate	1
33	Yoga Block	2

NOTES

NOTES

TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at customer.care@staminaproducts. com or by phone at 1-800-375-7520 (in the U.S.). Our customer care representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



----TELEPHONE CUSTOMER CARE Tel: 1 (800) 375-7520





STAMINA PRODUCTS, INC. ATTN: Customer Car P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to recieve email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer care at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071				
Model Number:	Serial Number:			
Product Name:				
Place Purchased:				
Date of Purchase:	Purchase Price:			
First Name:	Last Name:			
City:	State:	Zip Code:		
Email Address:)		
Would you like to receive email information or special offe	ers from Stamina Products?*YesN	Io *If yes, be sure your email address is included above.		
-fe	Detach and Mail or Fax the Form Above	-fo		

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer care. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

	Detach and Mail or Fax the Form Below	
PARTS ORDER FORM	Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071	
Mr./Ms:		
Address:		
City:	State: Zip Coo	de:
IMPOF	RTANT : We must have your phone number to process the order!	
Phone #: ()		
Date of Purchase:		
Model #:		
Purchased From:		
I	IMPORTANT : Before filling out the form below make sure you have the correct informat Refer to the parts list to make sure you're ordering the right parts!	tion.
PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1
L		