



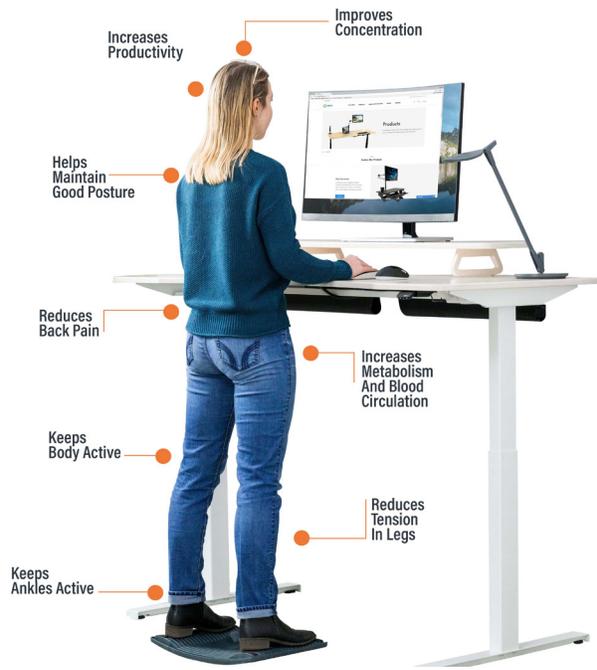
Ergonomic Balance Board



www.iMovR.com/Gymba

Get Ready to Join the Dynamic Standing Revolution!

The Gymba® is a revolutionary balance board that is specifically designed to be used at a standing desk, not in a gym (although it has plenty of uses away from the desk as well!). With the Gymba you can actually **walk while standing**, activating the leg muscles, engaging the core, and improving your posture and circulation, all while getting your work done. It does this without disrupting your concentration, inviting ergonomic injury or damaging your floors as other balance boards can. This multifunction muscle activation board does it all—it's a balance board, twist board, exercise board, calf stretcher, motion board and therapeutic foot massager all-in-one.



How To Use The Gymba

Go to iMovR.com/Gymba to view helpful video instructions on how to get the most out of your Gymba.

Use the Gymba with the concave side up to walk while standing. This is likely going to be how you use your Gymba 90% of the time. In this position you can also execute a wide variety of rocking and twisting motions.

This concave orientation is also great for stretching and massaging your feet, whether that be using the architected curvatures of the board itself or using the massage balls that are included with the Gymba.

The Gymba board relieves tension through its walking motion, but the massage balls revive the highly-innervated soles of your feet in a unique way. Each Gymba massage ball can be placed anywhere on the board. For a more precise massage, use one ball. To massage a larger area, place two balls side-by-side. The best massage effect is obtained when using this feature barefoot or in socks. Start off slowly with the softer ball and increase pressure gradually, eventually working up to the higher-density ball if it feels good.

Using the Gymba's massage balls will relax the muscles in the soles and relieve strain on your plantar fascia. It will also strengthen and lengthen those muscles, while increasing blood circulation. Sufferers from plantar fasciitis or frequent muscle spasms in the feet will really appreciate this feature of the Gymba.

Flip the Gymba over to the convex side to unlock even more stretching and exercise features. Use it for calf stretches, back stretches, enhanced crunches, toe lifts, heel lifts, plus many other stretches and exercises (see examples in the videos), whether at your standing desk or anywhere you want to do some body work.



Balance Board



Walk While Standing



Calf Stretches



Massage Balls



Rocker Board



Rock Front and Back



Back Stretches



Abdominal Exercises



**Boosts
Circulation**



**Reduces
Neck &
Back Pain**



**Boosts
Productivity**



**Reduces
Sick Days**



Pro Tips

- Also try using the Gymba without your shoes. On the surface of the Gymba there are massaging nodules which activate nerve endings and improve circulation.
- Kids love the Gymba just as much as adults do! It can help them expend their excess energy while better focusing on their homework, and during creative play at any desk; or to exercise anywhere, anytime.
- The Gymba comes in seven colors (black, graphite, blue, green, pink, light gray and orange) so every member of the family or co-worker in the office can have one to call their very own.

Product Safety

- Do not use Gymba for any other purpose than that for which it is intended.
- Never step on the edge of the Gymba, as pictured with the carpeted side up, with your full body weight. This can lead to damage that would not be covered by the warranty. 
- Do not use the Gymba on an uneven or wet floor.
- Do not use the Gymba wearing very high-heeled shoes.
- Always place the Gymba on a clean floor. Sweep away any small objects such as rocks, sand or dirt from underneath the Gymba. For maximum protection of floors that may be easily scratched or dented we recommend placing a protective rubber or polyurethane mat underneath.
- If you are suffering from a balance disorder, are significantly overweight (BMI>35), have artificial joints, scoliosis, are pregnant in the last trimester, or if you have an illness/injury which impairs your health, please consult a qualified occupational health professional before using the Gymba.
- It is recommendable to start using the Gymba's massage balls in shorter periods and increase use gradually according to sensations. Especially in the case of any ongoing acute, pathophysiological conditions in the foot (e.g. plantar fasciitis), special attention should be paid to symptoms during and after use, with methods, times and intensity adjusted accordingly.
- **WARNING: USE AT YOUR OWN RISK!** The Gymba creates an inherently unstable surface. Use of this product may result in serious injury or death.
- The manufacturer/retailer is not liable for damages caused to the user or their flooring due to incorrect or negligent use.

Recycling

The Gymba is embossed with a recycling label. If you wish to dispose of the Gymba, please recycle it responsibly.

Additional Information

The Gymba is manufactured in Finland and distributed in North America by iMovR. The product is backed by a 100-day Satisfaction Guarantee and a 5-Year Warranty against breakage. For questions on returns or warranty claims please contact customercare@imovr.com, call 425-999-3550 or connect to us on live chat at iMovR.com. Go to iMovR.com/Gymba for more information and for video instructions on all the different ways you can use the Gymba.

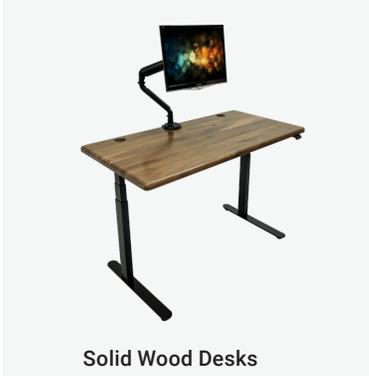


Scan the QR code to go directly to our Gymba page.

www.imovr.com/gymba



Complete Active Workstations



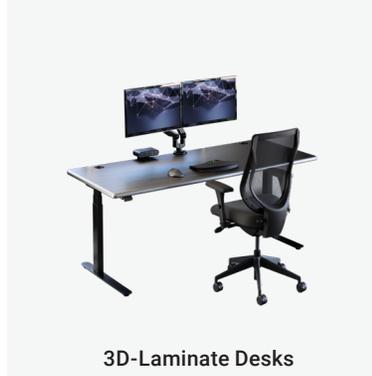
Solid Wood Desks



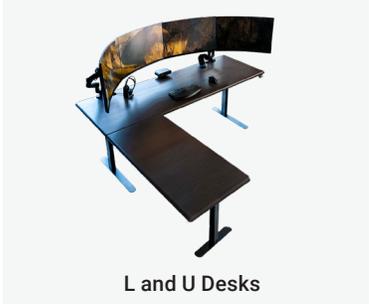
Standing Desks



Treadmill Desks



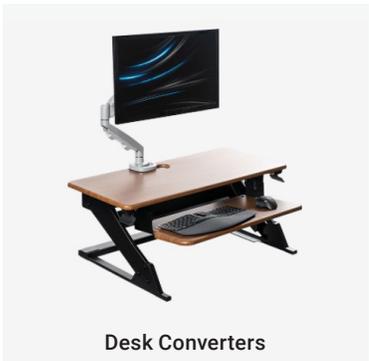
3D-Laminate Desks



L and U Desks



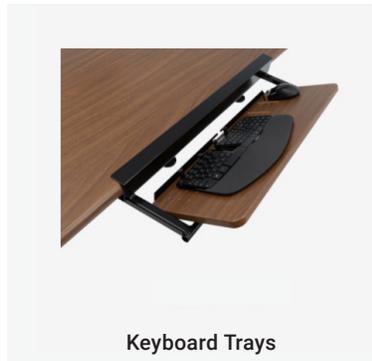
Compact Desks



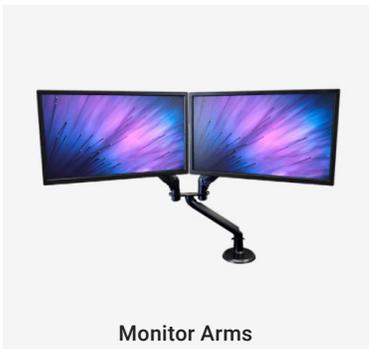
Desk Converters



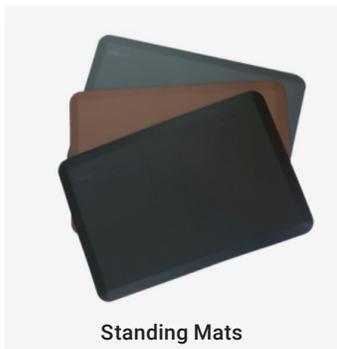
Ergonomic Seating



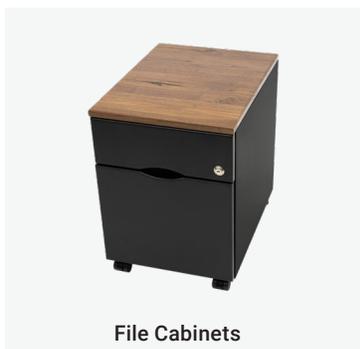
Keyboard Trays



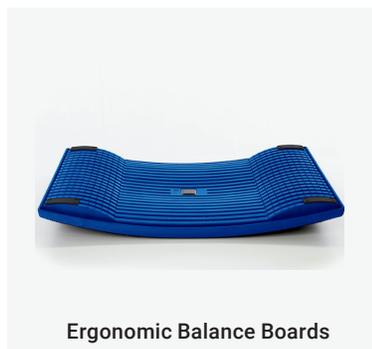
Monitor Arms



Standing Mats



File Cabinets



Ergonomic Balance Boards