

WILIS™ SAFETY INSTRUCTIONS

A Product of Row Balance, Inc.

WILIS is designed to help develop and strengthen core muscles and proprioceptive balance, something erging has not previously focused on. A strong core will diminish the likelihood of back injury, an injury common to rowers. Volker Nolte, a renowned rowing biomechanics expert, reports: "While rowing on WILIS, one certainly uses core muscles that are not used in normal ergometer rowing. This seems to me for now the most important advantage of the equipment."

WARNING: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. WILIS is intended to be easy enough for novices at the lowest settings, but if there is any question, consult your physician. It is well known that balance skills diminish as we age.

IMPORTANT: It is imperative that you retain these Safety Instructions and be sure all warning labels are legible and intact. Replacement documentation is available for download from the Row Balance website: www.rowbalance.com. If you have any questions about the operation, set up or maintenance of any machine please check the website or call Row Balance at 703-969-5773.

General Safety Rules

There is a risk assumed by all individuals who use this type of equipment. To minimize risk, you must follow these rules:

- 1) Inspect your ergometer equipment before each workout. Check that all nuts, bolts, screws, retaining pins and spring clips are in place and fully tightened or secured. Be sure to follow all inspection and maintenance procedures on your ergometer regularly.
- 2) Inspect WILIS before each workout. Check that all nuts, bolts, screws, roll limiters, retaining pins and spring clips are in place and fully tightened or secured.
- 3) Replace all worn or missing parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
- 4) Inspect and familiarize yourself with all safety warnings and other user information on decals on your ergometer and on WILIS.
- 5) Keep clear of swing arms, roll limiters and all moving parts when the machine is in use. For the safety of users and non-users alike, when WILIS is in use a reasonable safety perimeter must be established that will prevent non-users from interacting with the user or the device while a user is on it. A safety perimeter will also help prevent any injury from possible pinch points such as the roll limiters or the swing arms.
- 6) Exercise with care. Proper technique involves finding your best challenge level by starting WILIS at the low settings and adjusting it up incrementally until you are challenged to maintain balance within four or five degrees to the left or right. If you are hitting the roll limiters frequently, then you should lower WILIS to an easier challenge level. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
- 7) Do not allow children or minors to play on or around this equipment without direct adult involvement and direction. WILIS should **NEVER** be used by unsupervised children or in ways unrelated to actual rowing. The potential for abusive play can lead to serious injury. Use discretion and adult supervision, particularly with minors who may find WILIS attractive as a toy and use it in unanticipated ways.

If unsure of proper use of equipment, please check the website or call Row Balance at 703-969-5773.