



FLUIDSTANCE®

USER GUIDE



Before using your FluidStance® deck, please read this user guide for safety guidelines, warnings, and other information.

Welcome to a more fluid life!

Have you ever noticed how some of your best ideas come to you while you're in motion? Whether you're biking a single track or simply walking the dog, many experts believe that movement can help unlock our creativity, kick start our ability to solve problems, and let us look at challenges in new ways. FluidStance® decks were inspired by this marriage of movement and creativity.

As I saw it, the problem was clear: while we are designed to move, in most cases, our workspaces are not. The patented and patent-pending technology of our decks elicits subtle, constant movement below your feet to increase your range of motion and heart rate. From your cubicle, to the living room, to shared office spaces, my goal is to provide a shift where you need it the most - physically, emotionally, and intellectually - and I believe the FluidStance deck can do just that.

It's my hope that the FluidStance experience will start to affect your approach to the workday, keeping you in motion and inspiring the same in those around you. Walking meetings, stair-climbing clubs, or any other number of motion-related activities throughout the day are great ways to unshackle yourself from the desk, change your (and your team's) perspective, and add movement and flow to the day. A FluidStance deck is just the beginning.

Most of all, thank you for purchasing your deck. I hope it moves you to places you never imagined. Motion enables curiosity, giving wings to creativity. Our collective, creative move awaits.

Joel Heath
Founder, FluidStance

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About FluidStance: A Company of Motion, LLC

FluidStance is the first innovation of Company of Motion, LLC. Our sole purpose is to set the world in motion by offering products that keep us moving in situations and environments where we are typically static.

Warnings

Warning, Use At Your Own Risk! This product creates an unstable surface. Use of this product may result in injury or death.

Use of this product requires skill and the exercise of caution; children using this product should be properly supervised by adults. Due to the nature of this product, the seller/distributor of this product assumes no responsibility for damage or injury which may be caused by the use of this product whether caused by accident, long term use, negligence, or otherwise.

- FluidStance decks are not a toy. Children must be supervised by an adult.
- If you begin to feel like you may lose your balance, simply step off the FluidStance deck.
- It is recommended that FluidStance users keep a hand on their desk or workspace in order to maintain balance.
- Clear the area around you. Move objects away from your desk or FluidStance deck that may cause injury if you lose your balance and fall, as well as objects that may impede the deck's full range.
- Keep the surface of the FluidStance deck dry to reduce risk of slipping or falling.

Weight Recommendations

The Grade®	The Plane®	The Level®	The Original
Recommended for users under 125 lbs.	Recommended for users under 250 lbs.	Recommended for users under 300 lbs.	Recommended for users under 350 lbs.

Footwear

It is highly recommended that users choose footwear that offers grip on the surface of a FluidStance deck.

Floor Protection

Place a protective mat under the FluidStance deck to help protect any surfaces that may get scratched, damaged, or dented.

How To Use

Step 1: Move objects away from your desk or FluidStance deck that may cause injury if you lose your balance, or that may impede the deck's ability to move.

Step 2: Place a protective mat under the deck to guard any surfaces that may get scratched, damaged, or dented.

Step 3: Place the deck parallel to the desk or surface you plan to use.

Step 4: Stand behind the deck and grab your desk or another solid object as you step onto the deck.

Step 5: Step onto the deck one foot at a time. Your feet should be shoulder-width apart.

Step 6: Shift your weight back and forth and front to back to get a feel for how the FluidStance deck moves. Your body will naturally start to explore the range of motion of the deck, including spinning the deck clockwise and counter clockwise.

Extras: Change your stance to explore the possibilities including narrow and wide stances.

Start Moving

Going from working in a sedentary desk environment to flowing on a FluidStance deck is like hopping off the couch and training for a race: you want to ease into it. We recommend beginning with the 70:20:10 approach.

- 70** Spend 70% of your day working as you were before (either sitting or standing).
- 20** Stand on your deck 20% of your day.
- 10** Use the remaining 10% to engage in real-life movement and exercise.

You'll eventually want to shift to spending more and more time on your deck, but we've found that this is a great way to ramp it up!

And remember: finding your balance can require micro-adjustments, so feel free to experiment with what "moves" you best.



Maintenance

For the Level® or Original decks, periodically tighten the four screws on the base of the deck to eliminate any play or movement between the top and bottom units.

How To Clean

To keep your FluidStance deck clean, simply use warm water and mild soap to wipe down the deck. Dry off completely before using. DO NOT use chemical cleaners or wood polish. We also offer Shine, our all-purpose cleaner. Non-toxic, biodegradable, and fume-free, Shine is made from 99% natural, plant-derived ingredients and is safe to use in any work or home environment.

Replacement Parts

Visit fluidstance.com/contact/ or e-mail flow@fluidstance.com to order replacement parts for your FluidStance deck.

Standing Guarantee

We stand behind (and on top of) everything we make with a lifetime guarantee. We understand that you need to step on a FluidStance deck to get a sense of how it feels and flows. If you decide that the deck simply isn't for you, we ask that you return it to us in the original packaging in like-new condition within 30 days of its arrival date. To read our full return policy, please visit fluidstance.com/standing-guarantee.

Accessories & Other Products

Additional FluidStance accessories, including protective floor mats, cushioned top decks, and racks, are currently available.

Please check FLUIDSTANCE.COM for availability.



Our 1-1-1-1 Program

We believe that being a part of our community means more than providing a great product that can help people engage their creativity and maximize their work time. That's why we have committed 1% of FluidStance sales and 1% of our company equity to First Descents®, an organization dedicated to providing free adventure experiences to young adults with cancer. We also commit 1% of employee time to volunteering at First Descents or other non-profit organizations.



Learn more at <http://firstdescents.org>

We Value Your Feedback

Contact us at flow@fluidstance.com or reach out to us on Facebook, Instagram, or Twitter (@fluidstance) to share how you like your deck. We would love to hear from you.





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