

Before use:

Use the FitWork KyBouncer footpad from Kybun in your stocking feet. Use with footwear will reduce the quality of the performance and will accelerate the wear of your Kybun Pad. Never use with sharp heels.

Use on non-skid surface.

Do not use on damp surfaces.

Individuals with acute bone or muscle pain should consult their physicians prior to use.

Getting Started:

Kybun is designed to use while standing. You may also rest your feet on the product while sitting in your office chair; however, the greater benefit and experience will be realized with standing use.

Place Kybun on floor directly in front of your desk or task area. For standing work, the desk surface should be located at a height appropriate for the standing tasks. Adjust Kybun placement so that you can stand comfortably on the pad while accessing the tools for your task-computer, phone, documents, etc.

Start Gradually.

Increase the amount of time using Kybun incrementally, to become accustomed to the feel and avoid excessive muscle soreness. For additional use ideas see back of this document.

Kybun enhances the standing work experience for most individuals with its patented resilient foam. Standing is made dynamic, increasing blood flow and calorie burn while lessening foot fatigue.

If you have a problem, question, or request, call your local dealer, or Steelcase Line 1 at **888.STEELCASE** (888.783.3522) for immediate action by people who want to help you.

(Outside the U.S.A., Canada, Mexico, Puerto Rico, and the U.S. Virgin Islands, call: 1.616.247.2500)
Or visit our website: www.steelcase.com

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Care:

• **Cover:**

- Can be washed in warm water (104°F or 40°C).
- Wash with similar colors.
- Do not use steam, hot water, petroleum based solvents or spot removers.

• **Foam Pad:**

- Disinfectant spray (Lysol) can be used up to twice a week to avoid germs.
- Odor neutralizer (Febreze) can be used up to twice a week.
- Do not use steam, hot water, petroleum based solvents or spot removers.
- Do not put foam pad in dryer.
- Do not store or load heavy items on pad.

A new Kybun may have a slight foam smell which will disappear in a few days.

Kybun should not be used in wet or damp areas. If the unit gets wet, remove cover, stand on end and allow to dry thoroughly before replacing cover. Do not put pad in dryer.

If exposed to UV light and nitrogen oxide the Kybun foam may yellow slightly over time. This is a natural process and will not affect the characteristics of the foam.

Three basic activities may be performed with the Kybun, to tone and reduce tension in muscles.

1) Rapid Bounce

Stand straight with feet slightly apart, knees straight. Raise heels and bounce slightly on balls of feet for 10-20 seconds. Stop. Repeat as desired.

2) Step-in-Place

Step in place for 20-30 seconds, then take a short break and resume a normal upright posture. Repeat as desired.

3) Jog-in-Place

With body in a normal, upright position, accelerate the motion from activity 2 above to a jogging pace (be sure to work up a faster pace gradually). Jog for 10-20 seconds. Stop. Repeat as desired.