

BALANCE BOARD



user manual

- Intro to Balance Training
- Balance Applications
- Safety Tips
- Exercises
- Product Guide



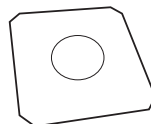
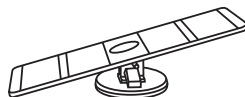
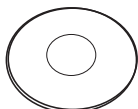
● Beginner



■ Intermediate



◆ Advanced



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Practice **Stability** in daily living to improve **Agility** at play and to enhance **Mobility** for life.

Balance Training



Balance Training Explained

Balance Training is the process of coaching our bodies and brains into feeling comfortable and confident in any posture or range of motion. It demands physical and mental attention in order to create awareness of how the body moves in a variety of conditions. Through Balance Training our sense of proprioception can be trained to anticipate different movements so that our bodies can react gracefully, maintain a better relationship with gravity and develop improved posture.

An essential component of injury prevention, Balance Training is a simple activity that will have a profound impact on your overall health and is recommended for all ages and abilities. Ongoing Balance Training will keep our minds and bodies constantly aware of themselves and functioning together, and greater practice will yield greater results. Fitterfirst has a variety of Balance Boards to suit your specific balance training needs and to help you improve your quality of life.



Benefits of Balance Board Training

- Improved balance & coordination
- Better proprioceptive awareness
- Improved core stability & strength
- Greater ankle range of motion (R.O.M.)
- Improved flexibility & agility
- Enhanced performance in sport & daily life



“Young or old, it's never too late to start, and once you experience the benefits of it, you too will be hooked on the balance game for the rest of your life!”

Louis Stack
President, Fitter International

Safety & Proper Use

Safety Steps

1. Adjust Balance Boards to the lowest possible setting for first time use.
2. Only use these products on a dry surface, free of any obstacles.
3. You may need to step off quickly. Make sure you have ample space.
4. If you feel unsafe or feel like you may fall:
 - Step off the Board. Do not use again until you have the help of a spotter or some other suitable form of balance aid
 - Stand in a doorway and touch both sides of the door frame beside you



If used properly, Balance Boards are FUNctional training tools. Always maintain proper upright posture with your head up, back straight and knees bent. Keep your eyes focused straight ahead. Do not stare down at your feet as this may lead to loss of balance. The exercises on the following pages outline the basic activities you can do on these Boards.

Proper Use

Many of our balance boards are based on a sphere for full pivot and high range of motion (R.O.M.). Soft flooring may develop slight divits from balance board use over time. We recommend using the board on a firm surface or mat to avoid floor damage.

Warranty Information

Fitter International Inc. (Fitter®) warrants that all Fitterfirst products are free of manufacturing defects in workmanship and materials and warrants that Fitter will repair or replace defective parts or equipment (excluding wear from normal usage or misuse of the product) for the period of one year from the date of purchase. If you purchased your board via www.fitter1.com, you will be automatically set up for our warranty program. For all boards purchased through a third-party retailer, the product must be registered online by the original purchaser within 30 days of the time of purchase to be covered.

To register your Balance Board for the Fitterfirst Limited Warranty, visit fitter1.com/warranty

Getting Started

Adjusting Your Balance Board

Classic Board, Pro Balance Board 16" & 20", Rocker Board & Combobble Board



1. Lift sphere and turn clockwise to either increase or decrease the height and difficulty
2. Release sphere to lock into place

On Rocker Board, adjust both spheres to the same setting

Combo Board

The Combo Board is sold with 3 different fulcrums of various sizes. To adjust, simply:

1. Lift fulcrum out of position
2. Place new fulcrum in-between the brackets, ensuring velcro is face down and secured

Active Office Board

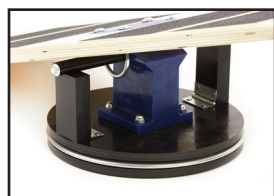
The Active Office Board has an unlimited amount of adjustability. To switch the leg positions, gently lift the foam legs from the base of the board and reattach. For ideas on various leg positions, refer to the quick-reference card found on the bottom of your board, or try some of your own!



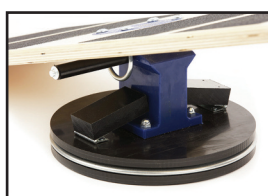
Extreme Balance Board Pro

To limit front-to-back movement in your Extreme Balance Board Pro, flip both the Support Pegs up to their full, upright position. When you are comfortable, you can flip them both down to create an extra challenge.

We recommend keeping the Support Pegs at the same level - either both up or both down.




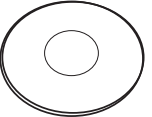
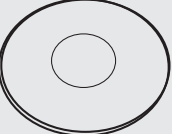
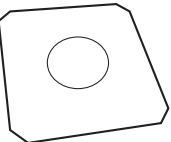
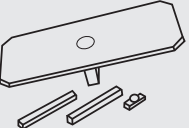
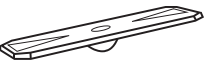

Support Pegs - raised






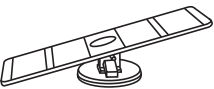



Support Pegs - lowered

Product Guide

● Beginner ■ Intermediate ◆ Advanced ◆◆ Very Advanced

Name	Product	Applications
<p>● Classic Balance Board - 16" dual level: 14° & 17°</p> <p><i>See exercises, page 8</i></p>		<ul style="list-style-type: none"> • Active Standing • Early to late rehab • Family fitness
<p>■ Pro Balance Board - 16" tri-level: 15°, 17° & 20°</p> <p><i>See exercises, page 8</i></p>		<ul style="list-style-type: none"> • Family fitness • Late rehabilitation • Athletic Training
<p>● Pro Balance Board - 20" ■ tri-level: 10°, 12° & 15°</p> <p><i>See exercises, page 8</i></p>		<ul style="list-style-type: none"> • Senior balance training • Early to mid rehab • Gyms
<p>● Pro Rocker Board - 20" tri-level: 10°, 12° & 15°</p> <p><i>See exercises, page 8</i></p>		<ul style="list-style-type: none"> • Early to late rehab • Dynamic fitness • Home & gym fitness
<p>● Pro Combo Board - 24" ■ 5 interchangeable fulcrums</p> <p><i>See exercises, page 8</i></p>		<ul style="list-style-type: none"> • All levels of rehab • Family fitness • Gyms
<p>■ Pro Combobble Board - 24" tri-level: 10°, 12° & 15°</p> <p><i>See exercises, page 8</i></p>		<ul style="list-style-type: none"> • Athletic training • Dynamic fitness • Gyms
<p>■ Pro Weeble Boards - 11" ◆ fixed 22° set</p> <p><i>See exercises, page 11</i></p>		<ul style="list-style-type: none"> • Dynamic workouts • Athletic training • Squat training

Name	Product	Applications
<ul style="list-style-type: none"> ● Active Office Board - 24" ■ 4 adjustable foam legs <p><i>See exercises, page 10</i></p>		<ul style="list-style-type: none"> ● Sit-stand desks ● Footrest ● Light balance training
<ul style="list-style-type: none"> ● Soft Board Beginner - 23" 4 corner legs <p><i>See exercises, page 10</i></p>		<ul style="list-style-type: none"> ● Early rehab / seniors ● Office use ● Dynamic workouts
<ul style="list-style-type: none"> ■ Soft Board Rocker - " middle half-cylinder leg <p><i>See exercises, page 10</i></p>		<ul style="list-style-type: none"> ● All levels of rehab ● Family fitness ● SUP Training
<ul style="list-style-type: none"> ◆ Soft Board Advanced - " single centre leg <p><i>See exercises, page 10</i></p>		<ul style="list-style-type: none"> ● Athletic training ● SUP training ● Dynamic workouts
<ul style="list-style-type: none"> ◆◆ Bongo Board - 31" dual bearing roller and deck <p><i>See exercises, page 12</i></p>		<ul style="list-style-type: none"> ● Athletic training ● Family fitness ● Action sport training
<ul style="list-style-type: none"> ◆◆ Extreme Balance Board Pro - 30" 360° rotation <p><i>See exercises, page 12</i></p>		<ul style="list-style-type: none"> ● Athletic training ● Dynamic fitness ● Action sport training
<ul style="list-style-type: none"> ◆ BoardRock - 31" deck with flexing spheres <p><i>See exercises, page 13</i></p>		<ul style="list-style-type: none"> ● Athletic training ● Family fitness ● Action sport training

Exercises

Classic & Professional Boards

Beginner

Begin with a gentle range of motion (R.O.M.) on your Board until you become familiar with the movement. Always maintain stable upright body position and proper heads-up posture with eyes looking straight forward.



SIDE TO SIDE

Shift your weight from left to right and back.



FRONT TO BACK

Shift your weight from heels to toes and back.



ROTATION

Rotate the Board using controlled circular motions.

Intermediate



CORE TRAINING

Sitting exercises are intended to improve core strength and mobility in the lower back and abdominals.

Alternative position: legs extended forward, using hands for additional support.



SQUATS

Amp up your regular squat routine by using a balance board.

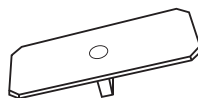
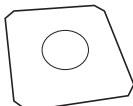
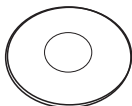
As you become comfortable using the board while performing squats, up the intensity by adding weights.



BALANCED PUSH UP

Start on your knees and work up to full push-ups as you become comfortable with the challenge.

Use caution and be aware that the wrists are in a full extension for this activity.





◆ **Advanced**



SIDE PLANK

For core strength and endurance training, use the board for everyday exercises such as planks. To increase the difficulty, try a side plank by balancing on your forearm or hand and holding for 30 seconds. Repeat 3 times per side. Ensure to keep your back and neck straight and hips squared.

Incorporate the Board into almost any regular exercise - the possibilities are endless, so please learn at your own pace and use caution.



SINGLE LEG

All of the Beginner exercises can be performed while balancing on one leg. Establish where your center point is by positioning your foot so that you can comfortably move the board in any direction.

Single leg exercises require more strength and stability, and you may find that one leg is much stronger than the other. Keep practicing and focus on areas where you feel you have the least control.



EYES CLOSED

Eyes closed is the most difficult way to use a Balance Board. All exercises can be performed with eyes closed if the user has developed appropriate stability, balance and reaction time. Always start the exercise with eyes open. When both you and your spotter are ready, close your eyes, only until you feel off balance or out of control.

WARNING: FALLS SHOULD BE EXPECTED. ONLY PERFORM THIS ACTIVITY WITH A SPOTTER.

GREAT FOR ALL AGES



Soft Boards & Active Office Board

● Beginner



HIGH LEG MARCH

Lift one leg up, raising your knee just above 90°, ensuring to keep your back straight and eyes pointed forward. Alternate legs and repeat.



LUNGE

Step onto the centre of the board and lower your back leg until knee touches the ground. Lift up, switch legs and repeat.



GLUTE KICK BACK

While keeping a good heads-up posture, balance one leg and slowly raise the other leg behind you. Return to center, switch legs and repeat.

■ Intermediate



OBLIQUE LIFT

Place hip gently in the centre of the board and lift one or both legs. Hold briefly and repeat. Use your arm for support and balance.



CORE TRAINING

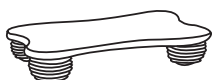
Sit in the middle of the board in a balanced position, heels on the floor in front of you. Lift your knee to your chest and hold. Alternate legs.

For more advanced users, keep your heels off the floor.



ARM LEG BALANCE

Kneel on the floor with both your hands balancing on the board. At the same time, lift the opposite arm and leg, and hold, engaging core and back muscles. Alternate arm and leg.



◆ **Advanced**



BALANCED BRIDGE

Place forearms on board, and extend legs behind you. Keep body in a straight line, and hold.

Maneuver from side to side or front to back for an added challenge.



GLUTE RAISE

Laying flat on your back with both knees bent and feet on the Soft Board.

Extend one leg straight out and raise hips as high as you can. Keep core straight, by ensuring your knees, hips and head are in a straight line.



SINGLE LEG SQUAT

Place one foot in the centre of the Soft Board. Raise the other knee up, while maintaining balance.

Do equal repetitions on both legs focusing on keeping your abdominals firm.

Weeble Boards

◆ **Advanced**



WEIGHTED SQUAT

Perform a squat while attempting to keep the edges of the Boards from touching the floor.



LUNGES

Begin with your front foot on a single Weeble Board. Lunge forward until your front knee reaches 90°.

Add weights to increase challenge.



PUSH UPS

Start with wrists centered on each board. Use caution - wrists must be in full flexion position.

Try one foot to increase challenge.

Bongo Board & Extreme Balance Board Pro

● Beginner



SITTING LEG LIFT

Engage your core muscle group by lifting one leg and holding. Alternate legs.

Ensure to keep your spine straight and a heads-up posture.



HIP BRIDGE

Place one foot in the centre of the board. Engage your core and glutes to raise hips off the floor, keeping your back straight. Alternate legs.



STANDING

Step carefully onto the board and try to keep the deck flat. Start with feet on the blue grip tape (narrow stance) and advance to the black grip tape (wide stance).

■ Intermediate



BALANCED PUSH UPS

Grip the two ends of the board, making sure to keep your fingers clear of the roller to avoid pinching.

Keep the board under your chest and lower yourself down to the board level in a slow, controlled manner.

Try one foot to increase challenge.



SQUATS

With a wide, balanced stance slowly bend knees while keeping back upright to enter a squat position.

Keep your line of sight on the horizon; do not look at your feet.

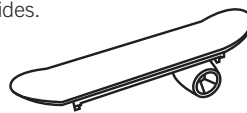
Always use your balance board with caution.



HEEL-TOE ROCK

Placing your heel against the edge of the low end of the resting board and your toe against the edge of the end, slowly shift your hips forward and rock the board up onto the roller.

Switch your feet and train both sides.



◆ **Advanced**



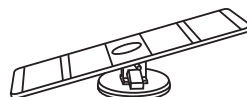
CORE ROTATION

Grip the ends of the board with both feet on the ground. Rotate the deck right and left, a similar action to steering a car. Increase the challenge by lifting your leg or switching your grip.

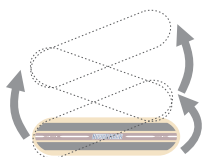


ADVANCED MOTOR SKILL TRAINING

Perform many of the previous exercises while holding, bouncing or catching an exercise ball or while performing another dynamic activity. These actions help enhance hand-eye coordination and subconscious reaction.

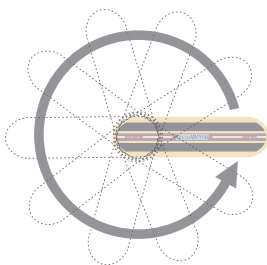


BoardRock



WALKING

Start out balanced on the board, facing the direction you want to travel. Pivot one end of the board forward by shifting your weight, then plant it on the ground. Switch sides and repeat. To advance this move, pivot 180°.



SPINNING/MANUAL

Start by balancing one of the spheres of the board. Slowly spin 180°, working your way up to a full 360° turn.



OLLIE

Place your back foot on the kicktail of the board and your front foot near the middle. Squat, so you can spring yourself up, then kick your back foot onto the ground and jump off of it. The front end of the board will pop up and while you ascend with it, slide your front foot forward to level out the board. Land.

Balance Applications



Staying Upright in a Wobbly World

Research is showing that movement is essential to retaining your health as you age. Doing exercise to build strength and enhance balance is an important complement to maintaining cardiovascular fitness through aerobic movement.

Mayo Clinic Women's Health Source

Active Standing

Add the element of Balance Training to your everyday environment by incorporating Active Standing into your day. At home or at the office, a Balance Board can be used while at a desk or while watching TV. Through regular use you will feel the benefits of stronger ankles and core, improved proprioception, have better balance and feel more confident.



The Ideal Footrest

When used as a footrest, an adjustable height Balance Board allows dynamic movement of your legs and feet so they won't get tired from being in the same position for hours. Footrest height should be set to allow your hips and knees to be at 90° angle. When Balance Boards are combined with an Exercise Ball Chair or Sitting Disc, you will see improvements in balance, core stability and leg strength.



Age Gracefully

Approximately 1/3 of people over 65 experience a fall each year, with 1 in 20 falls resulting in serious injuries like hip, wrist or forearm fractures. Much of the decline in balance can be reversed through a program of balance training. One study found that healthy people as old as 90 years old can reduce the tendency to fall by 50% through balance training.

*Sherri Kwasnicki, Fitness Columnist,
The Province, Vancouver, BC*



Rehab & Running

“Balance Board training can dramatically improve the strength and coordination of all the key muscles involved in running. This should help you avoid injuries - and make you a considerably more powerful runner.”

Walt Reynolds, C.S.C.S. - Running Research News, December 1998



Performance

“Like anything else, balance is a skill”, said John Blievernicht, President of Sports Health C.A.R.E. Inc., a Chicago medical rehabilitation clinic. “And like any other skill, you’ve got to constantly practice it to preserve it ... After a while, (balance) exercises awaken reflexes and teach body awareness and control on a subconscious level. This can translate into lasting improvements in posture and overall quality of movement”, Mr. Blievernicht added, “regardless of age”.

Liz Neporent, New York Times, January 1999



Athletic Training

“We have found your products to be high quality and something the players find fun, challenging and enjoy using. Thanks for helping to keep us healthy, strong and ready to play.”

*Jerry Attaway, Physical Development Coordinator,
San Francisco Forty-Niners Football Club
5-time Superbowl Champions*

*Balance is The Essence of Movement.
Movement is The Essence of Life.*



Fitter International Inc.

3050 - 2600 Portland St. S.E.
Calgary, Alberta, Canada T2G 4M6

p Toll Free: 1.800.348.8371
f Toll Free: 1.866.250.8824
e sales@fitter1.com

www.fitter1.com



Our Commitment To You

Our product guarantee assures you 100% satisfaction. If it's not right, we'll do our best to make it right! Our friendly, helpful team will always do our best to make your experience with Fitterfirst a pleasant one.

Disclaimer/Warning - The products presented are designed to challenge and improve your balance skills. When using this equipment, you must accept full responsibility for the risk of injury to yourself and to others. Please read and fully understand all instructions before using these products. Remember, the best protection from injury is a little common sense!



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Extreme Balance Board used in cross training with BodyBlade®



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