



The more you use a balance board, the better your agility and reaction skills become. This leads to improved posture and greater confidence in sports and daily activities! It's more fun to stand and move on a balance board than to stand on the floor. The more you use them the more you'll like them!

About Core Stability and Why it is Important:

Core stability in your body can be compared to the foundation of a building. It is a stable muscle base, consisting of the abdominal group of muscles, the gluteal muscles, and the erector spinae up the sides of the spine. Core stability gives you the 'trunk strength' and flexibility needed to function both injury and pain free in day-to-day living. Using Fitterfirst Products will help improve the harmony of your muscle movement and core stability!

About Proprioception and Why it is Important:

Proprioception is the body's ability to react appropriately to external forces. Often referred to as 'muscle memory' or 'neuromuscular awareness', proprioception is instrumental to an active, injury free lifestyle. Highly skilled athletes develop superior proprioception to help them use their muscle strength and endurance more efficiently. Proprioceptive exercises help form the basis for balance, coordination, strength and agility which are required to overcome injury and improve sports performance. Fitterfirst's Balance Boards all integrate muscle development and proprioceptive training efficiently into one activity.



"Elite athletes depend on Wobble Boards and Bongo™ Boards to train dynamic balance. Now, these tools have been brought to the mainstream, offering functional training for all populations. These highly effective tools are fun to use and my clients love them."

Keli Roberts, Calif., Fitness Trainer to the Stars



The Balance Game

As each 24-hour period passes we all get one day older and one day wiser. This wisdom helps us make key decisions that pave the way for a happy and healthy future. We balance our financial affairs, we balance our diets, our exercise programs and we even attempt to keep that fine balance between our work and personal life.



But the most fundamental type of balance, that innate human function that we depend on each day, to get out of bed, walk, play sports or to dance the night away - is taken for granted. That is until an injury, health problem or sedentary life style degrades it. Like maintenance on our cars and houses, balance maintenance helps prevent premature problems.

The best way to approach balance maintenance, regardless of your age or fitness level, is to enhance it a little bit each day. It is easy to incorporate simple balance tasks into your existing daily routine.

For example, I heard of an 88 year old gentleman, Sam, who is a great golfer with an unbelievable drive. Sam's secret is that since his army days he has put his socks on while standing and balancing on one foot. At 88 years young, Sam is still maintaining his balance one sock at a time.

Sounds easy. Give it a try, and you'll realize that it is easier on one leg than the other. To spice up the challenge, try it with your eyes closed. Want more? Try standing on a pillow and doing it in slow motion. The point is that daily balance enhancement can be as easy as getting dressed. Here are a few more daily balance opportunities:

- At work, stand up and balance on one leg when on the phone;
- At home try sitting on a fitness ball instead of a chair;
- In the gym, stand on a wobble board for some dumbbell exercises;
- Out walking, pretend to be a tight rope walker along curbs;
- Use the swings, slides and teeter totter in your local park;
- Play catch with a ball or Frisbee standing on one leg (do both sides).

These are just a few of the returns you will get by investing a little time each day into balance maintenance. Young or old, it's never too late to start, and once you experience the benefits of it, you to will be hooked on the balance game for the rest of your life!

*Louis Stack, President, Fitter International Inc.
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Easy
Basic exercises.

Intermediate
Require good form & control.

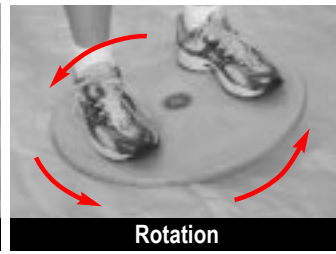
Advanced
Use extreme care or spotter.

Balance Board Exercise Chart

Exercises for your Tri-Level Wobble Board

BASICS

Begin with a gentle range of motion (R.O.M.) on the Wobble Board until you get used to the movement. Exercises such as side-to-side, front-to-back, and circular rotation are all excellent basic exercises to start with. With your feet planted squarely on the Wobble Board, begin a slow controlled movement from side to side without the front or back touching. Keep your head up and feel the movements you are going through. Next, slowly move the board front to back. Finally, rotate the board using a controlled circular motion.



BALANCED PUSH UPS
Similar to regular push ups, these ones require improved core stability. Start on your knees and work up to full push ups as you become comfortable with the extra challenge. Use caution and be aware that the wrist is in a full flexion position for this activity. Some people may not be comfortable with this wrist position.



ABS
Sitting exercises are generally safe and intended to improve range of motion (R.O.M.) and mobility in the lower back and trunk areas. **DO NOT ATTEMPT THESE EXERCISES IF YOU HAVE EVER HAD BACK PROBLEMS. CHECK WITH YOUR MEDICAL PROFESSIONAL BEFORE DOING THESE ACTIVITIES.**



KNEELING
Kneeling exercises are great for increasing range of motion (R.O.M.), as well as stability in the trunk and pelvic areas. With your hands on your hips, or by your side, kneel on the Board. Use your trunk muscles to begin a slow rotational movement. After several rotations, stop and rotate the Board in the opposite direction.



LOWER LEG STRETCH
An advanced stretch for the calf (gastrocnemius & soleus). Keep heel of back leg on the ground and lean forward until you feel a stretch.



MOTOR SKILL TRAINING
is intended to enhance your hand-eye coordination and subconscious reaction. All the previous exercises can be performed while you are bouncing or throwing a ball, shooting baskets, volleying a ball or doing some other primary activity. Use your imagination, the key is to have your conscious mind focusing on one activity while your subconscious mind is working on ankle range of motion (R.O.M.) and overall stability. The possibilities are endless, so please learn at a safe pace and always use caution. **EXPECT THE UNEXPECTED.**



ONE LEG EXERCISES
All the above moves can be done while balancing on one leg. The key is to position your foot arch directly over the center of the board. Establish where your exact 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 feel that one leg is much stronger than the other. Keep practicing and focus on the areas where you feel you have the least control. In time you will gain control over movement in all directions and your balance will feel outstanding!



EYES CLOSED
Eyes closed is the most difficult way to use Wobble and Rocker Boards. All the above activities can be done with the eyes closed if the user has developed appropriate stability, balance and reaction time. Always start the exercise with your eyes open and when you and your spotter are ready, close your eyes only until you feel off balance or out of control. These activities enhance proprioceptive response and reaction time and are primarily intended for advanced level individuals and athletes. **WARNING! THIS ACTIVITY IS RISKY AND FALLS SHOULD BE EXPECTED. ONLY DO THESE EXERCISES WITH A SPOTTER.**



AT THE OFFICE
A Wobble Board makes for a great stretch break at the office. Try stepping on the Board every time you answer the phone. Also works great as a footrest under your desk.

WARNING- Do not use this equipment without a complete understanding of its intended purpose and function. By stepping on this equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer or it's representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play on this equipment unattended. Consult a physician before starting this or any exercise program.



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