

WOBBLE BOARD



 **DAY1**
FITNESS

100% SATISFACTION
GUARANTEED!

WOBBLE BOARD

Balance training is an integral part of any exercise program. We take our balance for granted until those wonder years, when we wonder what happened to it! It's important not to wait until we feel our balance waning because it is important to your everyday life. Good balance will improve sports performance, coordination, core strength, and it will speed up your reaction time.

BENEFITS TO BALANCE TRAINING:

- 1 Helps with proprioception
- 2 Prevent injuries with added muscle
- 3 Rehabilitation and recovery
- 4 Helps develop core strength
- 5 Strengthen stabilizers

SAFETY:

- 1 It is best to set the board on a flat, level carpeted area or exercise mat to be sure that the area is stable and not slippery.
- 2 When approaching your board, always step on to it from behind. Place one foot in the middle of the board, when comfortable, step with your other foot. If you are new to balance training it is important that you have someone or something to hold onto until you feel comfortable balancing on your own.
- 3 Use proper footwear and clothing.

PROPER FORM:

- 1 Feet are placed on the board, horizontal to each other, hip distance apart.
- 2 Shoulders are back and away from the ears.
- 3 Head is erect, pretend you have a string that is pulling it straight towards the ceiling. Do not continually look down to your feet.

EXERCISES:

CLASSIC BALANCE STANCE

- 1 This is the best exercise to start your balance regime. Place one foot in the middle of the board. Bring your other foot along side and pause to feel the board. Once comfortable, you can move your feet to hip distance apart. Hold your balance without letting the edges touch the floor.

FORWARD AND BACKWARD TILT AND SIDE TO SIDE

- 1 Stand on the wobble board with your feet shoulder width apart. Maintain upright posture with shoulders back
- 2 Tilt the board forward with your toes and touch the floor in front of you.
- 3 Tilt the board backwards by pressing on your heels to touch the floor behind you.
- 4 Continue the back and forth movement with a slow, steady, controlled motion.
- 5 Next use the same stance and tilt the board from side to side, touching the floor on the left side and then to middle, and then touch the floor on the right side. Repeat. This exercise is great for ankle rehab and strengthening the stabilization muscles in your ankle.



AROUND THE CLOCK

- 1 This exercise incorporates the prior two exercises into one fluid motion.
- 2 Start by touching the ground to the right side, then to the front, then left, and then back.
- 3 Be sure to keep your body upright with a neutral spine throughout the exercise
- 4 Reverse the motion and perform exercise counter clockwise

ONE LEG BALANCE

- 1 Perform the basic moves while balancing on one leg
- 2 Position your foot arch directly over the center of the board, so that you can comfortably move the board in any direction.
- 3 These exercises require more strength and stability and you may feel that one leg is much stronger than the other

SQUAT

- 1 Standing on the board until you feel well-balanced, slowly lower to squat position as though you are going to sit in a chair.
- 2 Maintain balance throughout and slowly raise to starting position.

SQUAT WITH OVERHEAD PRESS

- 1 Advanced: Once you feel comfortable with this exercise you can add hand weights. While in standing position raise weights to shoulder height and perform the squat with weights in this position as it will assist in you balance. Push through your heels to raise back to starting position.

- 2 While in standing position raise your arms overhead to perform a press

PUSH UPS

- 1 Start on your knees and work up to full push-ups as you become more comfortable with the challenge.
- 2 Use caution and be aware that the wrists are in a fully flexed position for this activity.
- 3 Ensure that your hands stay on top of the board so your fingers are not caught underneath the board. Lower your body and perform a classic push-up. Raise back to start position

OBLIQUE - CORE STRENGTH

- 1 Kneel on the board with your hands on your hips, or by your side.
- 2 Use your trunk muscles to begin a slow rotational movement.
- 3 After several rotations, stop and rotate the board in the opposite direction. Increases range of motion and stability of the trunk and pelvic areas.

PLANKS

- 1 Start by kneeling in front of your balance board, knees together, hands on top of the board, and arms placed directly below your shoulders.
- 2 Raise to a plank position, extending one leg behind you at a time, and balance on the balls of your feet. Abs engaged, eyes looking at floor about a foot in front of you. Your body should be forming a straight line from your shoulders to your hips, and knees to your ankles. Do not let your hips drop or back sag.
- 3 Keep your body still and your balance board steady. Remember to keep breathing and hold the plank for as long as you can, working your way up to 2-3 minutes.

WOBBLE BOARD

HALF MOON

- 1 Start with one foot positioned in the middle of the board, slightly forward.
- 2 With eyes focused on a spot in front of you, slowly lift your leg to the side. Lift from your heel to engage the buttocks and hamstrings as you lower your torso to the floor.
- 3 Keep your torso and leg in a straight line out to the side. Your hip points should be stacked on top of one another.
- 4 Lift one arm to the sky and the other towards the ground, forming a straight line. Hold position.
- 5 A yoga block can be used for positioning and balance. This is an advanced move.

TREE POSE

- 1 Stand on the board with feet together and arms down by sides.
- 2 Bend the right leg at the knee, raise the right thigh and place the sole of the right foot as high up the inside of the left thigh as possible.
- 3 Balancing on the left foot, join your palms together in front of you. Hold
- 4 Lower back to starting position and repeat with opposite leg