

Balance Board User Manual



Classic Balance Board



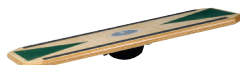
Professional Balance Board



Professional Rocker Board



Combo Board



Combobble Board



Soft Board

+

More!

What is Balance Training?
Exercises from Beginner to Advanced
Balance Applications
Product Guide
Safety Tips

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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 and coordination.
- Better proprioceptive awareness
- Improved core stability & strength.
- Greater ankle Range of Motion (R.O.M.)
- Improved flexibility and agility.
- Enhanced performance in sport and 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!






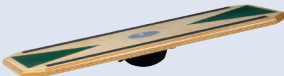



**Louis Stack, President,
Fitter International Inc.**

Product Guide

● Beginner

■ Intermediate

◆ Advanced

Product	Users	Applications
<p>●</p>  <p>16" Classic Balance Board Dual-Level 14°, 17°</p>	<ul style="list-style-type: none"> • General public. • Children. • Office workers. • Group fitness classes. 	<ul style="list-style-type: none"> • Early-Late rehabilitation • Balance training. • As a footrest. • Active standing.
<p>■</p>  <p>16" Wobble Board Advanced Tri-Level 15°, 17°, 20°</p>	<ul style="list-style-type: none"> • General public. • Children. • Advanced users. • Athletes. 	<ul style="list-style-type: none"> • Late rehabilitation • Home. • Gym. • Office.
<p>● ■</p>  <p>20" Wobble Board Intermediate Tri-Level 10°, 12°, 15°</p>	<ul style="list-style-type: none"> • Beginners. • Seniors. • Intermediate level users. 	<ul style="list-style-type: none"> • Early-Late rehabilitation • Home. • Gym. • Office.
 <p>WobbleBoard Stand</p>	<ul style="list-style-type: none"> • All users. 	
<p>●</p>  <p>20" Rocker Board Single plane Beginner Tri-Level 10°, 12°, 15°</p>	<ul style="list-style-type: none"> • Seniors. • Injured rehabilitation patients. • Athletes. 	<ul style="list-style-type: none"> • Early-Late rehabilitation • Home.& Gym. • Dynamic training. • Squat training.
<p>■ ◆</p>  <p>Combobble Board Multi Angle Tri-Level</p>	<ul style="list-style-type: none"> • Advanced users. • Athletes. 	<ul style="list-style-type: none"> • Home. • Gym.
<p>■ ◆</p>  <p>11" Weeble Boards Single Level 18°</p>	<ul style="list-style-type: none"> • Intermediate to Advanced users. • Athletes. 	<ul style="list-style-type: none"> • Rehabilitation. • Home. • Gym. • Squat training.
<p>●</p>  <p>Combo Board</p>	<ul style="list-style-type: none"> • Beginner to Int. users. • Seniors. • Equestrian riders. 	<ul style="list-style-type: none"> • Rehabilitation. • Home. • Gym.
<p>● ■ ◆</p>  <p>Soft Boards 4 Leg (Beginner) 1 Roller (Int.) 1 Leg (advanced)</p>	<ul style="list-style-type: none"> • Beginner to Int. users. • Seniors. 	<ul style="list-style-type: none"> • Rehabilitation. • Home. • Gym.

Safe & Proper Use

Step Safely - Take These Safety Steps

1. **Adjust Wobble 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, Wobble and Rocker Boards are fun and 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 the ground or 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.



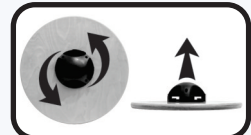
Dual-Level Design *Classic*

1. Lift, turn counter clockwise until click.
 2. Release.
- 14° or 17°



Tri-Level Design **PROFESSIONAL**

1. Spin left to loosen.
2. Spin up or down to desired level.
3. Spin sphere & spacer together to the right to tighten for use.



20'' - Intermediate 10°, 12°, 15°

16'' - Advanced 15°, 17°, 20°

USA Patent No. 5,810,703

Balance Board Exercises

Basic

Begin with a gentle Range of Motion (R.O.M.) on the Balance Board until you become familiar with the movement. Exercises such as side-to-side, front-to-back, and circular rotation are all excellent basic exercises to start with.

TIP
Always maintain stable upright body position and proper heads-up posture with eyes looking straight ahead



Balance Aids can be used by individuals with limited balance and during early rehabilitation for additional support.



Side to Side

With your feet planted squarely on the Balance Board, begin a slow controlled movement from side-to-side without the front or back touching the floor.



Front to Back

Slowly, and in a controlled manner, move the Board from toe to heel.



Rotation

Rotate the Balance Board using controlled circular motions.

Remain balanced on the sphere without the sides touching the floor.



Calf Stretch

Keep the heel of your back leg on the floor and lean forward until you feel a stretch.

Effectively stretches the calf (gastrocnemius & soleus).

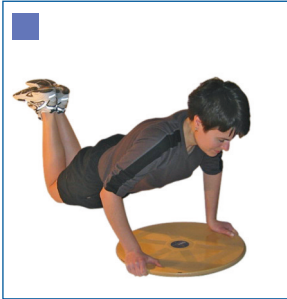
● Beginner

■ Intermediate

◆ Advanced

Balance Board Exercises

Intermediate



Balanced Push-ups

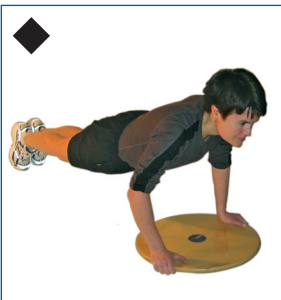
Start on your knees and work up to full push-ups as you become comfortable with the challenge.

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

Ensure that your hands stay on top of the Board or else your fingers might get pinched!

Improves core stability.

Variation



● Beginner



Ab Training

While seated on the Board maintain proper posture while using your trunk muscles to begin a slow rotational movement.

If you have ever had back problems, consult with a physician before doing these activities.

Improves core strength, R.O.M. and mobility in the lower back and trunk.

Variation



■ Intermediate



Kneeling Exercises

Kneel on the Board with your hands on your hips, or by your side.

Use your trunk muscles to begin a slow rotational movement.

After several rotations, stop and rotate the Board in the opposite direction.

Increases R.O.M. and stability of the trunk and pelvic areas.

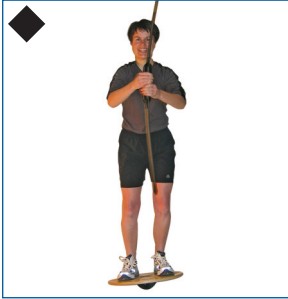
Variation



◆ Advanced

Balance Board Exercises

Advanced



Motor Skill Training

Perform any of the previous exercises while bouncing or throwing a ball or doing some other dynamic activity.

Enhances hand-eye coordination and subconscious reaction.

Your conscious mind focuses on one activity while your subconscious mind is working on ankle R.O.M. and overall stability.

One Leg Exercises

Perform the basic moves while balancing on one leg.

Position your foot arch directly over the center of the Board, so that you can comfortably move the Board in any direction.

Exercises require more strength and stability and you may feel that one leg is much stronger than the other.

Eyes Closed

This is the most difficult way to use Balance and Rocker Boards.

Always start the exercise with your eyes open. When you and your spotter are ready, close your eyes only until you feel off balance.

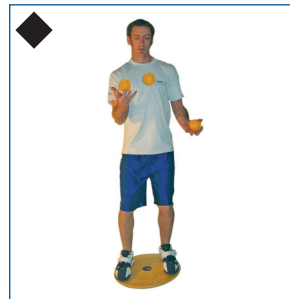
Enhances proprioceptive response and reaction time.

Only attempt when you have achieved an advanced level of stability and balance.

Variation



Variation



Warning:
This activity is risky and falls should be expected.

Perform with a spotter.

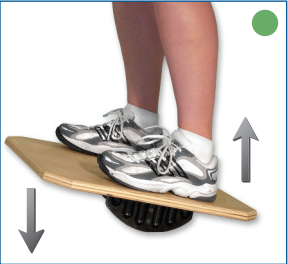
● Beginner

■ Intermediate

◆ Advanced

Rocker Board Exercises

Basic



Front to Back



Side to Side

Position your feet shoulder-width apart, centrally on the Board. Begin by slowly moving the Board side-to-side, or front-to-back with a controlled movement.

Tri-level design allows user to adjust the single plane tilt from 10°, 12° and 15°. This varies the Board's degree of difficulty.

Intermediate



Try adding in other exercises while attempting to maintain control. Some suggestions are squats, lunges, push-ups and ball tossing/bouncing.

Incorporate other equipment such as a Bodyblade™.

Advanced users may attempt these exercises on one foot for greater challenge.

Rehabilitation



By rotating your stance on the Rocker Board, you can gently increase your ankle's R.O.M.

Helps to restore stability.

Remember - only you and your Medical Professional will know what is best for you!

Weeble Board Exercises



Weighted Squat

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

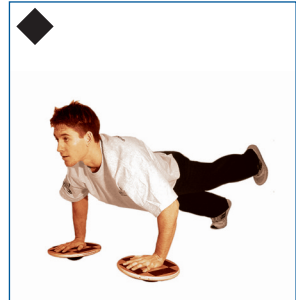


Lunges

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.

Combo & Combobble Exercises



Basic Exercises:

Rock back and forth or from side-to-side.

Change the fulcrum as ability progresses.

Experiment with different foot positions for an added challenge.



Advanced Exercises:

Using a wider stance, attempt full squats.

Close your eyes, always use a spotter when you first try this.

Always **USE YOUR BALANCE BOARD** with caution.

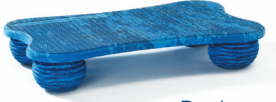
● Beginner

■ Intermediate

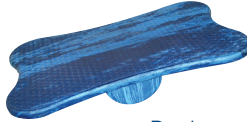
◆ Advanced

Soft Board Exercises

Fitterfirst Soft Boards



Beginner



Rocker



Advanced

Fitterfirst Soft Boards provide a whole new dimension to balance training by creating the sensation of floating on a cushion of air, while providing a predictable foundation underfoot. The unique design allows you to safely achieve better balance, coordination and agility. The durable, closed-cell foam compresses, tilts and floats to create a three-dimensional movement pattern. The non-slip, non-marking and silent base provides a stable balance platform on any type of flooring, while the large laminate wood core platform allows for a variety of standing, sitting and bridging positions. Soft Boards are perfect for home, gym and office use.



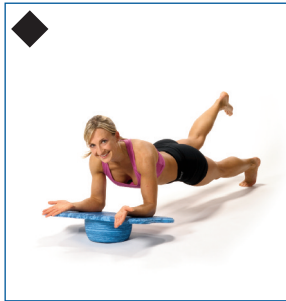
Single Leg Squat

Place one foot in the centre of the Soft Board

Raise other knee up, while maintaining balance.

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

Add light weights to increase challenge

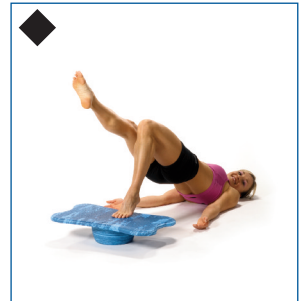


Balance Bridge

Place forearms on Soft 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 out straight

Raise hips as high as you can.

Keep core straight, by keeping knees, hips and head in a straight line.

Extreme Balance Board

Very Advanced



Fitterfirst Extreme Balance Board

Train your balance, proprioception, stability, coordination, ankle/knee strength and core power. Use to stretch and strengthen ligaments and tendons in the legs. Moves forward and back, side to side, and all angles. Suitable for advanced balance training.



Challenge Your Balance, Enhance Your Performance

The Fitterfirst Extreme Balance Board gives you the ability to train balance and coordination and build lower body strength and mobility at a high level.

- Made from solid birch and high-quality polyurethane
- Wooden dowels can be removed to increase difficulty
- Great for use in training sport-specific balance skills



How it Works

Designed with a flexing, multi-directional urethane I-Beam, the Extreme Balance Board acts not only as a rocker board with a high angle of motion, but creates tilting, flexing and rotating sensations as well. The convex, rubber-covered base allows for stable and smooth movement across the entire range of motion, while the large area of grip tape on the surface provides a secure footing. The wooden dowels can be removed from the urethane sides to add difficulty by increasing the amount of front-to-back tilting.

The Fitterfirst Extreme Balance Board is proudly Made in Canada.

Bongo Board

◆◆ Suitable for **Advanced** Level Users
Warning - Falls Should Be Expected

Very Advanced



HIGHEST

CHALLENGE * RISK * REWARD

Bongo Board is the most exciting expert level balance trainer available. It rocks, rolls and rotates in all directions. Requires great focus and concentration. Recommended for use in extreme offices only.

- Body Awareness
- Coordination/ reaction speed
- Enhanced Stability

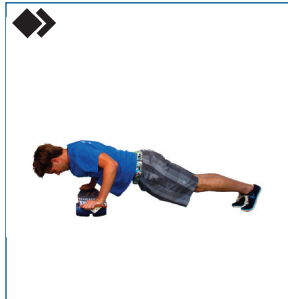


Squats

With a wider, 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.

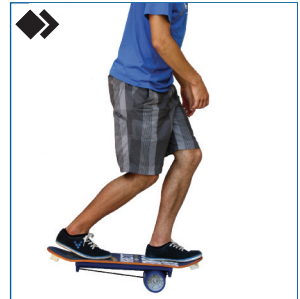


Balanced Push-ups

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



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.

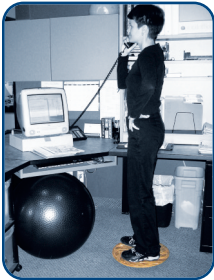
Switch your feet and train both sides.

Balance Applications

Staying Upright in a Wobbly World

Research is showing that movement is essential to retaining your health and vigor 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 working at a desk or while watching TV. Through regular use you will quickly recognize the benefits of stronger ankles and core, improved proprioception and better balance.



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° angles. When Balance Boards are combined with an Exercise Ball Chair or Active 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***

Athletic Training



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 & Safety

"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**

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. To be covered by the warranty, the product must be registered online by the original purchaser within 30 days of the time of purchase.

To Register for The Fitterfirst Limited Warranty

or for further information on the conditions of the warranty, please visit:

<http://www.fitter1.com/CustomerService/Warranty/>

or call us at

1-800-Fitter1 (348-8371)

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.

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iamfitter.com - Share your story of health.

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!