



## Commando Board

Elysia Tsai, M.Ed., ATC introduces our large Commando board and Powerhouse package. The best and most versatile balance training systems for tall users. Combine the board with a variety of Balls, Half Balls and Resistance Bands to create 16 unique ride combinations.

(0:14) Elysia here with Si Boards, and I am here to introduce our Commando Board.

(0:27) This is the Commando Board. This is actually the very first size that we developed back in 2007, and it is such an incredibly large, challenging board that we just had an absolute blast on it. We love it, and we cannot wait to share it with you.

### (0:46) Ideal User Height

It's really best suited for riders over 6' tall, or 1.8 meters tall. Because of the large ride surface, tall riders will feel a natural stance on the board. If you're shorter than 6' tall, for example, my height is 5'4" or 1.6 meters, this is an incredible training tool for leg strength.

### (1:12) Board Specifications

The Commando Board is so big it does not even fit into the camera frame. So the size of the board is 45" tall, which is also 114 cm, by 19" wide, or 48 cm wide. This is a very, very big board. The weight is 15 lbs. so if you're handling it, it's definitely a solid training tool. Our boards are made with a ½" thick birch plywood. They naturally have a rocker curvature in there, and that transfers your momentum with your hips much better than a flat board. Your hips are a ball and socket joint so it transfers very beautifully. We have solid urethane rail blocks that hold the steel rail off of the board. The steel rail is thick. It's actually very heavy and when we throw them, it takes a lot of muscle. The rail itself is 36" tall, or 91 cm, by 14", or 35.5 cm. So this is a big ride stance. If you're on here, you actually need a 3', or 36" ride stance.

### (2:34) Powerhouse Combo

The Commando Powerhouse package is designed to give you the most versatile and infinite training tool available. It will actually give you 16 different Board configurations using our Balls, Half Balls and Resistance Bands. So you're going to get the 8.5" Half Balls. You can create a Rocker Board or a Wobble Board, and it will come with a 5" Ball, with a combination of the 8.5" Half Ball. You have a Single Pivot system. You can also place this Ball inside of the Half Ball for the Thrasher combo, which is a very

unique, unpredictable training system. You will get two of the 6.5" medium Balls, place two underneath the board; you'll get a Double Pivot system, which is very fun. It's a great progressive system for learning how to ride onto one Ball. The 6.5" Ball rides very well underneath this board as a beginning starting point.

When you're ready to progress to the intermediate combo, the 8.5" Ball underneath this board gets you up nice and high. You have a ton of tilting, twisting, and board motion. This is my favorite combination, the Commando Board with the 8.5" Ball because you can stay up all day long and momentum carries you. It's an incredible amount of leg control and core strength. It is a super fun combo. You can also add the 10" Ball later as the advanced version. The 6.5" Ball will also fit inside of the 8.5" Half Ball for the Big Drop combo. And then you add the Resistance Bands to the rail system of your Commando Board. So once you have the bands on there, and then you have a variety of Balls and Half Ball combinations, you have an infinite amount of possibility for training.

And now, my favorite. Let's get ready to ride.

(6:22) So if you're ready for a full body training system and a large board that is going to challenge your legs, the Commando Board is for you. So I invite you to Jump Into The Next Generation with us and jump on board.

Elysia Tsai, M.Ed., ATC is a Certified Athletic Trainer and the developer of Si Boards balance boards, unbreakable med balls and power rope balls. Our balance boards are the most versatile and progressive multi-direction training system. Our high performance products are made in the USA with superior function, quality and lasting value. We are always available to answer your questions.

For more information, check us out at:

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