



# Mobile App

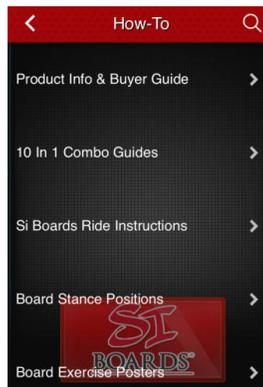
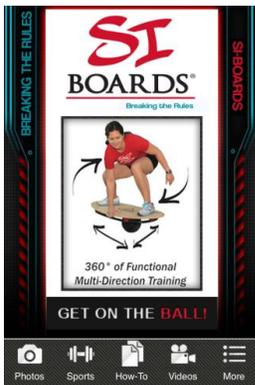
Get us at your fingertips...

100's of photos, links to information, sport specific ideas and inspiration as you Jump Into The Next Generation



Our Mobile App is a work in progress and we aim to keep updating information and inspiration. If you are a professional user/location contact us to be added to the "Find an Expert" list. Here's a few ways to get started. And as always- it is completely free!

1. Pick one picture from a category and master it for the day
2. Let your athletes choose three exercises and include it in their training program
3. Give your clients a visual display of a new rehab exercise
4. Get quick links to videos, pdf documents and product info for your reference



5'4" ft to 6' ft / 1.6 m to 1.8 m tall:  
This is the most versatile height range that can use all board types and sizes. Smaller boards require less leg strength and keep your stance narrow. Smaller boards are great for general training and quick movement coordination. Larger boards are more versatile and allow a wide stance, easy full body moves

Available on **iTunes**  
<http://goo.gl/oVQ1pN>

GET IT ON **Google play**  
<http://goo.gl/9xFK5S>

**HTML5**  
<http://goo.gl/kWP9sF>

Perfect on your phone, ipad, tablet and being on on the go.  
 Looking forward to more updates!

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Made in California, USA  
 US Patent #7,357,767





## Let's Be Friends...

Connect with us and share your stories.  
Help us spread the word about Si Boards!



Follow us on  
*Instagram*

### Daily Challenge!



Watch us on



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<http://instagram.com/siboards>

@siboards #siboards #balanceboard  
Get your daily challenge here! We post a ride challenge, ball challenge and rope ball move so you can fully use your new tools. Every day is different and we build on progression through the week. And we love to re-post your videos!

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<https://www.facebook.com/siboards>

We post our fan pics and video on Facebook. You can see what others are doing with their Si Boards and get inspired.

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<https://twitter.com/Siboards>

@siboards  
Have something cool to share? Let's us know and we will re-tweet for you.

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<http://www.linkedin.com/pub/elysia-tsai/6/210/95>

Search for me, Elysia Tsai, and connect our expertise.

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<https://www.youtube.com/user/4siboards>

Add to our video collection! Share your training and we will post in the Si Boards Maniacs section.

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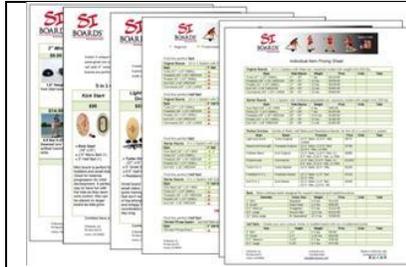
<http://siboarder.com/>

Our sports medicine blog is up and running. Get into the mind of Elysia Tsai and find out more on training, keeping healthy and building your dream.



**Need Another Poster  
or More Info?**

Go to our Training Info page and  
find these PDF docs in Downloads



Buyer Guide and Price List



Product Info Posters



10 in 1 Board Combos



Stance Positions



Board Exercises



Ride Instructions



Self Active Release



Foam Roller Guide



Trigger Point Release



Traditional Lifting



Surf Sports



MMA Training

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find these PDF docs in Downloads



Medicine Ball Instructions



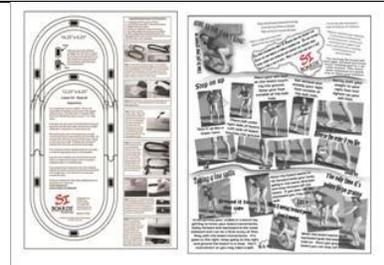
Rope Ball Instructions



Ultimate Fitness Board



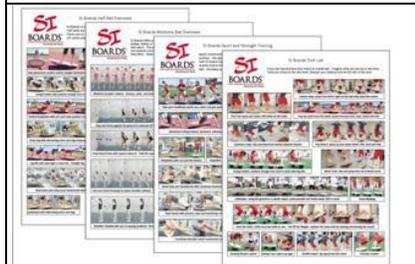
Resistance Bands



Creator Kit- Skate Kit



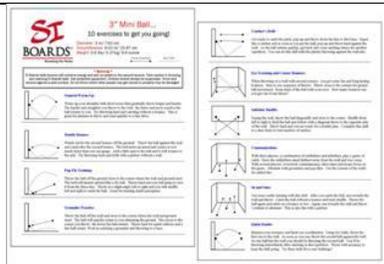
Creator Kit- Starter Kit



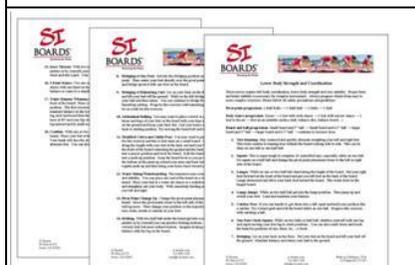
Original 2007 Posters



2007 Med Ball Exercises



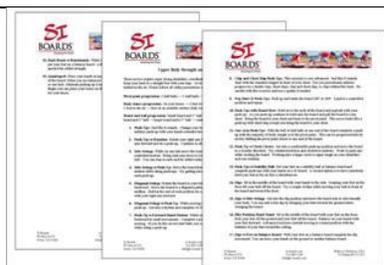
3" Mini Ball For Throwers



Lower Body Exercise



Upper Body Exercise



Medicine Ball Exercises

# Perfect Training Combos

## General Description

<p><b>Rocker</b></p>  <p><b>2 Half Balls</b></p> <ul style="list-style-type: none"> <li>Easiest movement rocking in two directions. Great for beginners and basic skills.</li> </ul>	<p><b>Wobble</b></p>  <p><b>1 Half Ball Centered</b></p> <ul style="list-style-type: none"> <li>Center weight distribution tilting in all directions. Great for pelvic rotations.</li> </ul>	<p><b>Wobble</b></p>  <p><b>1 Half Ball On End</b></p> <ul style="list-style-type: none"> <li>Weight distribution to one side of the board to target leg dominance.</li> </ul>	<p><b>Single Pivot</b></p>  <p><b>1 Half Ball, 1 Ball</b></p> <ul style="list-style-type: none"> <li>Rocking on left and rolling on right side. Progression to moving board and rotation.</li> </ul>
<p><b>Rock &amp; Roll</b></p>  <p><b>1 Ball Inside 1 Half Ball</b></p> <ul style="list-style-type: none"> <li>Advanced rolling surface on balls inside half balls that also quickly tip.</li> </ul>	<p><b>Thrasher</b></p>  <p><b>1 Ball Inside 1 Half Ball</b></p> <ul style="list-style-type: none"> <li>Very advanced small rolling board that quickly tips and is unpredictable.</li> </ul>	<p><b>Big Drop</b></p>  <p><b>Big Ball Inside Half Ball</b></p> <ul style="list-style-type: none"> <li>Extreme tilting board that is unpredictable and forces you to stay centered.</li> </ul>	<p><b>Double Pivot</b></p>  <p><b>2 Balls At Ends</b></p> <ul style="list-style-type: none"> <li>Stable rolling surface with independent foot rotation. Intermediate progression.</li> </ul>
<p><b>Double Pivot</b></p>  <p><b>2 Balls Centered</b></p> <ul style="list-style-type: none"> <li>Weight transfer from side to side on a rolling board. Each foot can also freely rotate.</li> </ul>	<p><b>Multi-Direction</b></p>  <p><b>1 Ball</b></p> <ul style="list-style-type: none"> <li>Most advanced moving board. Weight transfer in all directions and combination.</li> </ul>	<p><b>Rocker +</b></p>  <p><b>2 Half Balls &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Beginner rocking board with added posture control or leg strength with bands.</li> </ul>	<p><b>Wobble +</b></p>  <p><b>1 Half Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Rotate board while standing or in push-up position against bands for power.</li> </ul>
<p><b>Single Pivot +</b></p>  <p><b>Half Ball, Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Upper body control while one leg rotates the board and the other leg is stable.</li> </ul>	<p><b>Double Pivot +</b></p>  <p><b>2 Balls &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Rolling and rotating board with upper body control and core strength.</li> </ul>	<p><b>Multi-Direction +</b></p>  <p><b>1 Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Most advanced multi-direction board with added bands for core control.</li> </ul>	<p>Your Favorite Combo...</p>

# Perfect Training Combos

## Surf Sports

<p><b>Rocker</b></p>  <p><b>2 Half Balls</b></p> <ul style="list-style-type: none"> <li>• Easiest movement rocking in two directions. Great for beginners and basic moves.</li> </ul>	<p><b>Wobble</b></p>  <p><b>1 Half Ball Centered</b></p> <ul style="list-style-type: none"> <li>• Beginner push ups</li> <li>• Beginner deep stance</li> </ul>	<p><b>Wobble</b></p>  <p><b>1 Half Ball On End</b></p> <ul style="list-style-type: none"> <li>• Back /front foot control</li> <li>• 180° Rotation training</li> </ul>	<p><b>Single Pivot</b></p>  <p><b>1 Half Ball, 1 Ball</b></p> <ul style="list-style-type: none"> <li>• Pumping rail to rail</li> <li>• Push up scap control</li> </ul>
<p><b>Rock &amp; Roll</b></p>  <p><b>1 Ball Inside 1 Half Ball</b></p> <ul style="list-style-type: none"> <li>• Advanced SUP stance</li> <li>• Rough water training</li> </ul>	<p><b>Thrasher</b></p>  <p><b>1 Ball Inside 1 Half Ball</b></p> <ul style="list-style-type: none"> <li>• Rough water training</li> <li>• Advanced quick saves</li> </ul>	<p><b>Big Drop</b></p>  <p><b>Big Ball Inside Half Ball</b></p> <ul style="list-style-type: none"> <li>• Unpredictable training</li> <li>• Windy and rough conditions</li> </ul>	<p><b>Double Pivot</b></p>  <p><b>2 Balls At Ends</b></p> <ul style="list-style-type: none"> <li>• Pop ups</li> <li>• Cross stepping</li> <li>• Heel to toe</li> </ul>
<p><b>Double Pivot</b></p>  <p><b>2 Balls Centered</b></p> <ul style="list-style-type: none"> <li>• Foot to foot transfer</li> <li>• Inside corner turns</li> </ul>	<p><b>Multi-Direction</b></p>  <p><b>1 Ball</b></p> <ul style="list-style-type: none"> <li>• Realistic Riding</li> <li>• Carving and cutback</li> <li>• Push up core control</li> </ul>	<p><b>Rocker +</b></p>  <p><b>2 Half Balls &amp; Bands</b></p> <ul style="list-style-type: none"> <li>• Beginner footwork</li> <li>• Posture control</li> </ul>	<p><b>Wobble +</b></p>  <p><b>1 Half Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>• Single leg dominance</li> <li>• Rotation strength</li> </ul>
<p><b>Single Pivot +</b></p>  <p><b>Half Ball, Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>• Upper body rotation control</li> <li>• Tow rope control</li> </ul>	<p><b>Double Pivot +</b></p>  <p><b>2 Balls &amp; Bands</b></p> <ul style="list-style-type: none"> <li>• Advanced SUP rowing</li> <li>• Hip control</li> </ul>	<p><b>Multi-Direction +</b></p>  <p><b>1 Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>• Most advanced riding</li> <li>• Complete core strength</li> </ul>	<p>Your Favorite Combo...</p>



## Individual Item Spec and Price List

<b>Original Boards</b> - Industrial model with Steel rail, weight limit 400 lbs, create 16 in 1 system						
Style	Rider Height	Board Size	Rail Size	Ride Stance	Weight	Price
Turbo	4' - 5'4" Small	27" x 15"	20" x 11"	17" - 25"	7 lbs	\$320
Freestyle	5'4" - 6' Medium	36" x 18"	28" x 14"	28" - 34"	12 lbs	\$360
Powder	4' - 6' Small/Medium	41" x 15"	20" x 11"	17" - 38"	10 lbs	\$340
Surf	5'4" - 6' Medium	42" x 18"	28" x 14"	28" - 38"	12 lbs	\$365
Commando	> 6' Large	45" x 19"	36" x 14"	36" - 43"	15 lbs	\$390

<b>Starter Boards</b> - Economy model w/ Urethane adjustable rail, weight limit 220 lbs, create 8 in 1 system						
Style	Rider Height	Board Size	Rail Size	Ride Stance	Weight	Price
Kick Start	< 4' Mini	18" x 10"	12" x 6"	10" - 16"	4 lbs	\$95
Turbo Starter	4' - 5'4" Small	27" x 15"	16" x 9"	15" - 26"	7 lbs	\$155
Freestyle Starter	4' - 6' Small/Medium	36" x 18"	20" x 9"	20" - 34"	10.6 lbs	\$190
Powder Starter	4' - 6' Small/Medium	41" x 15"	16" x 9"	16" - 38"	10 lbs	\$190
Surf Starter	4" - 6' Small/Medium	42" x 18"	20" x 9"	20" - 38"	11 lbs	\$195

<b>Perfect Combos - Original Boards</b> , Everything you need to fully utilize your board and the 16 in 1 system			
Style	Board	Products	Price
Light and Quick	Turbo Original	(2) 5" Balls, (2) 6.5" Half Balls, (1) Resistance Bands	\$800
Speed & Strength	Freestyle Original	(2) 5" Balls, (1) 6.5" Ball, (2) 8.5" Half Balls, (1) Resistance Bands	\$1,100
Endless Snow	Powder Original	(1) 3" Ball (2) 5" Balls, (1) 6.5" Ball, (2) 6.5" Half Balls, (1) Resistance Bands	\$1,000
Endless Surf	Surf Original	(2) 5" Balls, (1) 6.5" Ball, (1) 8.5" Ball, (2) 8.5" Half Balls, (1) Resistance Bands	\$1,500
Powerhouse	Commando	(1) 5" Ball, (2) 6.5" Balls, (1) 8.5" Ball, (2) 8.5" Half Balls (1) Resistance Bands	\$1,600

<b>Perfect Combos - Starter Boards</b> , Create 5 in 1 or 7 in 1 systems for versatile beginner board training			
Style	Board	Products	Price
Turbo 5 in 1	Turbo Starter	(2) 3" Balls, (2) 5" Half Balls	\$295
Freestyle 5 in 1	Freestyle Starter	(2) 3" Balls, (1) 5" Ball, (2) 5" Half Balls	\$425
Power 7 in 1	Powder Starter	(2) 3" Balls, (1) 5" Ball, (2) 5" Half Balls, (1) 6.5" Half Ball	\$495
Surf 7 in 1	Surf Starter	(2) 3" Balls, (1) 5" Ball, (2) 5" Half Balls, (1) 6.5" Half Ball	\$495

<b>Basic Combos - Original Boards</b> , Get familiar with basic training and create 4, 5 or 6 in 1 systems			
Style	Board	Products	Price
Turbo Basic	Turbo Original 4 in 1	(1) 5" Ball, (1) 6.5" Half Ball	\$490
Freestyle Basic	Freestyle Original 4 in 1	(1) 5" Ball, (1) 8.5" Half Ball	\$580
Powder Basic	Powder Original 6 in 1	(1) 3" Ball, (2) 5" Balls, (1) 6.5" Half Ball	\$635
Surf Basic	Surf Original 5 in 1	(2) 5" Balls, (1) 8.5" Half Ball	\$685
Commando Basic	Commando 4 in 1	(1) 6.5" Ball, (1) 8.5" Half Ball	\$710


**Basic Combos - Starter Boards**, Beginner combos allow you to create 3 in 1 or 4 in 1 systems

Style	Board	Products	Price
Turbo Starter 3 in 1	Turbo Starter	(1) 3" Ball, (1) 5" Half Ball	\$230
Freestyle Starter 3 in 1	Freestyle Starter	(1) 3" Ball, (1) 5" Half Ball	\$264
Powder Starter 4 in 1	Powder Starter	(2) 3" Balls, (1) 6.5" Half Ball	\$310
Surf Starter 4 in 1	Surf Starter	(2) 3" Balls, (1) 6.5" Half Ball	\$315

**Balls** - Unbreakable solid urethane balls designed for superb rebound and repetitive slams

Diameter	Best Uses	Comp. Size	Weight	Price
3" Mini	Starter Boards, trigger points, juggling, throwing	Baseball	0.6 lbs / 0.27 kg	\$25
5" Small	Starter and Turbo Boards, tissue release, one hand throws, one hand rotations	Hand Held	2.5 lbs / 1.13 kg	\$100
6.5" Medium	Freestyle and Surf Original boards, two handed rotation, agility, overhead throws	Dodgeball	5.5 lbs / 2.5 kg	\$200
8.5" Large	Surf Original and Commando boards, two handed slams, strong powerful reps	Soccer Ball	12.5 lbs / 5.7 kg	\$400
10" Extra Large	Commando Board, powerhouse slams, presses and elite athletes	Men's Basketball	20.5 lbs / 9.3 kg	\$600

**Half Balls** - Create your own unique rocker or wobble board with our un-attached pivots

Size	Best Uses	Height	Weight	Price
3" Mini	Kick Start board, toddlers and limited motions	1.5"	0.3 lbs	\$12.95
5" Small	Starter Boards, limited motions, beginners, rehab	2.5"	1.25 lbs	\$50
6.5" Medium	Starter, Turbo and Powder boards, intermediate	3.25"	2.5 lbs	\$70
8.5" Large	Freestyle, Surf, Commando Boards, advanced	4.25"	4.2 lbs	\$120

**Power Rope Balls** - Solid urethane construction with protective rope cap for responsive training

Diameter	Best Uses	Comp. Size	Weight	Price
5" Small	Single arm motions, warm-up, beginners	Hand Held	2.5 lbs / 1.13 kg	\$150
6.5" Medium	Complex sequences, agility, fast rotations	Dodgeball	5.5 lbs / 2.5 kg	\$250
8.5" Large	Powerhouse slams, two hands, slower reps	Soccer Ball	12.5 lbs / 5.7 kg	\$450

**Creator Kits** - Design your balance board with our kits and board blanks or expand your Starter rail

Kits and Parts	Kit Includes	Size	Weight	Price
Skate Kit	Rail ends, 4" Ext, 3" Ball, (8) bolts & nuts	12"/16" x 6" x 1"	2.5 lbs	\$90
Starter Kit	Rail ends, 4" Ext, 3" Ball, (8) bolts & nuts	16"/20" x 9.5" x 1"	3 lbs	\$110
4" Extension	(2) 4" extension, (2) bolts, (2) nuts	4" x 1"	0.5 lb	\$15
8" Extension	(2) 8" extension, (4) bolts, (4) nuts	8" x 1"	1 lb	\$30
Turbo Blank	Sanded smooth, edges rounded	27" x 15" x 5/8"	5 lbs	\$60
Freestyle Blank	Sanded smooth, edges rounded	36" x 18" x 5/8"	8 lbs	\$80
Surf Blank	Sanded smooth, edges rounded	42" x 18" x 5/8"	9 lbs	\$80

**Ultimate Fitness System** - Use Half Balls and Resistance Bands for your own rocker or wobble board

Special Features	Size	Weight	Price
8 perimeter holes for band attachment, carry handle, no rail	45" x 19" x 5/8"	9 lbs	\$200

**Resistance Band System** - For Original & Ultimate Fitness boards, chain fences and 5" diameter posts

Gym In A Bag - Contents	Weight	Price
(2) Cushion Handles, 15" Long Loops, Foot Straps, (6) 16" Latex bands & 12" Bag	2 lbs	\$150



✓ Beginner    ✓✓ Intermediate    ✓✓✓ Advanced    ✗ Not Recommended

### Original Boards

Find the perfect **Ball**

Original Boards - Industrial model 10 in 1 System with Steel rail with weight limit 400 lbs					
Style	3" Ball	5" Ball	6.5" Ball	8.5" Ball	10" Ball
Turbo (27" x 15") SMALL	✗	✓	✓✓✓	✗	✗
Freestyle (36" x 18") MEDIUM	✗	✓	✓✓	✓✓✓	✗
Powder (41" x 15") SMALL	✗	✓	✓✓✓	✗	✗
Surf (42" x 18") MEDIUM	✗	✓	✓✓	✓✓✓	✗
Commando (45" x 19") LARGE	✗	✗	✓	✓✓	✓✓✓

Find the perfect **Half Ball**

Original Boards - 10 in 1 System with Steel rail, industrial model with weight limit 400 lbs				
Style	3" Half Ball	5" Half Ball	6.5" Half Ball	8.5" Half Ball
Turbo (27" x 15") SMALL	✗	✗	✓	✗
Freestyle (36" x 18") MEDIUM	✗	✗	✓	✓✓
Powder (41" x 15") SMALL	✗	✗	✓	✓✓
Surf (42" x 18") MEDIUM	✗	✗	✓	✓✓
Commando (45" x 19") LARGE	✗	✗	✗	✓

### Starter Boards

Find the perfect **Ball**

Starter Boards - 5 in 1 System with Urethane adjustable rail, economy model with weight limit 220 lbs					
Style	3" Ball	5" Ball	6.5" Ball	8.5" Ball	10" Ball
Kick Start (18" x 10") MINI	✓✓	✗	✗	✗	✗
Turbo (27" x 15") SMALL	✓	✓✓✓	✗	✗	✗
Freestyle (36" x 18") MEDIUM	✓	✓✓	✗	✗	✗
Powder (41" x 15") SMALL	✓	✓✓	✗	✗	✗
Surf (42" x 18") MEDIUM	✓	✓✓	✗	✗	✗

Find the perfect **Half Ball**

Starter Boards - 5 in 1 System with Urethane adjustable rail, economy model with weight limit 220 lbs				
Style	3" Half Ball	5" Half Ball	6.5" Half Ball	8.5" Half Ball
Kick Start (18" x 10") MINI	✓	✗	✗	✗
Turbo (27" x 15") SMALL	✗	✓	✓✓✓	✗
Freestyle (36" x 18") MEDIUM	✗	✓	✓✓	✗
Powder (41" x 15") SMALL	✗	✓	✓✓	✗
Surf (42" x 18") MEDIUM	✗	✓	✓✓	✗

### Ultimate Fitness Board

Find the perfect **Half Ball**

Ultimate Fitness System - Use Half Balls and Resistance Band System to create your own rocker or wobble board				
Style	3" Half Ball	5" Half Ball	6.5" Half Ball	8.5" Half Ball
Ultimate Fitness Board	✗	✓	✓✓	✓✓✓



## Perfect Combos- Original Boards

Complete training systems designed to create 16 unique balance platforms. Great for skill progression and endless training potential. Easily create a rocker board, wobble board, single pivot, double pivot and multi-direction board. Add the bands to the rail to advance these options.

### 16 in 1 Ultimate Combo Packages- Versatile Original Boards

<b>Light &amp; Quick</b>	<b>Speed &amp; Strength</b>	<b>Endless Snow</b>	<b>Endless Surf</b>	<b>Powerhouse</b>
<b>\$800</b>	<b>\$1,100</b>	<b>1,000</b>	<b>\$1,500</b>	<b>\$1,600</b>
 <p><b>Turbo Original</b> (27" x 15")</p> <ul style="list-style-type: none"> <li>• 5" Ball (2)</li> <li>• 6.5" Half Ball (2)</li> <li>• Resistance Bands</li> </ul> <p>Small board is great for small riders, travel, and quick training moves that don't require a lot of leg strength. Fast and whippy for quick coordination. Ride all day long. Perfect for complex full body movements with added resistance bands. A great board for narrow stances and small controllable motions.</p> 	 <p><b>Freestyle Original</b> (36" x 18")</p> <ul style="list-style-type: none"> <li>• 5" Ball (2)</li> <li>• 6.5" Ball (1)</li> <li>• 8.5" Half Ball (2)</li> <li>• Resistance Bands</li> </ul> <p>Medium board is our most popular model and a perfect combo of speed and strength training. Versatile for upper and lower body training, multiple users and training centers. Use half balls for full body training. Size will not overtire your legs while constantly challenging you.</p> 	 <p><b>Powder Original</b> (41" x 15")</p> <ul style="list-style-type: none"> <li>• 3" Ball (1)</li> <li>• 5" Ball (2)</li> <li>• 6.5" Ball (1)</li> <li>• 6.5" Half Ball (2)</li> <li>• Resistance Bands</li> </ul> <p>Unique long board with a small rail allows you to stand narrow and grab in different locations. Extreme tilt with narrow middle and balanced ends. Perfect for spins or full body moves to get you stretched out. Add the bands for upper body control and simulate aerial posture control.</p> 	 <p><b>Surf Original</b> (43" x 18")</p> <ul style="list-style-type: none"> <li>• 5"l Ball (2)</li> <li>• 6.5" Ball (1)</li> <li>• 8.5" Ball (1)</li> <li>• 8.5" Half Ball (2)</li> <li>• Resistance Bands</li> </ul> <p>Medium board with a directional ride, fast nose and stable base. Perfect combo accessories for complete training of pop-ups, switch foot, pumping, big wave balance, duck dive control, rough water, fancy footwork, SUP stance and big carving. Stay 100% surf fit year round.</p> 	 <p><b>Commando</b> (45" x 19")</p> <ul style="list-style-type: none"> <li>• 5" Ball (1)</li> <li>• 6.5" Ball (2)</li> <li>• 8.5" Ball (1)</li> <li>• 8.5" Half Ball (2)</li> <li>• Resistance Bands</li> </ul> <p>Large board is perfect for tall riders and a natural wide stance. Demanding on leg strength and great for full body moves. Extremely versatile for complex training moves in sport specific stances and full body control. Balls add weighted upper body moves.</p> 

Combos have a multi-item discount to full retail price.



## Basic Combos- Original Boards

Basic Packages allow you to get started with balance training and create 4 to 5 different board options. Start at the beginner level and progress to larger Balls when ready. Easily create a wobble board, single pivot, multi-direction board, thrasher or big drop combo.

### Basic Combo Packages- Versatile Original Boards

<b>Turbo Basic</b>	<b>Freestyle Basic</b>	<b>Powder Basic</b>	<b>Surf Basic</b>	<b>Commando Basic</b>
<b>\$490</b>	<b>\$580</b>	<b>\$635</b>	<b>\$685</b>	<b>\$710</b>
				
<p><b>Turbo Original</b> (27" x 15")</p> <ul style="list-style-type: none"> <li>• 5" Ball (1)</li> <li>• 6.5" Half Ball (1)</li> <li>• 4 in 1 Options</li> </ul> <p>Create 4 combos and get started with a small, light and controllable board. Perfect for fast coordination without over-tiring your legs. Designed for smaller riders and a small ride area. Easy to travel with and store if using at the office. Great for a quick warm up and body activation before your regular sport activity.</p>	<p><b>Freestyle Original</b> (36" x 18")</p> <ul style="list-style-type: none"> <li>• 5" Ball (1)</li> <li>• 8.5" Half Ball (1)</li> <li>• 4 in 1 Options</li> </ul> <p>Great starting point for a well rounded training program. Full body training is comfortable for a variety of user heights and ride stances. Easily progress traditional exercises from a wobble board and single pivot to a multi-direction board. Use the thrasher combo to confine the movement for added skills.</p>	<p><b>Powder Original</b> (41" x 15")</p> <ul style="list-style-type: none"> <li>• 3" Ball (1)</li> <li>• 5" Ball (2)</li> <li>• 8.5" Half Ball (1)</li> <li>• 6 in 1 Options</li> </ul> <p>Create 6 boards in 1 and progress from basic wobble moves, deep stances, board grabs, spins, heel to toe control and weight transfer to unpredictable big drops. Additional ball can be thrown to add upper body exercises and posture control when riding. Great for staying fit during the off season.</p>	<p><b>Surf Original</b> (42" x 18")</p> <ul style="list-style-type: none"> <li>• 5" Ball (2)</li> <li>• 8.5" Half Ball (1)</li> <li>• 5 in 1 Options</li> </ul> <p>Great combinations for a variety of basic surf training for pop-ups, back foot control, push up strength, and rough waters. Progress to larger balls for great foot to foot weight transfer and big carves. Create 5 boards in 1 as you learn body control for surf sports. Large surface is great for being on your belly.</p>	<p><b>Commando</b> (45" x 19")</p> <ul style="list-style-type: none"> <li>• 6.5" Ball (1)</li> <li>• 8.5" Half Ball (1)</li> <li>• 4 in 1 Options</li> </ul> <p>Create 4 combos and get started with the most versatile large sized board. Naturally fits tall riders and leg dominating for smaller riders. Challenging full body moves give you room for a lot of motion. Added ball weight is great for upper body moves while using as a wobble board. Perfect for exercise variety.</p>
				



## Perfect Combos- Starter Boards

Create 5 to 7 unique balance training systems with these combos. Our economy line gives you the same great board size as Original boards. The smaller rail fits beginners and smaller feet. Lengthen the rail with 4" or 8" extensions when you are ready to progress to a larger ride space. These Starter boards are perfect for beginners, growing kids, training on the go and outdoor use.

### Best Combo Packages- Our Economy Starter Boards

<b>Kick Start</b>	<b>Turbo 5 in 1</b>	<b>Freestyle 5 in 1</b>	<b>Powder 7 in 1</b>	<b>Surf 7 in 1</b>
<b>\$95</b>	<b>\$295</b>	<b>\$425</b>	<b>\$495</b>	<b>\$495</b>
<div style="text-align: center;">  </div> <p><b>Kick Start</b> (18" x 10")</p> <ul style="list-style-type: none"> <li>• 2.5" Micro Ball (1)</li> <li>• 3" Half Ball (1)</li> </ul> <p>Mini board is perfect for toddlers and small kids. Great for balance progression for child development. A perfect way to have fun with the kids as they learn core control. Rail can be placed on larger board as kids grow.</p>	<div style="text-align: center;">  </div> <p><b>Turbo Starter</b> (27" x 15")</p> <ul style="list-style-type: none"> <li>• 3" Ball (2)</li> <li>• 5" Half Ball (2)</li> </ul> <p>Small board is perfect for young riders, travel, outdoor training and staying active at the office. A great board to learn to ride on a ball and add something new to your exercise routine. Rail can extend 4" for a larger ride space. Popular board for young kids and stand up desks.</p>	<div style="text-align: center;">  </div> <p><b>Freestyle Starter</b> (36" x 18")</p> <ul style="list-style-type: none"> <li>• 3" Ball (2)</li> <li>• 5" Ball (1)</li> <li>• 5" Half Ball (2)</li> <li>• 4" or 8" Rail Extension Options</li> </ul> <p>Medium board is our most popular size for teenage riders, travel surf bags and multiple family users. Progress in skill with the larger 5" ball. 8" rail extension is the best option. Great for staying active.</p>	<div style="text-align: center;">  </div> <p><b>Powder Starter</b> (41" x 15")</p> <ul style="list-style-type: none"> <li>• 3" Ball (2)</li> <li>• 5" Ball (1)</li> <li>• 5" Half Ball (2)</li> <li>• 6.5" Half Ball (1)</li> <li>• 4" or 8" Rail Extension Options</li> </ul> <p>Snow inspired shape rides fast through the middle and is stable on the ends. Unique for spin moves and narrow to wide stance range. Extreme tilt challenges your ankles.</p>	<div style="text-align: center;">  </div> <p><b>Surf Starter</b> (42" x 18")</p> <ul style="list-style-type: none"> <li>• 3" Ball (2)</li> <li>• 5" Ball (1)</li> <li>• 5" Half Ball (2)</li> <li>• 6.5" Half Ball (1)</li> <li>• 4" or 8" Rail Extension Options</li> </ul> <p>Surf inspired shape easily allows pop-up and rotational training. Fast nose and stable tail shape. Work skill progression with larger ball and half ball. 8" rail extension is the best option.</p>
				

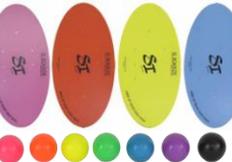
Combos have a multi-item discount to full retail price.



## Basic Combos- Starter Boards

Create 3 to 4 different board type for a great starting point before progressing to larger Balls and Half Balls. The smaller rail fits beginners and smaller feet. Lengthen the rail with 4" or 8" extensions when you are ready to progress to a larger ride space. These Starter boards are perfect for beginners, growing kids, training on the go and outdoor use. Basic combos start at the beginner skill level.

### Basic Packages- Our Economy Starter Boards

<i>Kick Start</i>	<i>Turbo 3 in 1</i>	<i>Freestyle 3 in 1</i>	<i>Powder 4 in 1</i>	<i>Surf 4 in 1</i>
<b>\$95</b>	<b>\$230</b>	<b>\$265</b>	<b>\$310</b>	<b>\$315</b>
 <p><b>Kick Start</b> (18" x 10")</p> <ul style="list-style-type: none"> <li>• 2.5" Micro Ball (1)</li> <li>• 3" Half Ball (1)</li> </ul> <p>Mini board is perfect for toddlers and small kids. Great for balance progression for child development. A perfect way to have fun with the kids as they learn core control. Rail can be placed on larger board as kids grow.</p>	 <p><b>Turbo Starter</b> (27" x 15")</p> <ul style="list-style-type: none"> <li>• 3" Ball (1)</li> <li>• 5" Half Ball (1)</li> <li>• 4" Rail Extensions Options</li> </ul> <p>Perfect small board for travel and small moves. Quick and fast coordination on a wobble board, single pivot and multi-direction movements. Great for outdoor training and small riders.</p>	 <p><b>Freestyle Starter</b> (36" x 18")</p> <ul style="list-style-type: none"> <li>• 3" Ball (1)</li> <li>• 5" Half Ball (1)</li> <li>• 4" or 8" Rail Extension Options</li> </ul> <p>Great medium board with lots of standing space. Create a wobble board, single pivot and multi-direction board for skill progression. Perfect for multiple users.</p>	 <p><b>Powder Starter</b> (41" x 15")</p> <ul style="list-style-type: none"> <li>• 3" Ball (2)</li> <li>• 6.5" Half Ball (1)</li> <li>• 4" or 8" Rail Extension Options</li> </ul> <p>Create 4 boards in one and work on your rail grabs, foot to foot control, spins and unpredictable ride challenges. Train for special tricks, rough conditions and aerial lands.</p>	 <p><b>Surf Starter</b> (42" x 18")</p> <ul style="list-style-type: none"> <li>• 3" Ball (2)</li> <li>• 6.5" Half Ball (1)</li> <li>• 4" or 8" Rail Extension Options</li> </ul> <p>Perfect for pop-ups, switch foot, pumping rail to rail, back foot strength, rotation and unpredictable rough water training. A great starting point if you are new to surf training and learning.</p>
				



## DIY Creator Kits

Create your own destiny and your own work of art. Use our urethane rail kits and build your own board. We offer raw blank boards that are smoothly sanded and ready for you. Add a sealer coat, your art work, another sealer coat and grip. You'll be riding in no time on your own custom Si Board!

<b>Skate Kit</b>	<b>Starter Kit</b>	<b>Turbo Blank</b>	<b>Freestyle Blank</b>	<b>Surf Blank</b>
<b>\$90</b>	<b>\$110</b>	<b>\$60</b>	<b>\$80</b>	<b>\$80</b>
 <p style="text-align: center;"><b>Skate Kit</b></p> <ul style="list-style-type: none"> <li>• 12.25" or 16.25" Length</li> <li>• 6.25" Width</li> <li>• 4" Extensions</li> <li>• Hardware</li> <li>• 3" Mini Ball (1)</li> </ul> <p>Designed to fit under your skateboard deck. A fun challenging ride on any board. Flat boards are easier to ride. Expand with additional extensions to 20" or 24".</p>	 <p style="text-align: center;"><b>Starter Kit</b></p> <ul style="list-style-type: none"> <li>• 16" or 20" Length</li> <li>• 9.5" Width</li> <li>• 4" Extensions</li> <li>• Hardware</li> <li>• 3" Mini Ball (1)</li> </ul> <p>The rail system we use on all of our Starter boards. Comes with two available length sizes. All parts are interchangeable. Expand with additional extensions to 24" or 28".</p>	 <p style="text-align: center;"><b>Turbo Blank</b></p> <ul style="list-style-type: none"> <li>• 27" x 15" x 5/8"</li> <li>• Routed edges</li> <li>• All surfaces sanded smooth</li> <li>• Drill your own rail holes</li> <li>• Use your own paint and sealer colors</li> <li>• Weight limit 220 lb</li> <li>• Max rail 20"- No additional extensions needed</li> </ul>	 <p style="text-align: center;"><b>Freestyle Blank</b></p> <ul style="list-style-type: none"> <li>• 36" x 18" x 5/8"</li> <li>• Routed edges</li> <li>• All surfaces sanded smooth</li> <li>• Drill your own rail holes</li> <li>• Use your own paint and sealer colors</li> <li>• Weight limit 220 lb</li> <li>• Max rail 28"- Add an 8" extension to your Starter Kit</li> </ul>	 <p style="text-align: center;"><b>Surf Blank</b></p> <ul style="list-style-type: none"> <li>• 42" x 18" x 5/8"</li> <li>• Routed edges</li> <li>• All surfaces sanded smooth</li> <li>• Drill your own rail holes</li> <li>• Use your own paint and sealer colors</li> <li>• Weight limit 220 lb</li> <li>• Max rail 28"- Add an 8" extension to your Starter Kit</li> </ul>
<b>4" Extension</b>	<b>8" Extension</b>			
<b>\$15</b>	<b>\$30</b>			
				



## Power Rope Balls and Resistance Bands

Advanced design with a protected rope cap prevents rope damage. Unique split rope training for variety of hand holds. High rebound and responsive urethane allows you to easily complete complex motion and movement sequences. Resistance Bands add exercise variety to your Original Si Boards and are a great Gym In The Bag when you travel or workout outdoors.

<b>3" Mini</b>	<b>5" Small</b>	<b>6.5" Medium</b>	<b>8.5" Large</b>	<b>10" XL</b>
<b>\$25</b>	<b>\$150</b>	<b>\$250</b>	<b>\$450</b>	
 <p><b>0.6 lbs/0.27 kg</b> Perfect for large hands from excessive rope grip when used for split hands. Train grip strength for one handed moves.</p>	 <p><b>2.5 lbs/ 1.13 kg</b> Great for complex shoulder moves, precise positions and young athletes. Double moves for shoulder mobility.</p>	 <p><b>5.5 lbs/2.5 kg</b> Perfect strong and fast swinging moves, one handed transfers and agility. Complex flow movement sequences.</p>	 <p><b>12.5 lb/5.7 kg</b> Strong powerful reps for athletes with great core strength and posture control. Slower movements with strong rebound.</p>	<p>Not available at this time but I am considering a powerhouse size for the big guys! Ask if interested.</p>

	<b>Mobility</b>	<b>Stamina</b>	<b>Explosive</b>	
	<b>\$300</b>	<b>\$550</b>	<b>\$1,000</b>	
	 <ul style="list-style-type: none"> <li>• 5" Small (2)</li> </ul>	 <ul style="list-style-type: none"> <li>• 5" Small (2)</li> <li>• 6.5" Medium (1)</li> </ul>	 <ul style="list-style-type: none"> <li>• 3" Mini Balls (2)</li> <li>• 5" Small (2)</li> <li>• 6.5" Medium (1)</li> <li>• 8.5" Large (1)</li> </ul>	

<b>Short Rope</b>	<b>Medium Rope</b>	<b>Long Rope</b>	<b>Resistance Band</b>	<b>Additional Bands</b>
<b>\$30</b>	<b>\$31.50</b>	<b>\$33.00</b>	<b>\$150</b>	<b>\$25</b>
 <ul style="list-style-type: none"> <li>• 42" / 1 m length</li> <li>• Users 5'4" / 1.65m and under</li> <li>• Change yearly</li> </ul>	 <ul style="list-style-type: none"> <li>• 51" / 1.3 m length</li> <li>• Users 5'4" / 1.65m to 6' / 1.82 m</li> <li>• Change yearly</li> </ul>	 <ul style="list-style-type: none"> <li>• 60" / 1.5 m length</li> <li>• Users 6' / 1.82 m and over</li> <li>• Change yearly</li> </ul>	 <ul style="list-style-type: none"> <li>• Grip Handles (2)</li> <li>• Long Loop (2)</li> <li>• Foot Strap (2)</li> <li>• Resistance Bands</li> </ul>	 <ul style="list-style-type: none"> <li>• Light- Yellow (2)</li> <li>• Medium- Black (2)</li> <li>• Heavy-Red (2)</li> </ul>



## Unbreakable Medicine Balls and Half Balls

Cast as one solid urethane ball and made to last a lifetime with our unbreakable guarantee. Superior rebound for complex full body training and agility movements. Unique solid and responsive ride for your Si Board. Great for added trigger point therapy. Three products in one! Use Half Balls for complex training full body training or when riding a ball is too advanced.

<b>3" Mini</b>	<b>5" Small</b>	<b>6.5" Medium</b>	<b>8.5" Large</b>	<b>10" XL</b>
<b>\$25</b>	<b>\$100</b>	<b>\$200</b>	<b>\$400</b>	<b>\$600</b>
 <p><b>0.6 lbs/ 0.27 kg</b> Perfect for baseball and softball training drills, trigger point release and all Starter Boards.</p>	 <p><b>2.5 lbs/ 1.13 kg</b> Easily grip for one hand strength, work single arm rotation and overhead shoulder stability.</p>	 <p><b>5.5 lbs/2.5 kg</b> Great size and weight for speed and strength combo, agility moves and full body training.</p>	 <p><b>12.5 lb/5.7 kg</b> Perfect for explosive full body moves for strong athletes who have great core control.</p>	 <p><b>20.5 lbs/ 9.3 kg</b> Powerhouse slams and presses for elite athletes who can control heavy weight and fast rebound.</p>

<b>DoublePlay</b>	<b>Agility</b>	<b>Plyometric</b>	<b>Endless Slam</b>
<b>\$50</b>	<b>\$450</b>	<b>\$850</b>	<b>\$1,400</b>
 <ul style="list-style-type: none"> <li>• 3" Mini (2)</li> </ul>	 <ul style="list-style-type: none"> <li>• 3" Mini (2)</li> <li>• 5" Small (2)</li> <li>• 6.5" Medium (1)</li> </ul>	 <ul style="list-style-type: none"> <li>• 3" Mini (2)</li> <li>• 5" Small (2)</li> <li>• 6.5" Medium (1)</li> <li>• 8.5" Large (1)</li> </ul>	 <ul style="list-style-type: none"> <li>• 3" Mini (2)</li> <li>• 5" Small (2)</li> <li>• 6.5" Medium (1)</li> <li>• 8.5" Large (1)</li> <li>• 10" XL (1)</li> </ul>

<b>3" Mini</b>	<b>5" Small</b>	<b>6.5" Medium</b>	<b>8.5" Large</b>	<b>10" XL</b>
<b>\$12.95</b>	<b>\$50</b>	<b>\$70</b>	<b>\$120</b>	
 <p><b>1.5" Height</b> Kick Start boards for toddlers and very limited motions.</p>	 <p><b>2.5" Height</b> Beginner level for all Starter Boards. Great for push up hand holds.</p>	 <p><b>3.25" Height</b> Great for all Starter Boards. Beginner level on medium and large Original Boards.</p>	 <p><b>4.25" Height</b> Best size for all Original Boards. Extremely advanced for Starter boards.</p>	<p>Not available at this time but I can create one for you. Ask if interested.</p>



## Multi-Direction Balance Board Using Balls, Half Balls and Resistance Bands

### Welcome To Si Boards

You are about to Jump Into The Next Generation with us. We thank you for your support and sincerely hope you enjoy our training products. Please take a few moments to become familiar with your new Balance Board before use. Safety and great training are our top priorities.

Our unique feature is our solid ball. Si Board balls will never burst, deflate, warp, or give up! Our balls are fast, very responsive and give you a solid ride every time. It takes about 30 minutes to learn how to start, stop and step off a Si Board with grace. It is important to follow the progression protocol for a safe start as you learn how to use your Si Board.

### Balance Board Precautions

As with all balance training devices and locomotion sport boards or equipment, the risk of injury exists. Si Boards are for individuals who are healthy enough to maintain balance. It takes about 30 minutes to learn how to ride a Si Board and during that time your legs will get fatigued. Fatigued legs make it difficult to balance.

Follow these safety precautions to reduce your risk of injury. Please check with your health care provider before starting any exercise program. **Ride at your own risk.**

- Original Boards have a weight limit of 400 lbs / 181 kg.
- Starter Boards have a weight limit of 220 lbs / 100 kg.
- Wear safety equipment including a helmet, elbow pads and knee pads especially if attempting tricks.
- Children and beginners should always be supervised and have a spotter for added safety.
- Wear shoes that provide traction and are free of dirt, sand, water and other substances that may reduce your traction. Do not wear loose shoes or slippers.
- If using barefoot, keep your feet and the board top dry.
- Do not use while intoxicated or under the influence of other substances.
- Si Boards are intended for use on carpet, rubber matting, non-slip surfaces, grass or turf. Using on concrete or rough surfaces will scratch the board and rail. Using on smooth tile or wood

surfaces will not provide traction to the rail for starting and stopping with safety. We suggest interlocking foam squares, a rubber mat or carpet for added safety.

- Use on a hard surface increases the difficulty and speed of the ball compared to soft surface.
- Use in an open area without obstacles on the floor. Remove objects that may cause injuries such as tables, chairs, toys and any other items.
- Do not throw and catch objects while using unless you are spotted, have control of the board and can start and stop safely.
- The solid mass of Si Boards Balls could cause injury if throwing or bouncing. Do not throw or bounce where people or object may be damaged.
- Follow all care and maintenance guidelines before use.

## Balance Board Care And Maintenance

Follow these guidelines to maintain your Si Board in proper condition every time.

- Check your board, rail, rail blocks and ball for damage.
- **Items with cracks, splits, broken rail blocks, loose hardware or rails should not be ridden.**
- Store your Si Board indoors and out of the elements, such as rain, extreme heat and cold and sunlight exposure. Do not store your board in contact with water, oils or solvents.
- Do not alter the board, blocks, rail, or hardware. Altering the board may cause damage, weaken the materials and cause an unsafe use.
- Use the Si Board, Balls, Half Balls, Resistance Bands and other items for their intended purpose.
- Si Boards are intended as a balance training system. Any alteration or non-intended use will void the warranty.

### Original Boards:

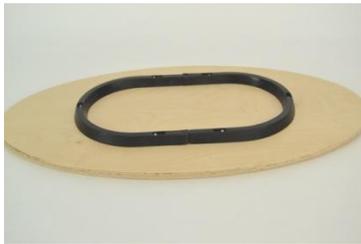
- Check all six/eight rail blocks for movement between the rail and board by wiggling each block. The blocks should not move and the rail should be secured to the rail blocks and board.
- All bolts should be countersunk in the board top and secured inside the rail holes. The hardware on Original boards is designed for permanent fixture. Do not use a board with loose or missing hardware.
- The steel rail is welded as one piece and should not break apart. Do not use a board with a broken or cracked steel rail.



Check rail and blocks for a secure fit and damage on all Original Boards. Check for loose or missing hardware

### Starter Boards:

- Check the urethane rail for secure attachment to the board. The rail is designed with a solid fitting at the connection pieces. Do not use a board with a damaged or separated rail that will not contain the ball.
- All screws should be countersunk in the board top and all nuts should be secured inside the rail. If a screw is loose, tighten it with a Phillips head screwdriver.



Check the rail for a secure fit against the board, at the rail connections and ensure countersunk bolts in all Starter Boards

## How To Use A Spotter

A balance board is an unsteady surface and challenges your balance. Beginners and children should always be supervised and spotted. Follow these steps to start your session safely every time.

### By Yourself:

- Use a stable object that you can grab and hold onto. A countertop, couch or table works well.
- Hold onto the stable object before you step on the Si Board. Continue to hold on as you progress in skill. Over time you can slowly let go but always be close enough to catch yourself.

### Spotting Another Person:

- Set the Si Board in front of a stable object and have the user hold on before stepping on the Si Board.
- Stand behind the user in a wide stance and keep your hands open on each side of the hips.

- Hold onto the users hips as he/she stands on the Si Board. Maintain your stance position and provide them with stability as they learn how to balance.
- If you do not have a stable object for the user to hold onto, you must have your hands and forearms out for support. Let the user hold onto you as you maintain your wide stance.



Spot yourself by holding onto a stable table, from behind or from the front. Always supervise children

## Board, Ball, Half Ball And Resistant Band Combinations

Si Boards are a versatile and progressive balance training system. All Starter Boards can create 8 unique balance platforms and all Original Boards can create 16 unique platforms. These are the combinations of boards using balls, half balls and resistance bands in the progression from easy to difficult.

1. **Rocker Board-** Place 2 Half Balls under the board to create movement that teeters left and right or side to side. This is the easiest type of motion.
2. **Wobble Board-** Place 1 Half Ball under the board to create tilting in all directions. Place the Half Ball under the left side of the board to create more weight distribution under the left leg. This increases muscle activation of the left leg.
3. **Single Pivot Board-** Place 1 Half Ball and 1 Ball under the board. One leg will teeter forward and backward while the other leg is free to rotate and slide the board forward and backward.
4. **Double Pivot Board-** Place 2 Balls of the same size under the board to create tilting, sliding and twisting motions. Each leg will be allowed to rotate the board forward.
5. **Multi-Direction Board-** Place 1 Ball under the board to create 360<sup>0</sup> of full rotation and weight shift from foot to foot. The board will slide forward, backward, sideways, diagonal and in circular patterns.
6. **Rock and Roll Board-** Turn two of the 6.5" or 8.5" Half Balls flat side up and place a smaller ball inside each of the Half Balls. The Balls will roll around inside. This is a very advanced combo. The board will slightly roll and tilt quickly.

7. **Thrasher Board-** Turn the 6.5" or 8.5" Half Ball flat side up and place a smaller ball inside the Half Ball. The Ball will roll around inside. This is a very advanced combo. The board will not roll on the ball but provide a fast and jarring motion in a limited ride space.
8. **Big Drop-** Turn the 6.5" or 8.5" Half Ball flat side up and place a larger ball inside the Half Ball. The Ball should have a firm fit inside the Half Ball. This is a very advanced combo. The board will tilt and then quickly tip over.

**Add Resistance Bands:**

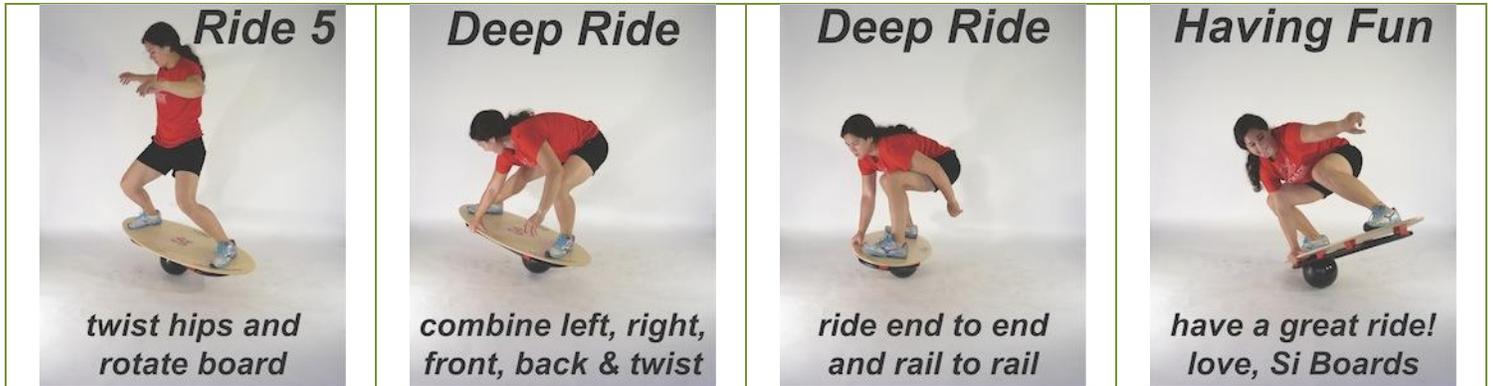
9. **Rocker Board Plus-** Place 2 Half Balls under the board and attach Resistance Bands to the rail of all Original Boards.
10. **Wobble Board Plus-** Place 1 Half Ball under the board and attach Resistance Bands to the rail of all Original Boards.
11. **Single Pivot Board Plus-** Place 1 Half Ball and 1 Ball under the board and attach Resistance Bands to the rail of all Original Boards.
12. **Double Pivot Board Plus-** Place 2 Balls of the same size under the board and attach Resistance Bands to the rail of all Original Boards.
13. **Multi-Direction Board Plus-** Place 1 Ball under the board and attach Resistance Bands to the rail of all Original Boards.
14. **Rock and Roll Board Plus-** Turn two of the 6.5" or 8.5" Half Balls flat side up and place a smaller ball inside each of the Half Balls. Attach Resistance Bands to the rail of all Original Boards.
15. **Thrasher Board Plus-** Turn the 6.5" or 8.5" Half Ball flat side up and place a smaller ball inside the Half Ball. The Ball will roll around inside. Attach Resistance Bands to the rail of all Original Boards.
16. **Big Drop Plus-** Turn the 6.5" or 8.5" Half Ball flat side up and place a larger ball inside the Half Ball. Attach Resistance Bands to the rail of all Original Boards.

<p><b>Rocker</b></p>  <p><b>2 Half Balls</b></p> <ul style="list-style-type: none"> <li>Easiest movement rocking in two directions. Great for beginners and basic skills.</li> </ul>	<p><b>Wobble</b></p>  <p><b>1 Half Ball Centered</b></p> <ul style="list-style-type: none"> <li>Center weight distribution tilting in all directions. Great for pelvic rotations.</li> </ul>	<p><b>Wobble</b></p>  <p><b>1 Half Ball On End</b></p> <ul style="list-style-type: none"> <li>Weight distribution to one side of the board to target leg dominance.</li> </ul>	<p><b>Single Pivot</b></p>  <p><b>1 Half Ball, 1 Ball</b></p> <ul style="list-style-type: none"> <li>Rocking on left and rolling on right side. Progression to moving board and rotation.</li> </ul>
<p><b>Rock &amp; Roll</b></p>  <p><b>1 Ball Inside 1 Half Ball</b></p> <ul style="list-style-type: none"> <li>Advanced rolling surface on balls inside half balls that also quickly tip.</li> </ul>	<p><b>Thrasher</b></p>  <p><b>1 Ball Inside 1 Half Ball</b></p> <ul style="list-style-type: none"> <li>Very advanced small rolling board that quickly tips and is unpredictable.</li> </ul>	<p><b>Big Drop</b></p>  <p><b>Big Ball Inside Half Ball</b></p> <ul style="list-style-type: none"> <li>Extreme tilting board that is unpredictable and forces you to stay centered.</li> </ul>	<p><b>Double Pivot</b></p>  <p><b>2 Balls At Ends</b></p> <ul style="list-style-type: none"> <li>Stable rolling surface with independent foot rotation. Intermediate progression.</li> </ul>
<p><b>Double Pivot</b></p>  <p><b>2 Balls Centered</b></p> <ul style="list-style-type: none"> <li>Weight transfer from side to side on a rolling board. Each foot can also freely rotate.</li> </ul>	<p><b>Multi-Direction</b></p>  <p><b>1 Ball</b></p> <ul style="list-style-type: none"> <li>Most advanced moving board. Weight transfer in all directions and combination.</li> </ul>	<p><b>Rocker +</b></p>  <p><b>2 Half Balls &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Beginner rocking board with added posture control or leg strength with bands.</li> </ul>	<p><b>Wobble +</b></p>  <p><b>1 Half Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Rotate board while standing or in push-up position against bands for power.</li> </ul>
<p><b>Single Pivot +</b></p>  <p><b>Half Ball, Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Upper body control while one leg rotates the board and the other leg is stable.</li> </ul>	<p><b>Double Pivot +</b></p>  <p><b>2 Balls &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Rolling and rotating board with upper body control and core strength.</li> </ul>	<p><b>Multi-Direction +</b></p>  <p><b>1 Ball &amp; Bands</b></p> <ul style="list-style-type: none"> <li>Most advanced multi-direction board with added bands for core control.</li> </ul>	<p>Your Favorite Combo...</p>

## Getting Started

See BALANCE BOARD PRECAUTIONS, CARE AND MAINTENANCE, and HOW TO USE A SPOTTER before beginning.





### How To Use A Rocker Board:

**Step 1:** Place 2 Half Balls inside the rail system and under the left and right sides of the board. The board should be level.

**Step 2:** Place one foot on the board let the rail make contact with the ground. Shift your weight to that foot.

**Step 3:** Step onto the board to level the platform. Create board movement forward and backward or left and right and feel how much motion is available.

### How To Use A Wobble Board:

**Step 1:** Place 1 Half Ball inside the rail system and under the middle of the board. The board should be level.

**Step 2:** Place the right foot on the board let the rail make contact with the ground. Shift your weight to that foot.

**Step 3:** Place your left foot on the board that is now elevated in the air. Maintain balance and level the platform by shifting your weight equally. Create board movement in all directions and feel how much motion is available.

**Step 4:** Place the Half Ball under the left side of the board to target leg dominance. The left side of the board will be in the air with the right side touching the ground.

**Step 5:** Step on the right side of the board- the stable side touching the ground. Then step on the left side and try to maintain balance with the board top level.

### How To Use A Single Pivot Board:

**Step 1:** Place 1 Half Ball inside the rail system and under the left side of the board.

**Step 2:** Place 1 Ball under the right side of the board.

**Step 3:** Place your left foot on the board over the Half Ball and steady the board. Shift your weight to that foot and stand on the board.

**Step 4:** Place your right foot on the board over the Ball. Maintain balance and level the platform.

**Step 5:** Create board movement with your right foot in forward and backward sliding motions. Your left foot will steady the board in rocker type motions.

#### **How To Use A Double Pivot Board:**

**Step 1:** Place 2 Balls inside the rail system and under the very ends of the left and right sides of the board. The board should be level.

**Step 2:** Place one foot over the ball or in the center of the board. Shift your weight to that foot.

**Step 3:** Step onto the board to level the platform with your other foot. Create board movement forward and backward, left and right and twisting to feel how much motion is available.

#### **How To Use A Multi-Direction Board:**

**Step 1:** Place the ball inside the rail system and under the board on the right side. Do not place the ball in the center of the board. The left side of the board should contact the ground with the right side in the air supported by the ball.

**Step 2:** Place your left foot on the board over the left side rail bolt. **If your foot is placed too far inside of the rail bolt it is impossible to maintain balance. The ball will roll to the outside of your foot causing you to fall. Keep your feet pointed forward. If you feel too stretched out being over the bolt holes then the board is too large for you.**

**Step 3:** With your weight on your left foot place your right foot on the far right bolt. You should have a wide stance that is comfortable for you.

**Step 4:** Squat down and shift your weight gently to your right foot. Gently lift your left foot and the board will come off the ground.

**Step 5:** It is best to keep your upper body stable and centered while your hips swing your lower body to move the board. Feel how much total board movement there is by moving the board left, right, forward, backward, twisting and in clockwise and counterclockwise circles. **For beginners, it is best to do this while holding onto a counter top.**

**Step 6:** After you feel how much motion the board has on the ball, try to stay centered and maintain your balance. As you progress you can move the board on the ball in a more active motion. At first you will look at the board for visual feedback. As you progress, try to look forward and keep your eyes level as you would in sport.

**Step 7:** Warm up your hips and activate core control by completing this sequence every time. Moving the board left and right, forward and backward, twisting and in clockwise and counterclockwise circles.

#### **How To Use A Rock And Roll Board:**

**Step 1:** This is a very advanced combo and spotting yourself is highly suggested. Use two Ball/Half Ball combos and place one at each end of the rail system and under the left and right sides of the board. The board should be level.

**Step 2:** Steady the board with your foot. Shift your weight to that foot.

**Step 3:** Step onto the board to level the platform with your other foot. The board will gently roll and then quickly tilt with sudden stops to your motion. React to the board and maintain balance.

#### **How To Use A Thrasher Board:**

**Step 1:** This is a very advanced combo and spotting yourself is highly suggested. Place one Ball/Half Ball combo under the center of the board.

**Step 2:** Step on one side of the board and steady it on the ground.

**Step 3:** Step onto the high side of the board with your other foot. Gently shift your weight to level the. The board will be very reactive and with sudden stops to your motion in all direction. React to the board and maintain balance.

#### **How To Use A Big Drop Board:**

**Step 1:** This is a very advanced combo and spotting yourself is highly suggested. Place one Ball/Half Ball combo under the center of the board.

**Step 2:** Step on one side of the board and steady it on the ground.

**Step 3:** Step onto the high side of the board with your other foot. Gently shift your weight to level the board. The board will tilt gently in all directions then suddenly extremely tilt. React to the board and maintain balance.

## **How To Stop**

A balance board is a moving and unstable surface. It is important to learn how to stop and step off a Si Board properly before using it without a spotter or stable object. Practice these moves slowly. Here are some suggestions.

**Step 1:** Move your body with the direction of the board movement. Do not try to overcompensate or save the board if it is moving too fast. Let the board move to the ground.

**Step 2:** If the ball is under the right foot shift your weight to your left foot and ground the left side of the board. Do the same when unbalanced on the left foot and ground the right side of the board. You can also ride the board to the side and slide the rail to the ground.

**Step 3:** If the board is tilting backward while the ball is moving to the front of the board, squat down and grab the front of the board. Ground the board backward and step backward. The board will be at a steep angle as you hang on. If you overcompensate and lean forward your shins will hit the front of the board and you will land on your wrists. Advanced riders can jump off the board backward.

**Step 4:** If the board is tilting forward and the ball is moving to the back lean forward and step off forward. Many users will overcompensate and lean backward, however this will cause you to fall. Advanced riders can jump off the board forward.

## Balancing On Your Hands And Feet

**Step 1:** Place 2 Balls or 2 Half Balls under the board and inside of the rail. Step to the left side of the board. Place your hands at the nose of the board.

**Step 2:** Place your right foot on the tail of the board and steady yourself. Then place your left foot on the tail of the board.

**Step 3:** Use your upper body and legs for balance.

**Step 4:** Progress this skill and place 1 Ball or 1 Half Ball under the middle of the board. Place your feet at the tail of the board and let the rail contact the ground.

**Step 5:** Place your hands on the nose of the board. Gently shift your weight to your hands and allow the board to lift off the ground.

## Attaching Resistance Bands To The Rail

The Resistance Band System is designed to loop around a stable object and provide a clip-in system for resistance training. The bands will also clip into a chain linked fence. The long loop straps will fit around a larger 5" diameter pole. The rail system of all Original Boards allows you to attach Resistance Bands to steel rail or rail blocks and expand your training exercises.

### Precautions:

- The colorful Resistance Bands **contains latex**. DO NOT USE if you have a latex allergy.
- Supervise children at all times. These straps and bands are not intended as toys.
- **Do not stretch the latex bands past 300% or 3 times their resting length.** All bands are 16" inch / 44 cm and can be stretched up to 48" inch /122 cm .

- Do not store the bands in UV light, extreme temperatures with oils or solvents.
- Hand oils and lotions will deteriorate the band life.
- These bands have not been treated for chlorine. Use in the pool will deteriorate the bands more quickly.
- Always check the resistance bands for cracks, tears, cuts, splits or any abnormal condition before using. Check the band at resting length and at a stretched length. Do not use a damaged band.
- Check the plastic clips at the end of the resistance bands for breaks and security around the band. Do not use a band if the clip or attachment site is damaged.
- With heavy use latex bands should be replaced yearly or sooner.

### Straps And Handles:

- Check all strapping material for well secured stitching and integrity. Do not use a strap if it is torn and seams are not secure.
- Check the metal O-rings at the weld and for a secure fit inside the strap.
- Always check the resistance band clip for a secure fit to the O-ring. Do not use the band if the clip will not completely close and secure to itself.



Check the band, straps, o rings and clips for cracks and damage at resting and stretched length

## How To Use The Resistance Band System

### How To Attach The Resistance Bands To The Original Board:

**Step 1:** Take the long loop strap with 3 metal o-rings and place it between the rail and board.

**Step 2:** Thread the metal o-ring through the loop strap at the other end. Pull the ring tight to secure the strap around the rail.

**Step 3:** Attach the latex bands to the o-ring and attach the handle or foot strap at the other end of the resistance band.

**Step 4:** You can place the band anywhere along the rail or secure to the urethane rail blocks if you don't want the straps to move.

**Step 5:** To get optimal stretch resistance, you can attach the bands into any of the three levels of o-rings.

**Step 6:** Make sure the band is not rubbing against the board top and do not overstretch the bands by 300% of the resting length. If you are tall, use the last o-ring to attach the bands.

**Step 7:** You may connect the other end of the bands to a stable object, such as a table leg or pole. You may also connect the straps and bands to other sports equipment.

### How To Use The Bands Independently:

**Step 1:** Attach the long loop strap at one end of the resistance band.

**Step 2:** Attach the handle at the other end of the resistance band.

**Step 3:** Step inside the long loop strap end and secure it around your foot. Hold on to the handles and now you can complete exercises with bands attached from your feet to hands.



Place long loop strap between board and rail, pull metal ring through loop and attach bands and handles



Place long loop strap around stable pole, pull metal ring through loop and attach bands



Attach handles and foot straps. You can place multiple bands on one o-ring for added resistance



Use the band independently on your feet, sports equipment or stable poles and benches

## Complex Motions And Combinations

Complex and combination exercises require great core strength, stability and ability to balance on Si Boards. Combine sport equipment such as a baseball bat, tennis racquet, basketball or football and go through sport motions. Create more complexity by bouncing, catching and passing balls.

- Do not attempt these exercises unless you are able to do them with good form and focus while on the ground.
- Do not attempt to combine exercises while balancing on a Si Board unless you can properly start and stop with control. Use a spotter when necessary.
- Adding other exercise/sports equipment can increase the risk of injury. Always follow the safety precautions of other equipment.

## Si Boards Medicine Balls And Half Balls

Si Boards Balls and Half Balls are made from a special high bounce urethane. Using your Ball as a medicine ball is very different from a traditional air filled ball. Please familiarize yourself with Ball care and function before using.

## Medicine Ball And Half Ball Precautions

Si Boards balls have superior bounce and are not intended as toys. The balls are intended as training devices for sports, fitness and rehab. Follow these safety precautions.

- Children and beginners should always be supervised.
- Bounce the Ball on a solid and smooth surface such as concrete.
- Do not throw the Ball against walls made from drywall, plaster, glass or other fragile material. Do not throw against rough or jagged surfaces.
- Do not throw or bounce where people or property may be damaged.
- Keep your focus on the Ball.
- Do not throw and catch in positions where you may get injured. These include throwing or catching the Ball directly in front of your face.
- When throwing against a solid wall, it is advised to check your surroundings. If you fail to catch the Ball it will continue to roll and bounce beyond you.
- The Balls are sold urethane and do not give like an air or gel filled ball. These Balls may be more difficult to catch. Always catch with open hands and ready to receive the Ball.
- Keep your hands close enough to prevent the Ball from bouncing through your hands.
- Half Balls are intended to create an unstable rocker or wobble board.
- Place the larger flat side of a Half Ball against the board, especially if using your own sport board. The smaller the surface area the greater pressure is exerted. To avoid damaging your personal board, use the larger flat side up.
- Place Half Balls on a surface that will not slip. Ensure your board set up is adequate to prevent slipping on the ground.

## Medicine Ball And Half Ball Care And Maintenance

- When you first receive your Ball or Half Ball, the texture may feel slippery and appear shiny. This is the silicone mold release used during manufacturing.
- Wash the silicone mold release off with dish soap and dry well with a towel. It may take several washings and use to completely remove any silicone.
- Balls and Half Balls will look dull, have a naturally tacky feel and are easy to grip once the silicone is removed.
- Check your Ball and Half Ball for any damage, cracks or splits. Damaged items should not be used. Minor scuff marks are ok.
- Do not touch extremely hot metal objects to the urethane.

- Do not store the balls in oils, solvents or extreme temperatures.

## How To Bounce And Catch A Si Boards Medicine Ball

The first time you use a Ball from Si Boards you should familiarize yourself with the bounce and feel. The Balls rebound with speed and energy unlike any other brand of ball. Beginners and first time users may be caught off guard and unprepared to catch the Ball. The solidness of the Balls may cause injury.

Do not bend over the ball and slam. Keep your focus on the ball as it rebounds back to you. Always stay agile and able to move out of the path of the Ball if needed.

**Step 1:** Hold the Ball away from your body at arms length and drop it on the ground. The Ball should rebound about 70% of the drop height.

**Step 2:** Allow the Ball to bounce back to you and catch with open soft hands. Repeat until you are comfortable with the amount of rebound and the feel of the Ball. Gradually bounce and throw harder.

**Step 3:** To properly catch a Ball, make a diamond with your hands. Cup the top of the Ball rather than catching the sides of the Ball. This will prevent the Ball from slipping between your hands.

**Step 4:** After you throw, keep your arms extended with open soft hands in diamond formation.

**Step 5:** Soften the Ball rebound by meeting the Ball with your hands and slowly guiding it toward you. Then extend your arms and throw again.

**Step 6:** The harder you bounce the Ball the faster it will return and may become difficult to catch. Keep your face away from the return path of the Ball. Always slam the Ball at arms length.

**Step 7:** When catching a Ball overhead, leave your free hand in the air for protection and to assist the catch if needed.

**Step 8:** When catching a Ball dropping from the air keep your hands in front of your face for protection. Catch the Ball in front of your chest and soften the momentum.

**Step 9:** When catching a fast moving Ball coming directly at your body, catch to the side of your body. Keep your hands open and arms extended to gently soften the Ball momentum.



Single hand drop and catch- become familiar with the bounce



Double hand drop and catch- practice the diamond formation and catch



Diamond hand formation- always cup the top of the ball rather than the sides



Double hand bounce and catch- keep ball away from your face and do not stand over the ball



Single hand overhead bounce- keep your free hand up for safety



Double hand bounce- keep both hands up and in diamond formation as you catch away from your face



Overhead throw- keep both hands up and in diamond formation as you catch in front of your chest



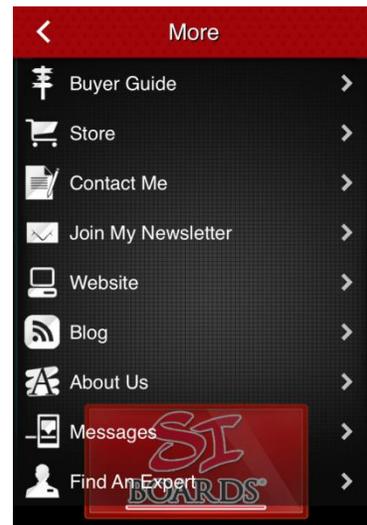
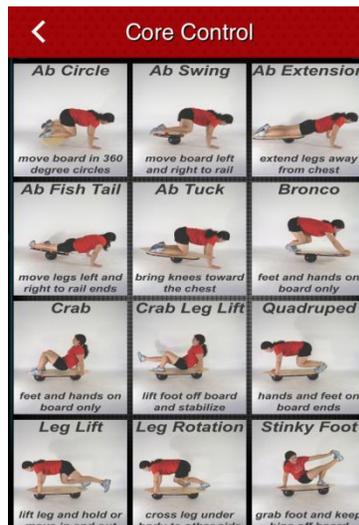
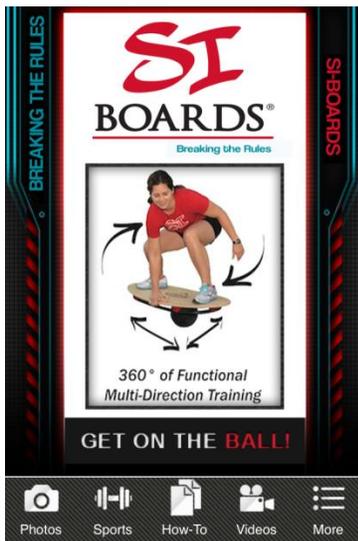
Chest pass- keep both hands in front of you in diamond formation and catch with open soft hands



Side throws- keep focus and guide the ball gently back to starting position for next throw

## Mobile App

Si Boards, Inc mobile app is ready on Itunes and Google Play for your quick reference. Packed with hundreds of photos, video links, how to documents and sport specific training. This is an ongoing project that will expand for your training needs. Please contact us with any suggestions or training topics.



## Warranty

Si Boards products are guaranteed against manufacturing defects and flaws. This does not include damage caused by using the products for anything other than its intended purpose. Any alteration to the product will void the warranty. All Balance Boards, Power Rope Balls, Creator Kits and Resistance Band Systems have a 1 year limited warranty. All Medicine Balls and Half Balls have a 5 year limited warranty. Please contact us if you have questions.

## About Us

Si Boards, Inc was created by Elysia Tsai, M.Ed., ATC. Elysia is a Certified Athletic Trainer helping athletes compete at their best. As a sports medicine professional she knows the importance of versatile and well built equipment. Our product line of Si Board balance training systems, unbreakable medicine Balls and Power Rope Balls are the most unique in function and allow skill progression for all levels.

Si Boards, Inc is located in beautiful southern California where our products are hand crafted with care and pride. All materials and vendors are from the USA. Our vision is to help all people become active, compete with vigor, and age with healthy and strong bodies. We believe in exceptional customer service, quality material and fine details, continued education for all and giving back to the community. We love what we do and being able to share the world of balance training and sports performance with you.

## Connect With Us

Stay connected with our newsletter and share your story on Facebook, Twitter, Instagram and YouTube. #siboards and @siboards is where you can find us. We have a ton of instructional videos on YouTube (and a few kookie ones as well). We love hearing your stories and look forward to expanding the Si Boarder community. Please send us an email at any time or post a picture with your story.

Thanks for jumping into the next generation with us!

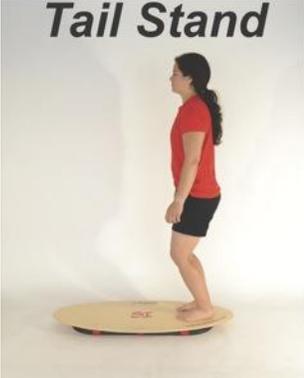
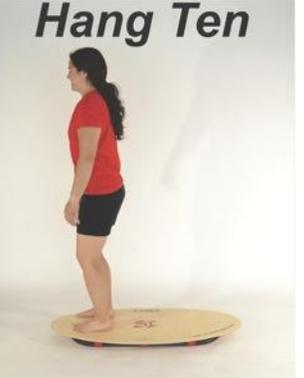
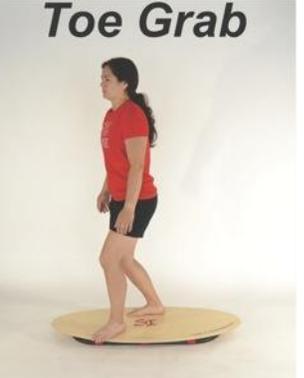
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# Board Positions

Skill progression from beginner to advanced:

2 Half Balls ➡ 1 Half Ball ➡ 1 Half Ball and 1 Ball ➡ 2 Balls ➡ 1 Ball

<p><b>Squat</b></p>  <ul style="list-style-type: none"> <li>• Feet facing forward on bolts</li> <li>• General athletic stance for pushing and pulling</li> </ul>	<p><b>Open 45°</b></p>  <ul style="list-style-type: none"> <li>• Feet facing at an angle</li> <li>• Movement transition for rotational and agility</li> </ul>	<p><b>Lunge</b></p>  <ul style="list-style-type: none"> <li>• Wide in-line stance</li> <li>• Simulate forward weight shift running and walking</li> </ul>	<p><b>SUP</b></p>  <ul style="list-style-type: none"> <li>• Narrow shoulder stance</li> <li>• Side to side control and hip hike coordination</li> </ul>
<p><b>Slack Line</b></p>  <ul style="list-style-type: none"> <li>• Feet in line heel to toe</li> <li>• Very narrow stance with side to side challenge</li> </ul>	<p><b>Bike Pedals</b></p>  <ul style="list-style-type: none"> <li>• Staggered narrow stance</li> <li>• Simulate keeping feet level with balance between feet</li> </ul>	<p><b>Diving Board</b></p>  <ul style="list-style-type: none"> <li>• Staggered narrow stance</li> <li>• Grip front toes on end of board and lift back heel</li> </ul>	<p><b>Strong Side</b></p>  <ul style="list-style-type: none"> <li>• Strengthen the left side</li> <li>• Balance on a half ball under the left side of board</li> </ul>
<p><b>Tail Stand</b></p>  <ul style="list-style-type: none"> <li>• Increased weight on front</li> <li>• Greater heel and toe control to keep board lifted</li> </ul>	<p><b>Side Stand</b></p>  <ul style="list-style-type: none"> <li>• Increased weight on side</li> <li>• Feet inversion and eversion control of board</li> </ul>	<p><b>Hang Ten</b></p>  <ul style="list-style-type: none"> <li>• Increased weight on back</li> <li>• Greater calf and toe control to push board down</li> </ul>	<p><b>Toe Grab</b></p>  <ul style="list-style-type: none"> <li>• Grab board with toes</li> <li>• Increases toe and foot activation</li> </ul>

# Board Positions

Skill progression from beginner to advanced:

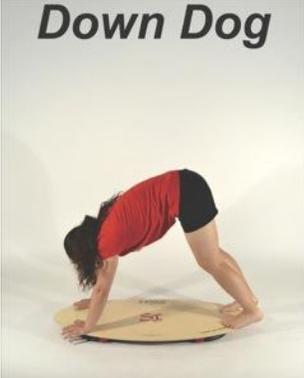
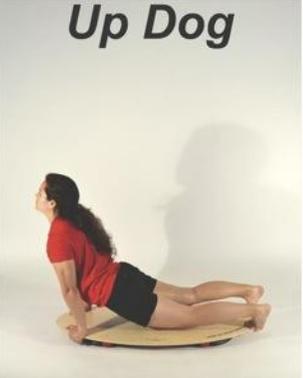
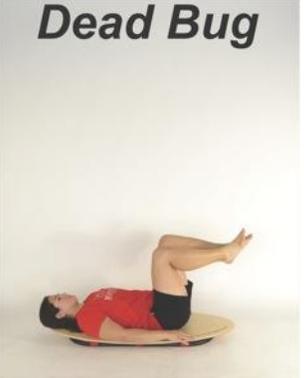
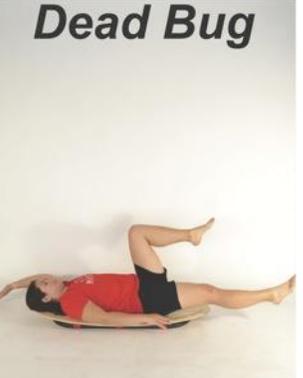
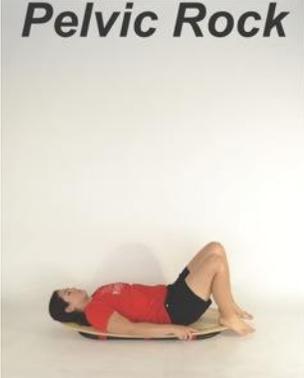
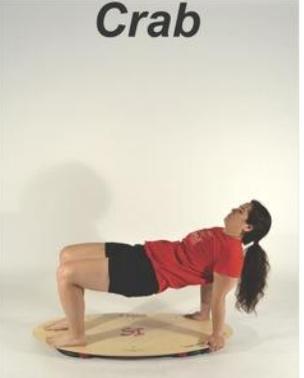
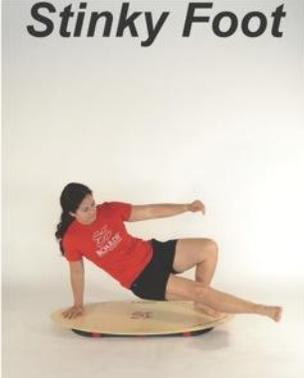
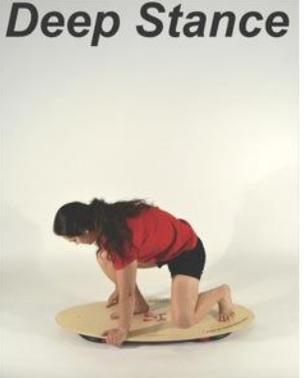
2 Half Balls ➡ 1 Half Ball ➡ 1 Half Ball and 1 Ball ➡ 2 Balls ➡ 1 Ball

<p><b>Push Up</b></p>  <ul style="list-style-type: none"> <li>• Shoulders level on board</li> <li>• Anterior control while maintaining a level board</li> </ul>	<p><b>Off Set Hand</b></p>  <ul style="list-style-type: none"> <li>• Left arm above shoulder</li> <li>• Left side trap and right side rhomboid and lat control</li> </ul>	<p><b>Off Set Hand</b></p>  <ul style="list-style-type: none"> <li>• Drop chest toward board</li> <li>• Trunk control with hands at different shoulder level</li> </ul>	<p><b>Knee Drive</b></p>  <ul style="list-style-type: none"> <li>• Lift knee to outside elbow</li> <li>• Greater glute control of lifted leg</li> </ul>
<p><b>Knee Drive</b></p>  <ul style="list-style-type: none"> <li>• Drop chest toward board</li> <li>• Maintain leg lift for added chest and glute control</li> </ul>	<p><b>Back Bridge</b></p>  <ul style="list-style-type: none"> <li>• Lift shoulders and head</li> <li>• Shoulder and trunk stability with high hips</li> </ul>	<p><b>Side Plank</b></p>  <ul style="list-style-type: none"> <li>• Head and feet in line</li> <li>• Lift hips and maintain position for spine control</li> </ul>	<p><b>Pike</b></p>  <ul style="list-style-type: none"> <li>• Lift hips and legs off board</li> <li>• Maintain balance on hands and strengthen abs</li> </ul>
<p><b>Push Up</b></p>  <ul style="list-style-type: none"> <li>• Surf style with hand grip</li> <li>• Turn board long and increase finger control</li> </ul>	<p><b>Plank</b></p>  <ul style="list-style-type: none"> <li>• Elbows on board</li> <li>• Anterior control with chest level to the ground</li> </ul>	<p><b>Belly</b></p>  <ul style="list-style-type: none"> <li>• Full front board contact</li> <li>• Balance with little use of arms and feet</li> </ul>	<p><b>Cobra</b></p>  <ul style="list-style-type: none"> <li>• Lift chest off board</li> <li>• Balance with back extension and hips pressing into board</li> </ul>

# Board Positions

Skill progression from beginner to advanced:

2 Half Balls ➡ 1 Half Ball ➡ 1 Half Ball and 1 Ball ➡ 2 Balls ➡ 1 Ball

<p><b>Down Dog</b></p>  <ul style="list-style-type: none"> <li>• Feet and hands on board</li> <li>• Balance between hands and feet with high hips</li> </ul>	<p><b>Up Dog</b></p>  <ul style="list-style-type: none"> <li>• Feet and hands on board</li> <li>• Keep hips off board and maintain back extension</li> </ul>	<p><b>Dead Bug</b></p>  <ul style="list-style-type: none"> <li>• Head and back supported</li> <li>• Knees bent in table top position with arms at side</li> </ul>	<p><b>Dead Bug</b></p>  <ul style="list-style-type: none"> <li>• Alternate legs and arms</li> <li>• Left arm raise with right leg extension</li> </ul>
<p><b>Pelvic Rock</b></p>  <ul style="list-style-type: none"> <li>• Head and feet on board</li> <li>• Stabilize board using subtle hip control movements</li> </ul>	<p><b>Seated</b></p>  <ul style="list-style-type: none"> <li>• Hips on board without feet</li> <li>• Abdominal control with subtle hip control</li> </ul>	<p><b>Crab</b></p>  <ul style="list-style-type: none"> <li>• Feet and hands on board</li> <li>• Lift hips for posterior control and spine strength</li> </ul>	<p><b>Crab</b></p>  <ul style="list-style-type: none"> <li>• Lift leg for added stability</li> <li>• Hip control of lifted leg with posterior strength</li> </ul>
<p><b>Stinky Foot</b></p>  <ul style="list-style-type: none"> <li>• Right hand and left foot</li> <li>• Side stability with opposite hand and foot</li> </ul>	<p><b>Stinky Foot</b></p>  <ul style="list-style-type: none"> <li>• Grab foot and raise in air</li> <li>• Increased stability with ab control of lifted leg</li> </ul>	<p><b>Deep Stance</b></p>  <ul style="list-style-type: none"> <li>• Chest on front thigh</li> <li>• Increase flexibility and control with deep lunge</li> </ul>	<p><b>Dip</b></p>  <ul style="list-style-type: none"> <li>• Hands behind back</li> <li>• Posterior shoulder, trunk and hip control</li> </ul>

# Board Positions

Skill progression from beginner to advanced:

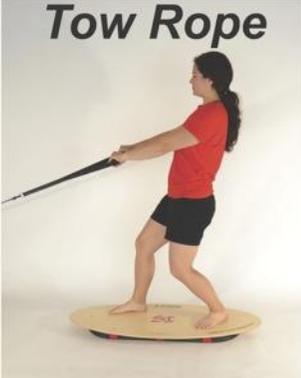
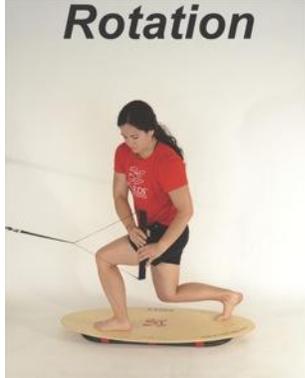
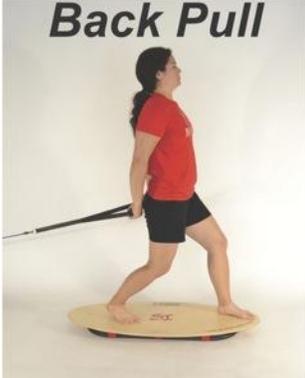
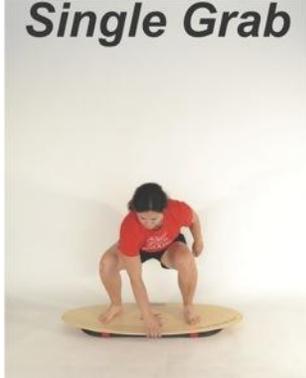
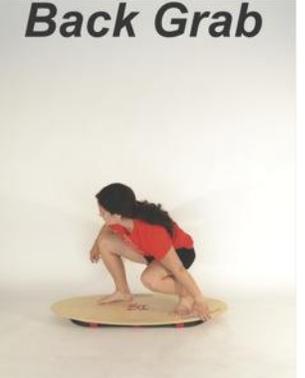
2 Half Balls ➡ 1 Half Ball ➡ 1 Half Ball and 1 Ball ➡ 2 Balls ➡ 1 Ball

<p><b>Ab Swing</b></p>  <ul style="list-style-type: none"> <li>• Shins and knees on board</li> <li>• Ab control with board moving in circles</li> </ul>	<p><b>Ab Roll</b></p>  <ul style="list-style-type: none"> <li>• Shins along length of board</li> <li>• Tuck knees toward the chest for ab shortening</li> </ul>	<p><b>Ab Roll</b></p>  <ul style="list-style-type: none"> <li>• Extend legs backward</li> <li>• lengthen the abs for control moving knees in and out</li> </ul>	<p><b>Push Up</b></p>  <ul style="list-style-type: none"> <li>• Feet on board</li> <li>• Fine tune leg and feet balance with hands on floor</li> </ul>
<p><b>Leg Lift</b></p>  <ul style="list-style-type: none"> <li>• Lift leg and stabilize</li> <li>• Spine stability with lifted leg and anterior strength</li> </ul>	<p><b>Rotation</b></p>  <ul style="list-style-type: none"> <li>• Move lifted leg under body</li> <li>• Spine rotation stability and inner thigh control</li> </ul>	<p><b>Bridge</b></p>  <ul style="list-style-type: none"> <li>• Feet on board</li> <li>• Stabilize board with back on the ground</li> </ul>	<p><b>Hip Lift</b></p>  <ul style="list-style-type: none"> <li>• Lift hips off the ground</li> <li>• Greater hamstring and glute control</li> </ul>
<p><b>Leg Lift</b></p>  <ul style="list-style-type: none"> <li>• Lift one leg with high hips</li> <li>• Hamstring control of the leg on the board</li> </ul>	<p><b>Back Plank</b></p>  <ul style="list-style-type: none"> <li>• Seated with feet on board</li> <li>• Hamstring and hip control of board movements</li> </ul>	<p><b>Hip Lift</b></p>  <ul style="list-style-type: none"> <li>• Lift hips off the ground</li> <li>• Posterior control with greater hamstring strength</li> </ul>	<p><b>Leg Lift</b></p>  <ul style="list-style-type: none"> <li>• Lift leg off board</li> <li>• Greater coordination of spine, hands and foot</li> </ul>

# Board Positions

Skill progression from beginner to advanced:

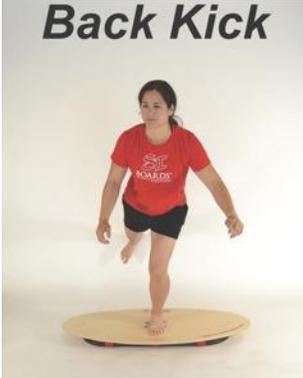
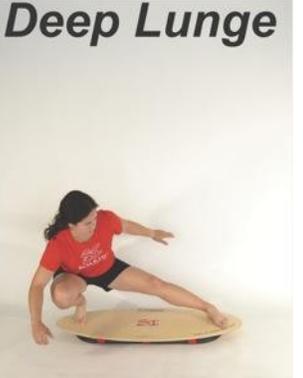
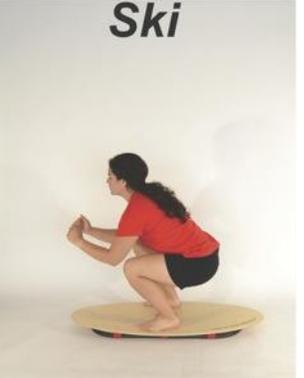
2 Half Balls ➡ 1 Half Ball ➡ 1 Half Ball and 1 Ball ➡ 2 Balls ➡ 1 Ball

<p><b>Tow Rope</b></p>  <ul style="list-style-type: none"> <li>• Backward lean from rope</li> <li>• Stand tall and control pull from rope</li> </ul>	<p><b>Wake</b></p>  <ul style="list-style-type: none"> <li>• Lunge with backward lean</li> <li>• Deep leg position with rope control from various angles</li> </ul>	<p><b>Ski Rope</b></p>  <ul style="list-style-type: none"> <li>• Narrow foot position</li> <li>• Posture control in mini squat with rope pull</li> </ul>	<p><b>Rotation</b></p>  <ul style="list-style-type: none"> <li>• Lunge with side rope pull</li> <li>• Increase posture control with spine rotation</li> </ul>
<p><b>High Arms</b></p>  <ul style="list-style-type: none"> <li>• Pull with arms above head</li> <li>• Posture control with arms in various overhead positions</li> </ul>	<p><b>Back Pull</b></p>  <ul style="list-style-type: none"> <li>• Stand tall with open chest</li> <li>• Stabilize board without being pulled backward</li> </ul>	<p><b>Single Grab</b></p>  <ul style="list-style-type: none"> <li>• One hand front side grab</li> <li>• Full squat and balance while constantly holding on</li> </ul>	<p><b>Back Single</b></p>  <ul style="list-style-type: none"> <li>• One hand back side grab</li> <li>• Deep squat with ability to grab behind heels</li> </ul>
<p><b>Front Double</b></p>  <ul style="list-style-type: none"> <li>• Two hand front side grab</li> <li>• Full squat requiring great leg strength and control</li> </ul>	<p><b>Back Double</b></p>  <ul style="list-style-type: none"> <li>• Two hand back side grab</li> <li>• Deep squat with great lower body flexibility</li> </ul>	<p><b>Front Grab</b></p>  <ul style="list-style-type: none"> <li>• Lunge with front side grab</li> <li>• Added hand control of board</li> </ul>	<p><b>Back Grab</b></p>  <ul style="list-style-type: none"> <li>• Lunge with back side grab</li> <li>• Side bending trunk control with lower body flexibility</li> </ul>

# Board Positions

Skill progression from beginner to advanced:

2 Half Balls ➡ 1 Half Ball ➡ 1 Half Ball and 1 Ball ➡ 2 Balls ➡ 1 Ball

<p><b>Single Leg</b></p>  <ul style="list-style-type: none"> <li>• One foot stance on board</li> <li>• Balance control on single leg, foot and hip</li> </ul>	<p><b>Back Kick</b></p>  <ul style="list-style-type: none"> <li>• Lean forward and kick back</li> <li>• Hip angle change for added hamstring strength</li> </ul>	<p><b>Back Lunge</b></p>  <ul style="list-style-type: none"> <li>• Move leg behind other</li> <li>• Concentrated glute strength of standing leg</li> </ul>	<p><b>Back Step</b></p>  <ul style="list-style-type: none"> <li>• Single leg foot control</li> <li>• Increased front board weight for heel strength</li> </ul>
<p><b>Cross Over</b></p>  <ul style="list-style-type: none"> <li>• Move leg in front of other</li> <li>• Hips crossed with one or two feet on board</li> </ul>	<p><b>Front Step</b></p>  <ul style="list-style-type: none"> <li>• Forward lean on single leg</li> <li>• Strong first step with weight in front of standing foot</li> </ul>	<p><b>Front Kick</b></p>  <ul style="list-style-type: none"> <li>• Backward lean with kick</li> <li>• Posture control with weight behind standing foot</li> </ul>	<p><b>Side Skate</b></p>  <ul style="list-style-type: none"> <li>• Move leg away from other</li> <li>• Glute and hip strength of lifted leg</li> </ul>
<p><b>Side Step</b></p>  <ul style="list-style-type: none"> <li>• Single foot on side of board</li> <li>• Inside calf and foot control of board weight to the side</li> </ul>	<p><b>Deep Lunge</b></p>  <ul style="list-style-type: none"> <li>• Weight shift to back foot</li> <li>• Deep side skate lunge with back foot control</li> </ul>	<p><b>Catcher</b></p>  <ul style="list-style-type: none"> <li>• Full squat with toe weight</li> <li>• Forward lean to fine tune foot and quad coordination</li> </ul>	<p><b>Ski</b></p>  <ul style="list-style-type: none"> <li>• Narrow and deep stance</li> <li>• Side to side control with thighs parallel to ground</li> </ul>

## Board Positions

*Skill progression from beginner to advanced:*

**2 Half Balls** ➡ **1 Half Ball** ➡ **1 Half Ball and 1 Ball** ➡ **2 Balls** ➡ **1 Ball**

<b>Kneeling</b>	<b>Quadruped</b>	<b>3 Point</b>	<b>3 Point</b>
			
<ul style="list-style-type: none"> <li>• Hands and knees on board</li> <li>• Pelvic control with hip shifting and spine stability</li> </ul>	<ul style="list-style-type: none"> <li>• Hands and feet on board</li> <li>• Greater quad strength and coordination of lower legs</li> </ul>	<ul style="list-style-type: none"> <li>• Lift one leg backward</li> <li>• Glute strength of lifted leg and shoulder balance</li> </ul>	<ul style="list-style-type: none"> <li>• Rotate lifted leg under body</li> <li>• Spinal rotation stability and adductor strength of leg</li> </ul>

## Board Positions

Skill progression from beginner to advanced:

2 Half Balls ➡ 1 Half Ball ➡ 1 Half Ball and 1 Ball ➡ 2 Balls ➡ 1 Ball



Have fun and enjoy your Si Board!

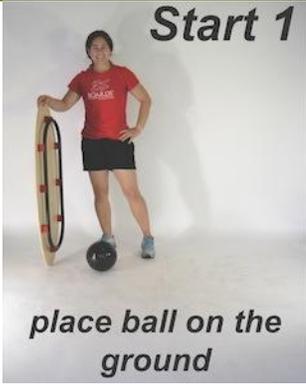
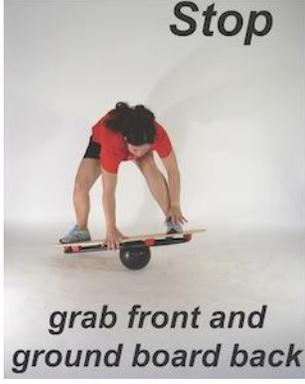
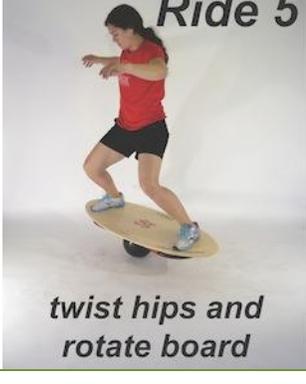
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# Exercises To Get You Started

Skill progression from beginner to advanced:

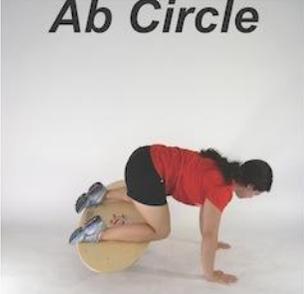
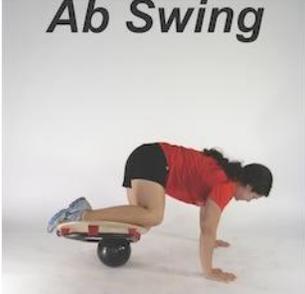
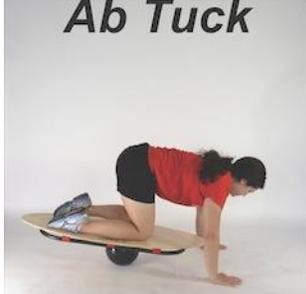
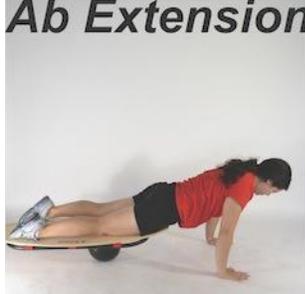
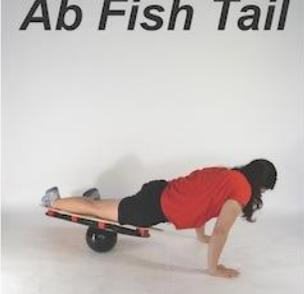
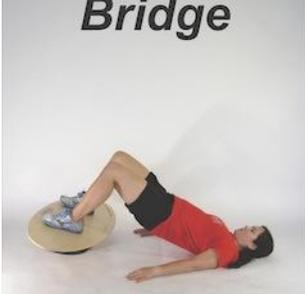
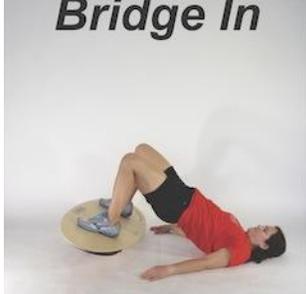
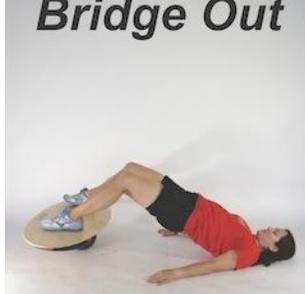
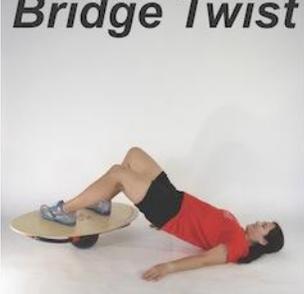
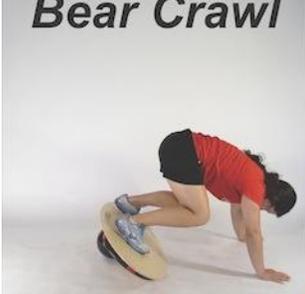
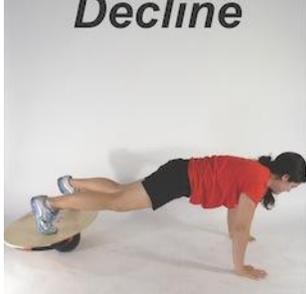
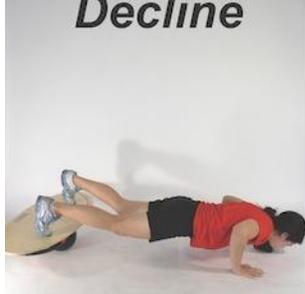
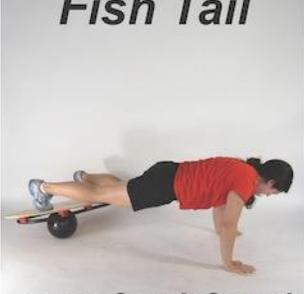
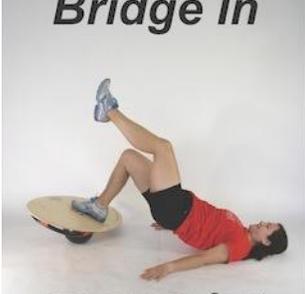
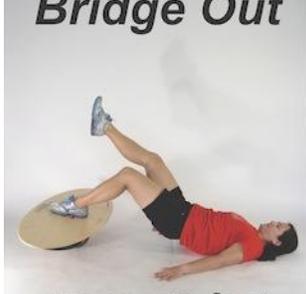
2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

 <p><b>Start 1</b></p> <p><i>place ball on the ground</i></p>	 <p><b>Start 2</b></p> <p><i>place ball under left side of board</i></p>	 <p><b>Start 3</b></p> <p><i>step on low side on right bolt</i></p>	 <p><b>Start 4</b></p> <p><i>step on high side on left bolt</i></p>
 <p><b>Start 5</b></p> <p><i>gently shift weight to left to lift board</i></p>	 <p><b>Stop</b></p> <p><i>grab front and ground board back</i></p>	 <p><b>Stop</b></p> <p><i>ground board to the side</i></p>	 <p><b>Stop</b></p> <p><i>step off forward</i></p>
 <p><b>Ride 1</b></p> <p><i>gently shift weight to right leg</i></p>	 <p><b>Ride 2</b></p> <p><i>gently shift weight to left leg</i></p>	 <p><b>Ride 3</b></p> <p><i>gently move board forward</i></p>	 <p><b>Ride 4</b></p> <p><i>gently move board backward</i></p>
 <p><b>Ride 5</b></p> <p><i>twist hips and rotate board</i></p>	 <p><b>Deep Ride</b></p> <p><i>combine left, right, front, back &amp; twist</i></p>	 <p><b>Deep Ride</b></p> <p><i>ride end to end and rail to rail</i></p>	 <p><b>Having Fun</b></p> <p><i>have a great ride! love, Si Boards</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Ab Circle</b></p>  <p><i>move board in 360 degree circles</i></p>	<p><b>Ab Swing</b></p>  <p><i>move board left and right to rail</i></p>	<p><b>Ab Tuck</b></p>  <p><i>bring knees toward the chest</i></p>	<p><b>Ab Extension</b></p>  <p><i>extend legs away from chest</i></p>
<p><b>Ab Fish Tail</b></p>  <p><i>move legs left and right to rail ends</i></p>	<p><b>Bridge</b></p>  <p><i>move hips off the ground</i></p>	<p><b>Bridge In</b></p>  <p><i>move feet toward body</i></p>	<p><b>Bridge Out</b></p>  <p><i>move feet away from body</i></p>
<p><b>Bridge Twist</b></p>  <p><i>move left foot away from body</i></p>	<p><b>Bear Crawl</b></p>  <p><i>stabilize board into ground</i></p>	<p><b>Decline</b></p>  <p><i>push up position with ball centered</i></p>	<p><b>Decline</b></p>  <p><i>drop chest toward the ground</i></p>
<p><b>Fish Tail</b></p>  <p><i>move feet left and right to rail end</i></p>	<p><b>Bridge In</b></p>  <p><i>move one foot toward body</i></p>	<p><b>Bridge Out</b></p>  <p><i>move one foot away from body</i></p>	

# Exercises To Get You Started

Skill progression from beginner to advanced:

2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Push Up</b></p>  <p><i>ball centered under board</i></p>	<p><b>Push Up</b></p>  <p><i>drop chest toward board</i></p>	<p><b>Side Swing</b></p>  <p><i>move left and right to rail ends</i></p>	<p><b>Dia. Swing</b></p>  <p><i>twist and swing board to rail end</i></p>
<p><b>Knee Drive</b></p>  <p><i>bring knee to same side elbow</i></p>	<p><b>Leg Lift</b></p>  <p><i>ball centered under board</i></p>	<p><b>Twist</b></p>  <p><i>move left side upward</i></p>	<p><b>Twist</b></p>  <p><i>drop chest toward the board</i></p>
<p><b>Surf Push Up</b></p>  <p><i>narrow hands with ball centered</i></p>	<p><b>Surf Push Up</b></p>  <p><i>drop body toward the board</i></p>	<p><b>Surf Twist</b></p>  <p><i>move left hand toward hip</i></p>	<p><b>Dip</b></p>  <p><i>ball centered under board</i></p>
<p><b>Dip</b></p>  <p><i>drop hips below board</i></p>	<p><b>Dip Twist</b></p>  <p><i>move right hand away from body</i></p>	<p><b>Side Swing</b></p>  <p><i>move board left and right to rail</i></p>	<p><b>Dip Leg Lift</b></p>  <p><i>hold position or add leg motions</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

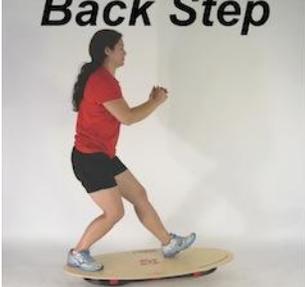
2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Rev. Plank</b></p>  <p><i>lift hips off of ground</i></p>	<p><b>Rev. Plank In</b></p>  <p><i>bring feet toward body</i></p>	<p><b>Side Swing</b></p>  <p><i>move board left and right to rail</i></p>	<p><b>Twist</b></p>  <p><i>move left foot away from body</i></p>
<p><b>Plank</b></p>  <p><i>elbows on board with ball centered</i></p>	<p><b>Rotation</b></p>  <p><i>bring knee toward opposite elbow</i></p>	<p><b>Bronco</b></p>  <p><i>feet and hands on board only</i></p>	<p><b>4 Point</b></p>  <p><i>split stance with hands on board</i></p>
<p><b>High Hips</b></p>  <p><i>split stance with high hips</i></p>	<p><b>Quadruped</b></p>  <p><i>hands and feet on board ends</i></p>	<p><b>Leg Lift</b></p>  <p><i>lift leg and hold or move in and out</i></p>	<p><b>Leg Rotation</b></p>  <p><i>cross leg under body to other side</i></p>
<p><b>Double Grab</b></p>  <p><i>chest on thigh double board grab</i></p>	<p><b>Single Grab</b></p>  <p><i>chest on thigh single board grab</i></p>	<p><b>Frogger</b></p>  <p><i>deep squat with board grab</i></p>	<p><b>Surf Roll Out</b></p>  <p><i>move hands forward from body</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

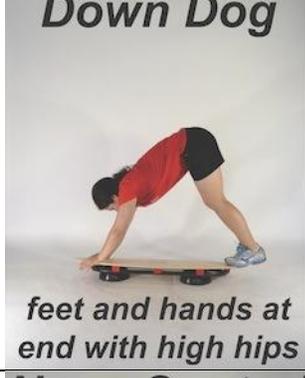
2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Stinky Foot</b></p>  <p><i>hold foot high and keep hips off board</i></p>	<p><b>Stinky Foot</b></p>  <p><i>grab foot and keep hips off board</i></p>	<p><b>Half Squat</b></p>  <p><i>keep knees apart and lower half way</i></p>	<p><b>Full Squat</b></p>  <p><i>thighs parallel to the ground</i></p>
<p><b>Diving Board</b></p>  <p><i>split stance double board grab</i></p>	<p><b>Crab</b></p>  <p><i>feet and hands on board only</i></p>	<p><b>Crab Leg Lift</b></p>  <p><i>lift foot off board and stabilize</i></p>	<p><b>Cobra</b></p>  <p><i>drive hips to board with high chest</i></p>
<p><b>Surf Pop Up</b></p>  <p><i>2 balls under the board</i></p>	<p><b>Surf Pop Up</b></p>  <p><i>drop chest toward board</i></p>	<p><b>Back Foot</b></p>  <p><i>back leg control and strength</i></p>	<p><b>Strong Leg</b></p>  <p><i>right leg strength and stability</i></p>
<p><b>Front Step</b></p>  <p><i>front leg strength and stability</i></p>	<p><b>Back Step</b></p>  <p><i>back leg strength and stability</i></p>	<p><b>Uphill</b></p>  <p><i>calf strength and stability</i></p>	<p><b>Downhill</b></p>  <p><i>calf strength and stability</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

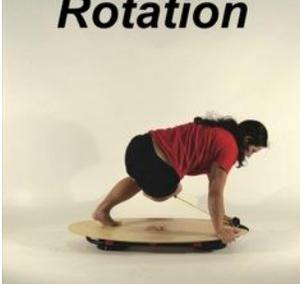
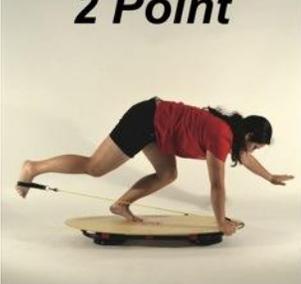
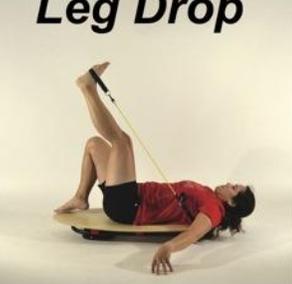
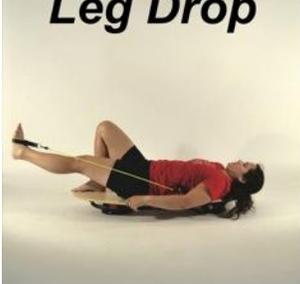
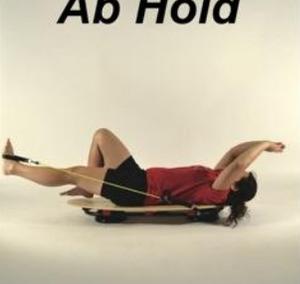
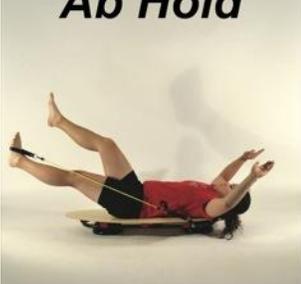
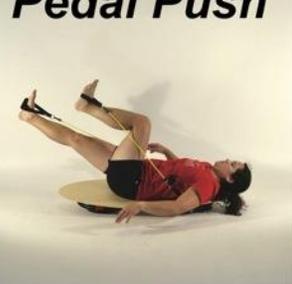
2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Core Control</b></p>  <p><i>lunge with arms extended</i></p>	<p><b>Core Control</b></p>  <p><i>deep lunge with spine stability</i></p>	<p><b>Core Control</b></p>  <p><i>deep lunge with shoulder stability</i></p>	<p><b>Core Control</b></p>  <p><i>lunge with rotation stability</i></p>
<p><b>Core</b></p>  <p><i>lunge and hold with weight</i></p>	<p><b>Core</b></p>  <p><i>lunge, sidebend and stabilize spine</i></p>	<p><b>Core</b></p>  <p><i>lunge with rotation and weight</i></p>	<p><b>Single Leg</b></p>  <p><i>kick back and abduction</i></p>
<p><b>Single Leg</b></p>  <p><i>front kick stability with weight</i></p>	<p><b>Single Leg</b></p>  <p><i>back lateral lunge stability hold</i></p>	<p><b>Front Lunge</b></p>  <p><i>chest on thigh and control back foot</i></p>	<p><b>Down Dog</b></p>  <p><i>feet and hands at end with high hips</i></p>
<p><b>Down Dog</b></p>  <p><i>feet and hands at end with mid hips</i></p>	<p><b>Up Dog</b></p>  <p><i>keep hips off board and lower chest</i></p>	<p><b>Up Dog</b></p>  <p><i>keep hips off board and extend chest</i></p>	<p><b>Nose Control</b></p>  <p><i>stability with a backward lean</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>4 Way Hip</b></p>  <p><i>hamstring and glute hold</i></p>	<p><b>4 Way Hip</b></p>  <p><i>lateral kick out to the side</i></p>	<p><b>4 Way Hip</b></p>  <p><i>hip extension and kick back</i></p>	<p><b>Hip</b></p>  <p><i>high knee and front kick</i></p>
<p><b>Hip</b></p>  <p><i>front crossover and adduction</i></p>	<p><b>Start Block</b></p>  <p><i>leg lift and back kick with stability</i></p>	<p><b>Rotation</b></p>  <p><i>rotate leg under chest</i></p>	<p><b>High Heel</b></p>  <p><i>bend knee and extend hip</i></p>
<p><b>2 Point</b></p>  <p><i>lift opposite hand and foot</i></p>	<p><b>Leg Drop</b></p>  <p><i>maintain stable pelvis and hip</i></p>	<p><b>Leg Drop</b></p>  <p><i>lower foot towards ground</i></p>	<p><b>Ab Hold</b></p>  <p><i>maintain balance with hands in air</i></p>
<p><b>Ab Hold</b></p>  <p><i>balance with legs and hands in air</i></p>	<p><b>Pedal Push</b></p>  <p><i>alternate extending leg and knee</i></p>	<p><b>Scissor Kick</b></p>  <p><i>alternate dropping straight leg down</i></p>	<p><b>Ab Hold</b></p>  <p><i>extend legs and hold above board</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Abduction</b></p>  <p><i>open legs apart and hold</i></p>	<p><b>Adduction</b></p>  <p><i>cross legs and alternate scissor</i></p>	<p><b>Dead Bug</b></p>  <p><i>alternate arm and leg raises</i></p>	<p><b>Dead Bug</b></p>  <p><i>right arm and right leg is raised</i></p>
<p><b>Crab</b></p>  <p><i>hips off board with leg movement</i></p>	<p><b>Warm Up</b></p>  <p><i>shoulder range of motion</i></p>	<p><b>Warm Up</b></p>  <p><i>twist board and move up and down</i></p>	<p><b>Warm Up</b></p>  <p><i>move board left and right</i></p>
<p><b>Warm Up</b></p>  <p><i>move board left and right</i></p>	<p><b>Plank</b></p>  <p><i>maintain shoulders over elbows</i></p>	<p><b>Plank Pull</b></p>  <p><i>pull elbows toward hips</i></p>	<p><b>Lat Pull</b></p>  <p><i>pull left side of board toward hip</i></p>
<p><b>Lat Pull</b></p>  <p><i>drop chest toward board and push up</i></p>	<p><b>Side Bend</b></p>  <p><i>drive knee and elbow together</i></p>	<p><b>Rotation</b></p>  <p><i>drive knee under chest</i></p>	<p><b>Side Swing</b></p>  <p><i>keep left hand and ball to the left</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

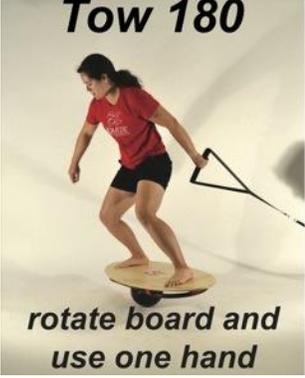
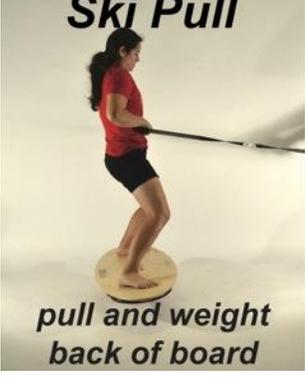
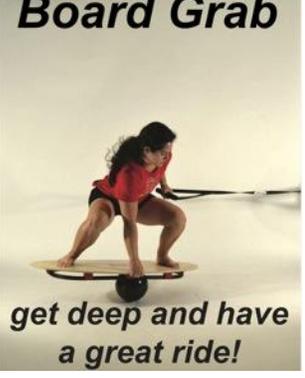
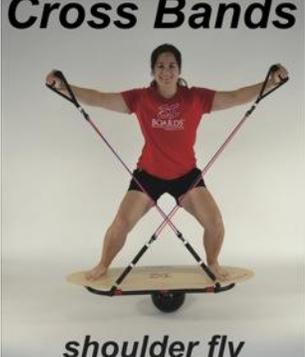
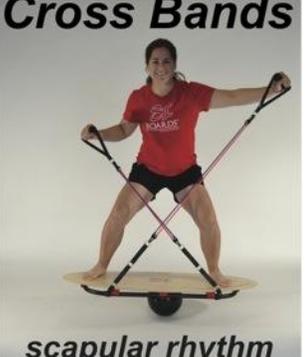
2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Spiderman</b></p>  <p><i>maintain position and resist band</i></p>	<p><b>Warm Up</b></p>  <p><i>movment prep and stretch</i></p>	<p><b>Warm Up</b></p>  <p><i>pull board and move in angles</i></p>	<p><b>Squat Pull</b></p>  <p><i>reach as far out as possible</i></p>
<p><b>Squat Pull</b></p>  <p><i>pull board back against bands</i></p>	<p><b>Surf Pull</b></p>  <p><i>reach out as far as possible</i></p>	<p><b>Surf Pull</b></p>  <p><i>pull board toward hips against bands</i></p>	<p><b>Surf Twist</b></p>  <p><i>pull board toward hips and twist</i></p>
<p><b>Offset Hands</b></p>  <p><i>place left hand higher than right</i></p>	<p><b>Offset Hands</b></p>  <p><i>twist board like steering wheel</i></p>	<p><b>Board Kick</b></p>  <p><i>half ball under back foot</i></p>	<p><b>Board Kick</b></p>  <p><i>rotate board 90 degrees backward</i></p>
<p><b>Board Kick</b></p>  <p><i>rotate board 90 degrees forward</i></p>	<p><b>Foot Control</b></p>  <p><i>balance on front and control back</i></p>	<p><b>Tow Control</b></p>  <p><i>balance on back and control rope</i></p>	<p><b>Tow Control</b></p>  <p><i>balance on front and control rope</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Tow 180</b></p>  <p>rotate board and use one hand</p>	<p><b>Tow 180</b></p>  <p>rotate board and switch hands</p>	<p><b>Tow 180</b></p>  <p>rotate board 180 degrees</p>	<p><b>Ski Pull</b></p>  <p>maintain weight on front of board</p>
<p><b>Ski Pull</b></p>  <p>pull and weight back of board</p>	<p><b>Board Grab</b></p>  <p>get deep and have a great ride!</p>	<p><b>Wide Bands</b></p>  <p>bands on front</p>	<p><b>Wide</b></p>  <p>press from shoulders to overhead</p>
<p><b>Wide</b></p>  <p>one handed press and hold</p>	<p><b>Wide</b></p>  <p>one hand press and one hand push</p>	<p><b>Wide</b></p>  <p>shoulder raise hold</p>	<p><b>Cross Bands</b></p>  <p>scapular stability</p>
<p><b>Cross Bands</b></p>  <p>shoulder fly</p>	<p><b>Cross Bands</b></p>  <p>scapular rhythm</p>	<p><b>Wide Bands</b></p>  <p>rotation pull</p>	<p><b>Front / Back</b></p>  <p>band on front and band on back</p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

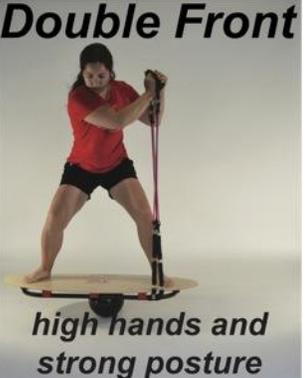
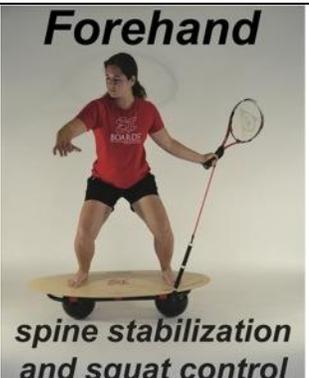
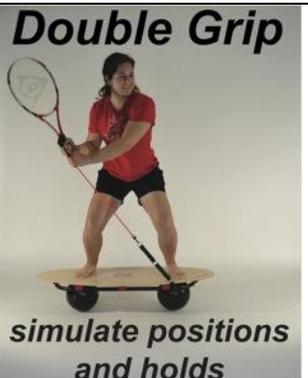
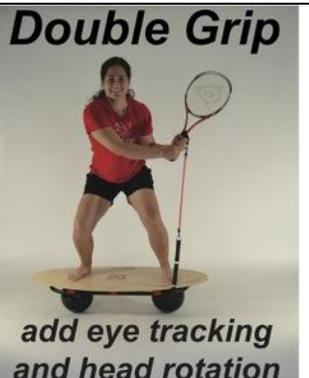
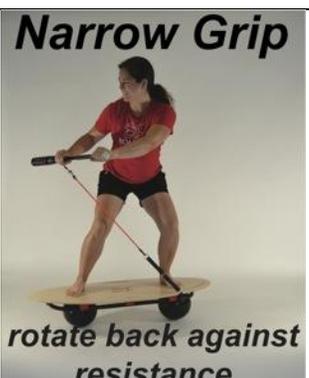
2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Front / Back</b></p>  <p><i>posture and rotation control</i></p>	<p><b>Front / Back</b></p>  <p><i>alternate right hand rotation</i></p>	<p><b>Front / Back</b></p>  <p><i>spine stability in various band pulls</i></p>	<p><b>Front / Back</b></p>  <p><i>spine stability in various band pulls</i></p>
<p><b>Front / Back</b></p>  <p><i>rotation and side bending control</i></p>	<p><b>Back Bands</b></p>  <p><i>bands on back of board</i></p>	<p><b>Back Bands</b></p>  <p><i>chest control</i></p>	<p><b>Back Bands</b></p>  <p><i>low back control</i></p>
<p><b>Back Bands</b></p>  <p><i>squat control</i></p>	<p><b>Back Bands</b></p>  <p><i>chest press</i></p>	<p><b>Narrow Front</b></p>  <p><i>bands on front and center of board</i></p>	<p><b>Narrow Front</b></p>  <p><i>stand tall</i></p>
<p><b>Narrow Front</b></p>  <p><i>protected face</i></p>	<p><b>Narrow Front</b></p>  <p><i>rotation control</i></p>	<p><b>Double Front</b></p>  <p><i>double bands on front of board</i></p>	<p><b>Double Front</b></p>  <p><i>posterior shoulder</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

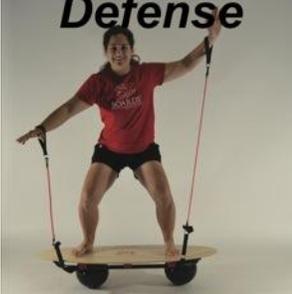
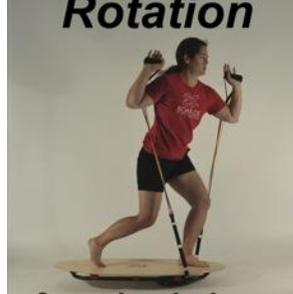
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<p><b>Double Front</b></p>  <p><i>posterior shoulder</i></p>	<p><b>Double Front</b></p>  <p><i>look away</i></p>	<p><b>Double Front</b></p>  <p><i>posture hold</i></p>	<p><b>Double Front</b></p>  <p><i>high chop and back strength</i></p>
<p><b>Double Front</b></p>  <p><i>hands closed tight shoulder stance</i></p>	<p><b>Double Front</b></p>  <p><i>high hands and strong posture</i></p>	<p><b>Sports</b></p>  <p><i>attach strap to your equipment</i></p>	<p><b>Backhand</b></p>  <p><i>counterbalance pull from band</i></p>
<p><b>Forehand</b></p>  <p><i>spine stabilization and squat control</i></p>	<p><b>Double Grip</b></p>  <p><i>simulate positions and holds</i></p>	<p><b>Double Grip</b></p>  <p><i>add eye tracking and head rotation</i></p>	<p><b>Single Grip</b></p>  <p><i>maintain spine control</i></p>
<p><b>Narrow Grip</b></p>  <p><i>rotate back against resistance</i></p>	<p><b>High Pull</b></p>  <p><i>back strength and rotation control</i></p>	<p><b>Wide Grip</b></p>  <p><i>maintain wide shoulder position</i></p>	<p><b>High Pull</b></p>  <p><i>scap rhythm and strong posture</i></p>

# Exercises To Get You Started

Skill progression from beginner to advanced:

2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

<p><b>Home Run</b></p>  <p><i>engage all muscles for greater balance</i></p>	<p><b>3 Point</b></p>  <p><i>rolling surface with glute resistance</i></p>	<p><b>Open Hands</b></p>  <p><i>ready to catch ball or push off</i></p>	<p><b>Defense</b></p>  <p><i>wide hands and scap control</i></p>
<p><b>Defense</b></p>  <p><i>alternate arm raise and scap stability</i></p>	<p><b>Defense</b></p>  <p><i>full squat ready for opponent</i></p>	<p><b>Strong Step</b></p>  <p><i>front leg balance and punch</i></p>	<p><b>Rotation</b></p>  <p><i>front leg balance and spine rotation</i></p>
<p><b>Back Step</b></p>  <p><i>back leg balance and strong spine</i></p>	<p><b>Paddle Pull</b></p>  <p><i>strong back and position hold</i></p>	<p><b>Chest Fly</b></p>  <p><i>front foot balance chest control</i></p>	<p><b>Strong Side</b></p>  <p><i>right foot balance posture control</i></p>
<p><b>Cross</b></p>  <p><i>cross body hold left arm, right glute</i></p>	<p><b>Smile!</b></p>  <p><i>enjoy the burn</i></p>	<p><b>Surprise Party</b></p>  <p><i>surprise party</i></p>	<p><b>Take 5</b></p>  <p><i>when you can't overcome the leg shake and fatigue</i></p>

## Exercises To Get You Started

Skill progression from beginner to advanced:

2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

# Take A Break



Have fun and enjoy your Si Board!

PS: You can always download these posters on our website or have them handy on your phone or tablet with our mobile app.





# 10" Extra Large Ball... Exercises To Get You Going!

**Diameter:** 10 in/ 25.4 cm  
**Circumference:** 31.4 in/ 79.8 cm  
**Weight:** 20.5 lbs/ 9.32 kg

Breaking the Rules

10" Extra Large Ball for powerhouse athletes.

### \* Warning \*

Si Boards Balls bounce with extreme energy and pick up speed on the second bounce. Take caution in throwing and catching Si Boards Balls. Use protective equipment. Children should always be supervised. Throw and bounce against a solid surface. Do not throw where other people may get injured or property may be damaged.



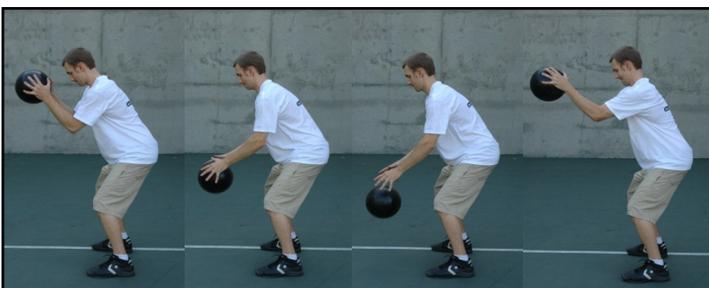
### Dribbling:

Try this one handed exercise for a great basketball movement. Dribble the ball and switch hands. Try dribbling between your legs and shuffling left and right. This is a super challenging exercise to keep dribbling with enough ball rebound.



### Ultra Wide Dribble:

Dribble the ball from side to side. Get enough speed and strength to fully extend your arms. Try shuffling forward and backward while dribbling.



### Slam and Hold:

Slam the ball on the ground and hold your position as the ball rebounds back to your hands. Work your shoulder stability and strength to keep your position until you slam the ball again. Work in different arm angles.



### Jackhammer:

Keeping your arms in toward your chest, quickly bounce the ball on the ground. Gradually extend your arms in front of you. Let the ball bounce higher and higher. Fully extend your body and throw on the ground to keep your momentum.



# 8.5" Large Ball...

## Exercises To Get You Going!

**Diameter:** 8.5 in/ 21.6 cm  
**Circumference:** 26.7 in/ 67.8 cm  
**Weight:** 12.5 lbs/ 5.68 kg

**Breaking the Rules**

8.5" Large Ball is great for strong athletes and heavy movements.

### \* Warning \*

Si Boards Balls bounce with extreme energy and pick up speed on the second bounce. Take caution in throwing and catching Si Boards Balls. Use protective equipment. Children should always be supervised. Throw and bounce against a solid surface. Do not throw where other people may get injured or property may be damaged.



### Clean and Jerks:

Underhand thrust the ball as high as you can. Let the ball bounce on the ground and rebound overhead. Squat under the ball to catch it at your chest. Thrust upward from shoulder height. Repeat sequence.



### Standing and Seated Rotations:

Get into a stable stance and throw the ball sideways while rotating your trunk. Sit on the ground and rotate while throwing.



### Seated Chest Pass:

With your feet on the ground or in the air, keep your torso straight. Throw the ball off the wall and catch. Try different arm angles or one arm passes.



### Slams:

Slam the ball on the ground and see how high you can get it to bounce. Be careful not to stand over the ball and slam. Always slam away from your body. You can walk a step or two after the bounce. Catch in the air after the bounce and slam again.



Breaking the Rules

## 6.5" Medium Ball... Exercises To Get You Going!

**Diameter:** 6.5 in/ 16.5 cm

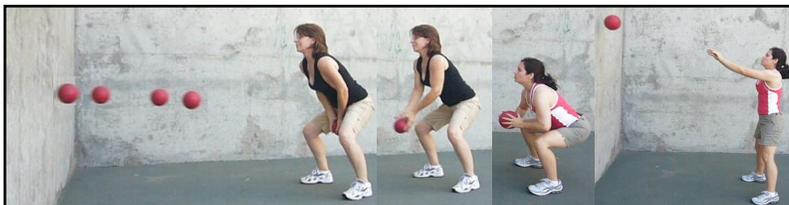
**Circumference:** 20.4 in/ 51.8 cm

**Weight:** 5.5 lbs/ 2.5 kg

6.5' Medium Ball is great for two armed exercises and high reps.

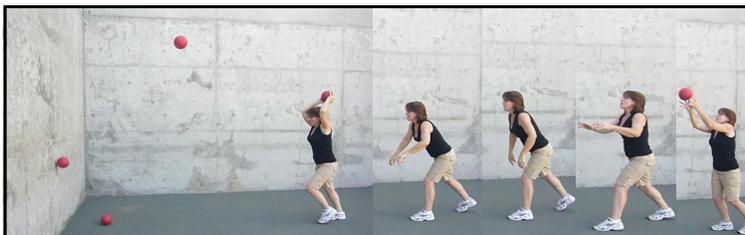
### \* Warning \*

Si Boards Balls bounce with extreme energy and pick up speed on the second bounce. Take caution in throwing and catching Si Boards Balls. Use protective equipment. Children should always be supervised. Throw and bounce against a solid surface. Do not throw where other people may get injured or property may be damaged.



### Underhand/Overhand Throws with Squats:

Hold your position and strengthen your core. Throw straight at the wall and add squats with this underhand move. Add overhand throws.



### Step and Throw Double Bounce:

Throw the ball on the ground and near the wall. The ball will rebound high enough to catch overhead. Add an extra step or skip for very high rebound.



### Rebounds and Blocking:

Get into a hop sequence and work shoulder stability for overhead movements. Throw high enough to catch with your arms extended. Add jumps with your throws and jumps when you catch. You can add another hop between throws and catches.



### Backward Thrusters:

Stand with your back facing the wall and thrust the ball backward and over your head. Turn around quickly and catch the ball as it rebounds off the wall and back toward you. Turn your back to the wall and throw again.



Breaking the Rules

## 5" Small Ball... Exercises To Get You Going!

**Diameter:** 5 in/ 12.7 cm

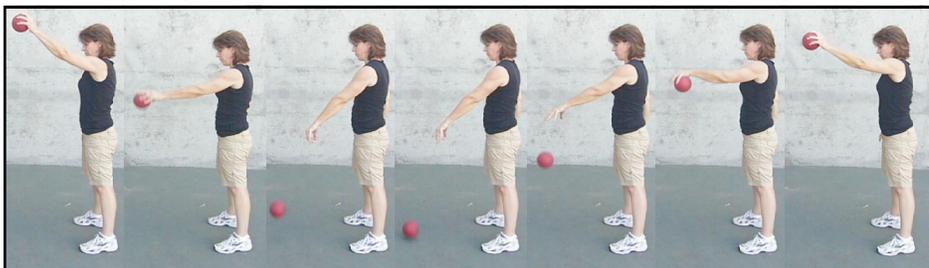
**Circumference:** 15.7 in/ 39.87 cm

**Weight:** 2.5 lbs/ 1.13 kg

5" Small Ball is great for one armed exercises and grip strength.

### \* Warning \*

Si Boards Balls bounce with extreme energy and pick up speed on the second bounce. Take caution in throwing and catching Si Boards Balls. Use protective equipment. Children should always be supervised. Throw and bounce against a solid surface. Do not throw where other people may get injured or property may be damaged.



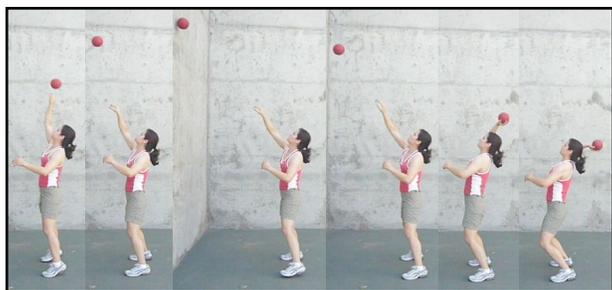
### General Warm-Up:

Holding your arm in various positions, bounce the ball on the ground and catch. Hold your position as you catch the ball and repeat with faster ball throws.



### Shoulder Windmills:

Work shoulder and arm rotations. Strengthen your grip as you catch the ball and hold your arm position. Alternate windmills with each arm. Rotate your arm backwards and throw the ball against a wall similar to a softball pitch.



### Overhead Throws:

Great for shoulder stability with your arm extended for overhead athletes. Throw forward and high enough for the ball to return to your outstretched arm. Work in clock movements and throw the ball to 12, 1, 2, 3... o'clock positions.



### Wall Punches:

Standing at an angle to the wall, throw the ball in three angles. Work in hip rotation for more power. Punch to the ground, forward and upward overhead.



Breaking the Rules

## 3" Mini Ball...

### 10 Exercises To Get You Going!

Diameter: 3 in/ 7.62 cm

Circumference: 9.42 in/ 23.87 cm

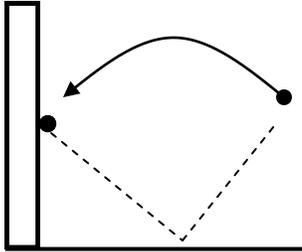
Weight: 0.6 lbs/ 0.27kg/ 9.6 ounce

Throw Direction  
← ●

Ball Path  
- - - ●

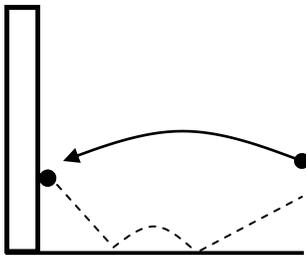
#### \* Warning \*

Si Boards Balls bounce with extreme energy and pick up speed on the second bounce. Take caution in throwing and catching Si Boards Balls. Use protective equipment. Children should always be supervised. Throw and bounce against a solid surface. Do not throw where other people may get injured or property may be damaged.



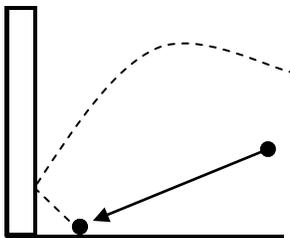
#### General Warm-Up:

Warm up your shoulder with short tosses then gradually throw longer and harder. The harder and straighter you throw to the wall– the faster and more reactive the ball returns to you. Try throwing hard and catching without a bounce. This is great for pitchers to throw and react quickly to a line drive.



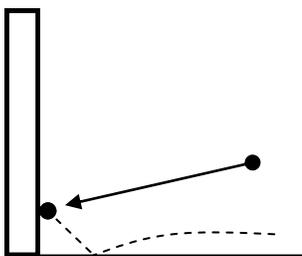
#### Double Bounce:

Watch out for the second bounce off the ground! Throw the ball against the wall and catch after the second bounce. The ball picks up speed and comes at you much faster. Add a little spin to the ball and it will bounce to the side. Try throwing back and forth with a partner without a wall.



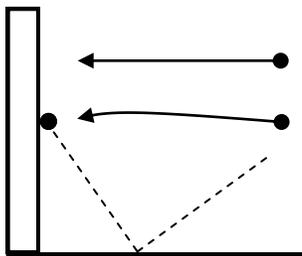
#### Pop-Fly Training:

Throw the ball off the ground close to the corner where the wall and ground meet. The ball will launch upward like a fly ball. Throw hard and you will jump to save it from the fence line. Throw at a slight angle left or right and you will shuffle left and right to catch the ball. Great for training depth perception.



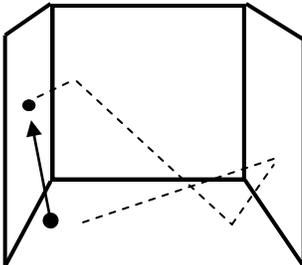
#### Grounder Practice:

Throw the ball off the wall and close to the corner where the wall and ground meet. The ball will quickly return to you skimming the ground. The closer to the corner you throw– the lower the ball returns. Throw hard for quick reflexes and a fast ball return. Work in catching a grounder and throwing to a base.



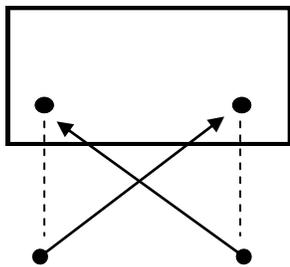
### Catcher's Drill:

Get ready to catch the pitch, pop-up and throw down the line to first base. Squat like a catcher and as soon as you get the ball, pop-up and throw hard against the wall. As the ball returns quickly, get back into your catching stance for another repetition. You can do this drill with the pitcher throwing against the wall also.



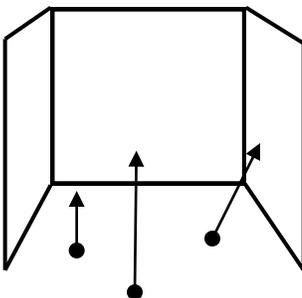
### Eye Tracking and Corner Bounces:

When throwing on a wall with several corners— you get some fun and long lasting bounces. Here is one sequence of throws. Throw close to the corners for greater ball movement. Keep track of the ball with your eyes. How many bounces can you get out of one throw?



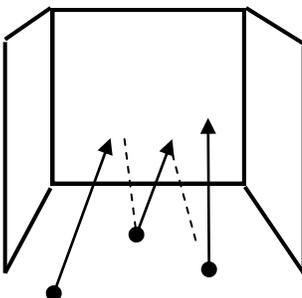
### Infielder Shuffle:

Facing the wall, throw the ball diagonally and close to the corner. Shuffle from left to right to field the ball and follow with a diagonal throw to the opposite side of the wall. Throw hard and you are ready for a double play. Complete this drill to a time limit or total number of catches.



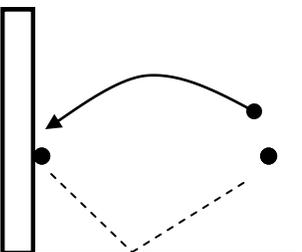
### Communication:

With three players, a combination of outfielders and infielders, play a game of catch. Have the outfielders stand furthest away from the wall and vice versa. With several players, everybody communicates, takes turns and keeps focus on the game. Alternate with grounders and pop-flies. Use the corners of the walls for added fun.



### In and Outs:

Get some agility training with this drill. After you catch the ball, run towards the wall and throw. Catch the ball without a bounce and back shuffle. Throw the ball again and catch on a bounce or two. Again, run towards the wall and throw. Continue to alternate. This is also fun with a partner.



### Quick Hands:

Sharpen your accuracy and hand eye coordination. Using two balls, throw the first one to the wall. As soon as you can, throw the second ball against the wall. As one ball hits the wall you should be throwing the second ball. You'll be throwing immediately after catching in fast repetition. Throw with accuracy to keep the drill going. Try three balls for a real challenge!



## Written Training Exercises For The Upper and Lower Body and Medicine Balls

### Upper Body Strength and Coordination

These moves require super strong shoulders, coordination and core stability. It is important to keep your back in a straight line with your legs. Avoid sagging your stomach or putting your behind in the air.

**Pivot point progression:** 2 Half Balls → 1 Half Ball → 1 Half Ball + 1 Ball → 2 Balls → 1 Ball

**Body stance progression:** Knees → 2 feet with wide stance → 2 feet with narrow stance → 1 foot in the air → feet on an unstable surface (ball, balance disc, balance board...)

**Board and ball progression:** Small board and 5" ball → Medium board and 5" ball → Medium board and 6.5" ball → Larger board and 6.5" ball → Larger board and 8.5" ball → continue to increase sizes

1. **Push-Ups-** Just like it sounds. Change your hand positions from narrow to wide. Try a military push-up with your hands extended above your head.
2. **Push-Ups w/Rotation-** Rotate your right arm forward into a diagonal position and do a push-up. Rotate your left arm forward and do a push-up. Continue to alternate your arms.
3. **Side Swings-** While on one ball move the board from left to right and back in a controlled motion. Bring each arm close to your chest midline with your hand over the ball. You can stop at each end for added control and stability.
4. **Side Swings w/Push-Up-** Move the board from left to right and back in a controlled motion while doing push-ups. Try getting into a rhythm and complete 10 Side Swings for each push-up.
5. **Diagonal Swings-** Rotate the board so your left arm is forward and your right arm is backward. Move the board in a diagonal pattern bringing each arm close to your chest midline. Hold at the end of each position for added control and stability. Alternate arms with your right arm forward.
6. **Diagonal Swings w/Push-Up-** While moving the board in a diagonal pattern complete a push-up. Get into a rhythm and complete 10 Diagonal Rocks for each push-up.
7. **Push-Up w/Forward Hand Motion-** While on two balls move your hands forward and backward in small movements. Complete a push-up while your hands and shoulders are moving. If you do this on two Half Balls you can tilt the board forward and backward while doing a push-up.
8. **Clap and Chest Slap Push-Ups-** This exercise is very advanced. Just like it sounds. Start with the standard clapper in front of your chest. For you powerhouse athletes progress to a double clap, chest slaps, clap and chest slap, or claps behind the back. Be careful with this exercise and use a spotter if needed.
9. **Pop-Shuv-It Push-Ups-** Push up and rotate the board 180° or 360°. Land in a controlled position and repeat.

10. **Push-Ups with Board Row-** Hold on to the ends of the board and explode with your push-up. As you push-up continue to hold onto the board and pull the board to your chest. Bring the board to your chest and back to the pivot point. This move looks like a push-up with chest slap except you bring the board to your chest.
11. **One Arm Push-Ups-** With the ball or Half Ball at one end of the board complete a push-up with the majority of body weight over the pivot point. This can be progressed into by slowly shifting the pivot point closer to one end of the board.
12. **Push-Up w/Clock Circles-** Get into a comfortable push-up position and move the board in a circular direction. Try counterclockwise and clockwise motions. Work in push-ups while circling the board. Working into a larger circle is super tough on your shoulders and core stability.
13. **Push-Ups w/Stability Ball-** Put your feet on a stability ball or balance board and complete push-ups with your hands on a Si Board. A second option is to have somebody hold your feet in the air like a wheelbarrow.
14. **Dips-** Sit in the middle of the board with your hands to the side. Keeping your feet on the floor lift your hips off the board. Try a couple of dips while moving your hips in front of the board and toward the floor.
15. **Dips w/Side Swings-** Get into the dip position and move the board side to side beneath your body. You can add a true dip by bringing your hips towards the ground while swinging the board.
16. **Pike Position Hand Stand-** Sit in the middle of the board with your feet on the floor. Pick your feet off the ground and your hips off the board. Balance on your hands with your feet forward. Advanced exercises include moving to a hand position with the bottoms of your feet toward the ceiling.
17. **Dips w/Feet on Balance Board-** With your feet on a balance board complete the dip movement. You can have your hands on the ground or another balance board.
18. **Back Bends w/Handstands-** While lying on your back and your hands next to your head put your feet on a balance board. Lift up on your hands and complete a back bend. Push upward for added strength.
19. **Quadruped-** Place your hands at one end of the board and your feet at the opposite side of the board. When you are balanced and stable on your hands and feet, pick up one hand or one foot. Alternate picking up a hand or foot. If this position is too difficult for your thighs you can place your knees on the board. You may want to put down a towel or pad for your knees.

## Lower Body Strength and Coordination

These moves require full body coordination, lower body strength and core stability. Proper form and trunk stability is necessary for complex movements. Always progress clients from easy to more complex exercises.

**Pivot point progression:** 2 Half Balls → 1 Half Ball → 1 Half Ball + 1 Ball → 2 Balls → 1 Ball

**Body stance progression:** Knees → 2 feet with wide stance → 2 feet with narrow stance → 1 foot in the air → feet on an unstable surface (ball, balance disc, balance board...)

**Board and ball progression:** Small board and 5" ball → Medium board and 5" ball → Medium board and 6.5" ball → Larger board and 6.5" ball → Larger board and 8.5" ball → continue to increase sizes

1. **Tire Running-** Stay centered and quickly alternate weighting your left and right feet. This looks similar to running tires without the board rolling side to side. This can be done on one ball or one Half Ball
2. **Squats-** This is super tough to complete 10 controlled reps, especially while on one ball. Do squats on a Half Ball and change the pivot point placement closer to the left or right side of the board.
3. **Lunges-** While on one or two Half Balls, stand along the length of the board. Put your right foot forward on the front of the board and put you left foot on the back of the board. Lunge downward and drive your back foot toward the board. This works best on the largest board.
4. **Lunge Jumps-** While on two Half Balls get into the lunge position. Then jump up and switch your feet. Land and maintain your balance.
5. **Catcher Pose-** If you can handle it, get down into a full squat and hold your position like a catcher. Try a board grab and ride the board while on one ball. Progress this exercise with catching a ball.
6. **One Foot Clock Squats-** While on two balls or Half Balls stabilize yourself with one leg and squat moving your free leg in clock positions. You can also reach down and touch the board in positions of one, three, six...o'clock.
7. **Bridging-** Lie on your back on the floor. Put your feet on the board and lift your hips off the ground. Maintain balance and return your hips to the ground.
8. **Bridging w/One Foot-** Get into the Bridging position and center the board over the pivot point. Then center your foot directly over the pivot point. Bring your hips off the ground and bridge upward with one foot on the board.
9. **Bridging w/Hamstring Curl-** Lie on your back on the floor. Put your feet on the board and lift your hips off the ground. While in the full Bridge position curl your feet toward your hips and then return. You can continue to bridge then hamstring curl or continue hamstring curling. Progress this exercise with hamstring curls on one foot.
10. **Abdominal Rolling-** You may want to place a towel or padding on the board. Place your knees and tops of your feet on the board with your hips at a 90° angle. Place your hands on the ground and keep your back flat. Curl your knees and hips toward your hands and back to starting position. Try moving the board left and right and in a circular pattern.
11. **Modified Downward Facing Dog and Cobra-** You may want to put a towel or pad on the board top for this exercise and this is best done on a smaller board. Using Half Balls start with your legs on the board along the length with your feet at the back end and your knees at the front end. Start with the front of the board contacting the ground and the back end supported by the ball. Get into a prayer position and level the board. Roll the board backward and extend your body into a push-up position. Keep the board level as you go into your push-up position. At the bottom of the push-up extend your arms and back into the cobra position. Return to a regular push-up and then bring your knees back toward your chest in the prayer position.
12. **Water Skiing/Wakeboarding-** This maneuver uses a tow rope for upper body strength and stability. You can place one end of the board on a stair step with a Half Ball under the board. Place your feet in a water ski stance or a wakeboard stance. Weight the back leg and straighten out your body. With somebody holding on to the tow rope, let them move you left and right.
13. **Pivot Point Change Up-** Change the pivot point placement of one Half Ball under the board. Move the pivot point closer to the left side of the board. This will strengthen your left leg more. Then change your position so the majority of the board weight is to your toes, heels, inside or outside of your foot.

14. **Kicking-** With two Half Balls under the board get into a natural athletic stance. With a partner or by yourself you can practice kicking motions. This motion will not be a high velocity kick but more refined motion. Imagine kicking into a bag and maintaining balance with the leg on the board.
15. **Knee Thrusts-** With two Half Balls under the board get into a boxing stance. With a partner or by yourself practice a knee thrust motion. Bring your knee up toward your chest and into a pad. Your motion will require refinement to maintain your balance.
16. **3 Point Stance-** Use one or two Half Balls for this exercise. Get into a running 3 point stance with one hand on the front of the board and with a stagger step. Maintain your balance or come to a standing position or with a knee thrust.
17. **Triple Hammy Whammy-** With two Half Balls under the board, place your hands at the front of the board. Place your feet at the very end of the board and get into a quadruped position. The first exercise is to do a straight leg lift. Lift your heel toward the sky and maintain balance on the board. Return to the starting position and repeat. Then lift one leg, kick backward then thrust your knee forward. The last movement is to keep your knee at 90° and your hip straight. The bottom of your foot will face the sky. Push your leg upward and in small movements while your hip goes into slight extension.
18. **Crabbin-** With one or two Half Balls under the board, place your hands at the front of the board. Place your feet at the bottom of the board with your soles contacting the board. Your trunk will face the sky. Lift up one foot and maintain your balance. You can alternate feet. You can also do a straight leg lift, knee thruster, or leg circle.

## Medicine Ball Routine

General Warnings: Si Boards Balls bounce with extreme energy resulting in a unique plyometric effect. **These exercise movements are very ballistic, require fast reflexes and will cause soreness for first time users.** The following exercises are specific to the function of Si-Boards balls. You can perform other common medicine ball exercises not listed.

- Instruct clients to pay attention and keep focus on the ball when doing exercises. Use caution with all overhead exercises.
- We recommend using exercise gloves. Catching the balls takes a little practice. Let the ball spin in your hand and slow down the momentum upon catching.
- Always catch with your hands in diamond formation and with open fingers. This avoids the ball slipping through your hands and injuring your fingers.
- Complete a general warm-up followed by a dynamic warm-up. Finish with a cool down.
- Exercise progression is vital to learn hand and eye coordination. Beginners have slower movements with less coordination until they learn body control.
- These exercises require trunk stabilization. It is important to teach correct form and trunk contraction upon catching/throwing a ball.
- Most of these exercises involve the anterior trunk muscles. It is important to strengthen the back, external rotators and shoulder stabilizers to balance out these exercises.
- With any of these movements you can create additional challenge by holding your position as you catch the ball, changing your foot position, or adding squats/lunges. These must be progressed into from the original exercise.

- When the ball picks up speed and momentum it requires great strength, coordination and stabilization to control the ball. Injury may result when the body is tired and proper form deteriorates.

General Warm-Up into Dynamic Warm-Up: Do 5-10 of each or until clients are ready.

1. **Arm Circles**- Circle your arm forward and backward.
2. **Arm Circles w/Bounce**- Circle your arm forward then bounce ball on ground. Catch, hold and repeat. Work in different shoulder angles. Alternate arms.
3. **Backstroke w/Bounce**- Stand facing a wall and backstroke your arm. Throw ball off the wall at the end of the backstroke. Catch ball in opposite arm, backstroke and throw off wall. If a wall is not available you can toss the ball in the air at the end of the backstroke.
4. **Dribbling**- Dribble the ball with one hand in front of your body. Then switch arms and continue to dribble. Move your arms wider for an ultra wide dribble. Add dribbling between your legs.
5. **Clock Throws**- Stand facing a wall and start with two handed throws. Throw the ball at 12, 1, 2, 3... o'clock positions. Use all positions and work in side rotations and side bending. Positions 11, 12 and 1 should be overhead, 3 and 9 should be side rotation and positions 5, 6 and 7 should be underhand tosses.
6. **Chest and Underhand Pass w/Squat**- Stand facing the wall and toss the ball overhead while in a semi-squat position, then toss underhand. Next coordinate overhead and underhand tosses with full squats. One pass = one squat.
7. **Overhead Throw w/Hop**- Stand facing the wall and overhead throw against wall. Catch overhead and repeat. Add hops when catching or throwing. One throw = one hop.
8. **Tennis Stroke w/Shuffle**- This two handed throw against the wall simulates tennis backhand and forehand strokes. With two hands take the ball to your side as you step forward. As you follow-through and throw to the wall shift your weight from your back foot to the front foot. Throw the ball at an angle and you shuffle left and right. Alternate arms
9. **Softball Pitch**- Caution with this exercise, you can really get the ball going fast. This one handed throw against the wall simulates a softball pitch. Swing one hand backward and then forward. Release the ball against the wall and then catch. Work in slight body rotations. Alternate arms.
10. **Baseball Pitch**- Caution with this exercise, this should be done with the smallest balls (3" or 5"). This one handed throw against the wall simulates a baseball throw. Stand facing a wall and open your shoulder position to 90° with 90° of elbow flexion. Internally rotate your shoulder and throw the ball against the wall. Catch and throw again. You can work different shoulder and elbow angles. Alternate arms.

Exercises Sequences: Do 5-10 of each exercise or with timed stations

1. **3 Hole Punch**- Stand facing wall 45° and imagine punching holes into the wall with ball throws. Throw down into the ground and close to the corner. The ball should bounce off the back wall to chest height. Catch the ball and throw straight forward. Catch the ball and throw upward like a shot put. Work in body rotation with a split stance and weight shift as you throw.
2. **Biceps/Triceps Mix-Up**- Stand facing wall in quarter squat position. Using both hands bounce ball on the ground with triceps presses. Move to underhand tossing the ball against wall starting between your legs. Move to overhead chest passes. Follow with overhead tosses. Progress from quarter squat position to complete squat repetitions, split step stance with weight shift and to overhead tosses with jumps. One squat = one throw.

3. **Bounce Pass-** Stand facing the wall. Step and bounce pass the ball on the ground. The ball will bounce off the back wall and come back to you at chest height. Work in ball fakes, overhead movement and pivoting before throwing.
4. **Seated Chest and Overhead Passes-** Sit and face the wall. Chest pass with two hands and catch after the bounce. Then overhead pass against the wall. Change to one handed passes. Do these with your feet on the ground or feet in the air. Add a catch and hold for added stability.
5. **Seated Rotations-** Sit along the wall. Rotate from your left side and throw to the right against the wall. Catch while rotating to the left and throw to the right again. Switch sides. Do these with your feet on the ground or feet in the air. Add a catch and hold for added stability.
6. **Soccer Throw-** Stand facing wall. Step and throw the ball on the ground close to the wall. The throw is an overhead throw. The ball will bounce off the back wall and you will have to catch it overhead. Exchange your feet with the right foot stepping then the left foot stepping.
7. **Standing Rotations w/Bounce-** While standing bounce the ball to the right side of your body. As the ball rebounds guide it above your head to the left side and bounce it next to the left side of your body. Continue to alternate sides. Add squats for full body motion. Your trunk will rotate and side bend.
8. **Crab Walks w/Gambetta Band and Bounces-** While in a semi squat position and with a resistance band around your ankles, crab walk sideways. Side step to the right with your right foot, bounce the ball and sidestep to the right with your left foot. Progress with lifting the ball overhead and bouncing. Always keep tension on the band and keep your feet at least shoulder width apart.
9. **Reverse Pivot w/Bounce-** Caution with this exercise for those with knee or meniscus injury. Get into a semi-squat position and reverse pivot while walking or skipping backward. With each step backward bounce the ball on the ground. Work in trunk rotations and progress this exercise with a Gambetta band.

Super Dynamic Movements: Need a proper warm-up and focus. Do 5-10 reps or with times stations.

1. **Tennis Stroke w/Backpedal-** Continue the tennis stroke movement and throw harder against the wall. As you throw take two steps forward and let the ball bounce off the wall. Then quickly backpedal and catch the ball either before or after the bounce. Rotate, throw the ball off the wall and take two steps forward. Continue to throw and backpedal.
2. **Clean and Jerk-** Starting in a wide squat stance underhand thrust the ball straight up and into the air. Let it bounce once, get underneath the ball and catch. Upon catching bring the ball to your chest and thrust upward into the air like volleyball setting. Let the ball bounce once and catch. Upon the catch underhand thrust again.
3. **Clean and Jerk w/Sprint-** Complete the same Clean and Jerk sequence except when you chest press the ball upward throw it forward about a foot. Hold your position until the ball bounces after the chest press. When the ball bounces sprint to the ball and catch it before it bounces again. Clean and Jerk again. Progress this exercise with a three point sprinting stance. You can also throw this ball at an angle and sprint to the right or left.
4. **Jackhammer-** Start with a quarter squat stance and throw the ball toward the ground with a triceps push. Keep the ball close to your body then gradually extend your arms straight out. Then continue to bounce higher until your arms are fully extended over your head. When the ball is over your head fully extend your body and control the ball back down to the ground.

5. **Jackhammer and Hold-** Start with the Jackhammer movement then catch and hold the ball when it returns to your hands. The upward thrust of the ball requires body stabilization to hold the ball. Hold the position for one second.
6. **Jackhammer w/Shuffle-** Stand with a semi-squat position and bounce the ball with a triceps push. Coordinate your body to shuffle right while bouncing. Then shuffle left. Progress this exercise with diagonal shuffling and jumping left and right.
7. **Jackhammer and Jump-** Start with the Jackhammer movement with a squat position. As the ball comes up, jump up to catch the ball. Continue to jump each time you catch the ball.
8. **Ball Slams-** Caution with this exercise! Slam the ball on the ground and let it bounce above your head. Once the ball comes down it will bounce again. Catch as it comes back up after the bounce and slam on the ground again.
9. **Ball Slams and Hold-** Slam the ball on the ground and let it bounce above your head. When the ball returns towards the ground catch and hold. Hold for one second. This is the reverse of the Jackhammer and Hold. You are catching the ball on its way back down before it bounces.
10. **Ball Slam and Jerk-** Slam the ball on the ground and let it bounce. As the ball returns back down squat and get underneath it. Bring the ball to your chest and push upward. Let the ball bounce back into your hands and slam again. This can be done with one hand or two.
11. **Ball Slams and Sprint-** Slam the ball on the ground a foot in front of you. Hold your position until the ball comes down and bounces for the first time after the slam. Then sprint to the ball and catch before it bounces again. The further out you throw the greater distance you will sprint. Progress this exercise with a three point sprinting stance.
12. **Ball Slams, Jerk and Sprint-** Complete the previous Ball Slam and Jerk. When you Jerk the ball upward throw a foot ahead of you. Hold your position until the ball bounces. Then sprint and catch the ball before it bounces again. Progress this exercise by getting into a sprinting stance or three point stance. You can also throw the ball to the left or right and sprint diagonal.
13. **Rebounding-** Caution with this exercise for hand-eye coordination. Hop-step and throw the ball on the ground in the corner. The ball should bounce off the back wall and rebound over your head. Jump to catch the rebound and follow with a hop-step and throw.
14. **Soccer Throw and Backpedal-** Stand a few feet back from the wall and take a hop-step or a few running steps. Throw the ball hard on the ground and close to the corner. The ball will bounce off the wall and over your head. Shuffle backwards to catch the ball. Run a few steps forward and throw again.
15. **One Arm Snatch-** Squat and toss the ball straight into the air- either underhand or overhand. As you toss into the air explode upward with your squat. As the ball bounces squat underneath it and cradle the ball in your hand like a shot put. Then push the ball upward into the air and you explode upward with your squat. Catch the ball after it bounces and toss in the air again.
16. **Walking Lunge w/Bounce-** As you do walking lunges you will bounce the ball. Beginners should put the left foot forward and rotate the trunk to the right and bounce the ball to the inside of your left foot. Lung forward with your right foot, rotate your trunk to the left and bounce to the inside of your right foot. As you progress, lunge forward with the right foot, rotate the trunk to the right and bounce the ball to the outside of the right foot. Continue to alternate.
17. **Walking Lunge w/Double Bounce-** Integrate left and right rotations with each lunge. As you step forward with the right foot, bounce the ball to the inside of the right foot. As you drop your back leg

down rotate to the right and bounce the ball to the outside of the right foot. You will bounce the ball to the inside and outside of each foot for each step.

18. **Lunge Jumps w/Bounce-** Beginners should lunge jump and alternate their feet while bouncing the ball to the inside of the forward foot. If your right foot is forward, rotate your trunk to the left and bounce to the left side of your body. As you progress, bounce the ball to the outside of your forward foot. This requires great trunk rotation in opposite directions to the hips. Continue to alternate.
19. **Lunge Jump w/Throws-** While lunge jumping and alternating feet throw the ball off the wall. You can either throw to the front or to the side with rotation. Rotate and throw to the right side with either your right foot or left foot forward. Continue to alternate.
20. **Backward Thrusters-** Stand with your back to the wall at least 15 feet away. Start in a wide squat stance and underhand thrust the ball overhead and backward. Turn around and catch the ball as it returns off the wall. Thrust again.
21. **Diagonal Backward Thrusters w/Shuffle-** Stand with your back to the wall at least 15 feet away. Instead of thrusting backward directly over your head you thrust in a diagonal pattern over your shoulder. Turn around and shuffle left or right to catch the ball return.
22. **Wall Agility-** This can be done facing the wall or being centered between two walls. Hop-step and throw overhead against the ground and close to the corner. The ball will bounce off the back wall and over your head. Turn around and catch the ball then hop-step and throw off the back wall. Continue to alternate. If you don't have a back wall then throw at least 15 feet away from the wall.
23. **Wall Agility Game-** This is a fun game on a handball or racquetball court. The object is to throw the ball on the ground and close to the wall. The ball will bounce off the back wall and fly high in the air. As the next person catches the ball they are only allowed to take 3 steps before they throw toward the wall. The harder you throw the further the next person is from the wall. If you miss catching the ball or can't bounce the ball off the back wall a point is rewarded to the competitor.

Cool Down Exercises: It's important to cool down and do posterior shoulder, external rotation and back exercises.

1. **Shoulder External Rotations-** With your elbow at 90° and shoulder at side, rotate your shoulder outward. Do the same with the shoulder at 90° abduction and rotate shoulder and hand backward. Return to starting position and repeat.
2. **Shoulder Diagonal Pulls-** Start with your right hand on your left hip and pull your right hand across your body and over your head. The movement is similar to drawing a sword. Return to starting position and repeat.
3. **Three Way Butterfly-** With your thumbs upward and your hands by your side, raise your arms to shoulder height. Your arms should be straight out in front of you and return to the starting position. Then raise your arms at a 45° angle and finally finish at an 80° angle. The finish angle is an open fly position.
4. **Reverse Flies-** Bend over slightly for gravitational pull. Start with your hands together and reverse fly. Squeeze your shoulder blades together. Return to the starting position and repeat.