



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 objects 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:

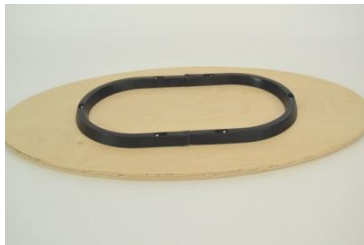
- Check all six/eight rail blocks for movement between the rail and board by wiggling each block. The blocks should not move and the rail should be secured to the rail blocks and board.
- All bolts should be countersunk in the board top and secured inside the rail holes. The hardware on Original boards 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 Resistance 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° 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>Rocker</p>  <p>2 Half Balls</p> <ul style="list-style-type: none"> Easiest movement rocking in two directions. Great for beginners and basic skills. 	<p>Wobble</p>  <p>1 Half Ball Centered</p> <ul style="list-style-type: none"> Center weight distribution tilting in all directions. Great for pelvic rotations. 	<p>Wobble</p>  <p>1 Half Ball On End</p> <ul style="list-style-type: none"> Weight distribution to one side of the board to target leg dominance. 	<p>Single Pivot</p>  <p>1 Half Ball, 1 Ball</p> <ul style="list-style-type: none"> Rocking on left and rolling on right side. Progression to moving board and rotation.
<p>Rock & Roll</p>  <p>1 Ball Inside 1 Half Ball</p> <ul style="list-style-type: none"> Advanced rolling surface on balls inside half balls that also quickly tip. 	<p>Thrasher</p>  <p>1 Ball Inside 1 Half Ball</p> <ul style="list-style-type: none"> Very advanced small rolling surface on board that quickly tips and is unpredictable. 	<p>Big Drop</p>  <p>Big Ball Inside Half Ball</p> <ul style="list-style-type: none"> Extreme tilting board that is unpredictable and forces you to stay centered. 	<p>Double Pivot</p>  <p>2 Balls At Ends</p> <ul style="list-style-type: none"> Stable rolling surface with independent foot rotation. Intermediate progression.
<p>Double Pivot</p>  <p>2 Balls Centered</p> <ul style="list-style-type: none"> Weight transfer from side to side on a rolling board. Each foot can also freely rotate. 	<p>Multi-Direction</p>  <p>1 Ball</p> <ul style="list-style-type: none"> Most advanced moving board. Weight transfer in all directions and combination. 	<p>Rocker +</p>  <p>2 Half Balls & Bands</p> <ul style="list-style-type: none"> Beginner rocking board with added posture control or leg strength with bands. 	<p>Wobble +</p>  <p>1 Half Ball & Bands</p> <ul style="list-style-type: none"> Rotate board while standing or in push-up position against bands for power.
<p>Single Pivot +</p>  <p>Half Ball, Ball & Bands</p> <ul style="list-style-type: none"> Upper body control while one leg rotates the board and the other leg is stable. 	<p>Double Pivot +</p>  <p>2 Balls & Bands</p> <ul style="list-style-type: none"> Rolling and rotating board with upper body control and core strength. 	<p>Multi-Direction +</p>  <p>1 Ball & Bands</p> <ul style="list-style-type: none"> Most advanced multi-direction board with added bands for core control. 	<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



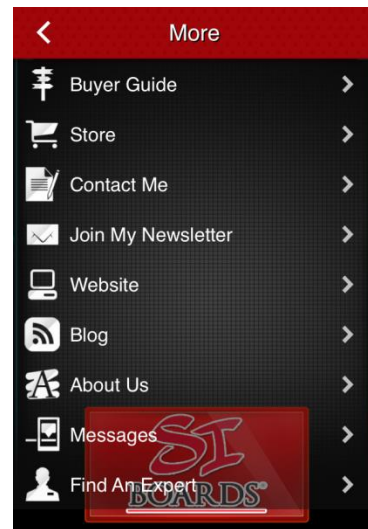
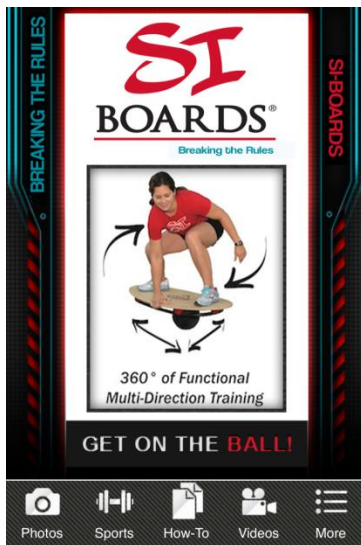
Chest pass- keep both hands in front of you in diamond formation and catch with open soft hands



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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