



## Dynamic Power Rope Balls Designed for Slamming Perfection

### 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 Power Rope Ball before use to ensure safety and great training.

### Power Rope Ball Precautions

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

- Children should always be supervised.
- Use the Power Rope Ball on a solid and smooth surface such as concrete. Avoid loose gravel and jagged brick or rock walls.
- Do not use the Power Rope Ball against walls made from drywall, plaster, glass or other fragile material.
- Do not use where people or property may be damaged. If you let go of the rope while using the Power Rope Ball it will continue to project into the air and will roll. Do not use in direct line of people, windows or other unprotected items.
- Keep your focus on the Power Rope Ball. Do not use to the point of hand fatigue or bad form. Stop when you cannot keep a firm grip on the rope.
- Do not use in positions where you may get injured. These include being in direct line of the Power Rope Ball rebound and trajectory from the rope.
- Ensure you have a proper standing surface and will not slip.
- The Power Rope Ball is made of solid urethane and does not compress like an air filled ball. These Power Rope Balls may be more difficult to control for beginners.
- Keep a tight grip on the rope at all times. Wearing gloves will help provide grip traction. The further the ball is from your body the more control is required.

- The Power Rope Ball should be bounced off the middle of the ball and not on the top rope cap.
- Ensure the top rope cap is secured into the top of the ball and the rope is fully protected. The top of the rope should not come in contact with the ground.
- Check all knots and secure the rope before using. The ball should be secure within the rope before using. Ensure all parts are in proper condition and well maintained before starting.

## Power Rope Ball Care And Maintenance

Follow these guidelines before using your Power Rope Ball.

- When you first receive your Power Rope Ball the texture may feel slippery and appear shiny. This is the silicone mold release used during manufacturing.
- You may wash the silicone mold release off with dish soap and dry well with a towel. It may take several washings to completely remove any silicone.
- Once the silicone is removed the Power Rope Balls will not look shiny and will have a naturally tacky feel.
- Check your Power Rope Ball for any damage, including cracks or splits. Damaged items should not be used. Minor scuff marks are ok.
- Store your Power Rope Ball indoors and out of the elements, such as rain, extreme heat and cold and sunlight exposure. Do not store your items in contact with water, oils or solvents.
- Check the rope caps for splits, tears and any other signs of damage. The caps should have a secure fit into the ball.
- **With continued use, periodically take the top rope cap out of the top of the ball and inspect all surfaces. Pull the rope out of the top cap and inspect the inner core for solid construction. A damaged top cap should not be used.**
- Check the bottom rope cap for a secure fit into the bottom of the ball.
- **Check the rope for any signs of abrasion due to excessive friction, glazing or melting of the fibers giving it a hard glassy surface, any increase or decrease in rope diameter, discoloration from exposure to chemicals, loss of flexibility, core fiber exposure or kinking/ twisting of the rope. These are signs of excessive abrasion, heat wear, broken fibers or exposure to outside agents. These conditions will weaken rope and can cause serious injury.**
- Check all knots for a tight and secure fit. The knot at the bottom of the rope should have enough space to avoid coming loose.
- With continued use we suggest replacing the rope and caps on a yearly basis.



Ensure rope top is protected and the bottom knot is secure. Check all surfaces for damage.



Ensure bottom knot has enough space from the end. Periodically check rope integrity and urethane caps for any signs of damage or excessive wear. Do not use if any parts are worn, fraying or damaged. Replace rope and caps yearly with regular use.

## How To Adjust The Power Rope Ball

The Power Rope Ball is designed to allow adjustment of the rope length, type and function to suit your needs.

**Step 1:** To shorten the rope length you may tie another knot in the rope near the ball. You may also move the bottom knot closer to the ball.

**Step 2:** To lengthen the rope, you may need to purchase a longer rope and assemble. A rope diameter of 1/2" static climbing rope or 7/16" dynamic sailing rope will fit.

**Step 3:** To change the rope, disassemble the current rope and caps. Use a hot cutter to seal your new rope ends. Thread the new rope through the top cap making sure the rope ends are even. Secure 2" of the rope end with electrical tape or a heat shrink wrap.

**Step 4:** Secure the top cap and thread the rope through the ball. Secure the bottom cap and tie a knot as close as possible to the bottom cap. Tie the ends of the rope together if you prefer.

## How To Hold The Power Rope Ball

There are several hand holds that give you variety and allow you to fine tune your training.

**Single Hand:** Firmly grasp the rope and touch the bottom knot at the base of your hand. This single hand position allows one handed transfer moves using both hands independently. This is the most difficult hold to secure if you do not have a strong grip or your hand fatigues.

**Single Hand Wrap:** With the single hand hold wrap the rope around the palm of your hand for added security. This position allows a secure one handed move using the same arm.

**Two Handed:** The two handed grip allows you to coordinate both arms at the same time. This two handed grip may also be wrapped around the bottom hand.

**Two Handed Split:** The two handed split grip allows you to keep your hands apart. You may place a second knot in the rope to give you something to hold onto or keep your hand from sliding down. This grip allows you to change hand positions and is also a difficult hold to secure if you do not have a strong grip.

**Independent Single Hands:** Untie the bottom knot and use each rope independently. Use the single hand position on each rope and then wrap the rope around the palm of your hand. This position allows you to keep your hands apart and work your wrists independently.

**Caution:** Some users prefer to secure the rope around the back of the wrist and through the palm of the hand. Take caution in this position as it can be very dynamic on your wrist and thumb. Due to the rebound of the Power Rope Ball it will be more force compared to an air filled ball.



Single hand grip is the most advanced hold. Secure the single hand grip by wrapping rope around hand.



Two handed grip at the bottom of the rope. Tie a knot in the middle for a two handed split grip.



Untie knot at the bottom for an independent single hand grip. Wrap rope ends around each hand.

## How To Use The Power Rope Ball

Si Boards Power Rope Balls have superior bounce and are not intended as toys. The Power Rope Balls are intended as training devices for sports, fitness and rehab. Follow the safety precautions and care and maintenance guidelines before use.

### Swinging The Power Rope Ball

**Step 1:** The superior rebound of the Power Rope Ball can be difficult for beginners to handle. The first step is to swing the ball left and right lightly. Do not bounce against a wall yet.

**Step 2:** Get into a comfortable squat stance and contract your abdominal muscles for stability. Stand with good posture for shoulder stability.

**Step 3:** Using the two handed grip keep your hands at arms length and let the Power Rope Ball hang in front of you. Always keep your hands at arms length and with relaxed arms. This helps guide the ball in a path away from your body.

**Step 4:** Gently swing the Power Rope Ball to the right. As the ball loses momentum it will feel still. At this moment gently guide the ball in the opposite direction. Always avoid abrupt direction changes or pulling

the rope off balance.

**Step 5:** Once you are comfortable going back and forth swing the ball overhead in a circular motion. Gently guide the ball in the intended direction.

**Step 6:** To stop the Power Rope Ball allow it to slow down then gently guide the ball back to the ground. Avoid stopping abruptly or pulling the ball into your body. This will change the path of the ball and may hit your body.

**Step 7:** Try other swinging motions such as figure 8 wood chops and reverse wood chops. When you are confident in the ball movement try one handed holds while swinging the ball above your head and in figure 8's.

**Step 8:** Further advance the swing by changing hand positions. Using a one handed hold, swing the ball around your body at waist level and change hands. You can do the same for figure 8's.

**Step 9:** Remember to keep your hands at arms length. Guide the ball in the path around your body in smooth controlled rhythm.



Use double handed grip to swing ball side to side then overhead rotations.



Use single hand grip and swing ball around the body. Keep an open hand to catch the rope.



Figure 8 using double handed grip. Guide hands and ball to side of the body. Swing forward or backward.



Use a single handed wrap grip for one arm figure 8 rotations. Gently guide ball and follow momentum.



Avoid abrupt direction changes and keep ball at arms length.

## Bouncing The Power Rope Ball Against A Wall

**Step 1:** The superior rebound of the Power Rope Ball can be difficult for beginners to handle. The first step is to swing the ball left and right with light contact against a wall.

**Step 2:** Get into a comfortable squat stance and stand with you back towards the wall. Contract your abdominal muscles for stability. Stand with good posture for shoulder stability.

**Step 3:** Using the two handed grip keep your hands at arms length and let the Power Rope Ball hang in front of you. Always keep your hands at arms length and with relaxed arms. This helps guide the ball in a path away from your body.

**Step 4:** To properly bounce the Power Rope Ball off of the wall you must follow your swing all the way towards the wall. If you give the ball slight momentum and then stop your swing too soon before the ball

hits the wall you will disrupt the natural trajectory. The ball may not hit the wall properly or rebound in a predictable and consistent path.

**Step 5:** Lightly swing the Power Rope Ball to the right and follow through towards the wall. Allow the ball to bounce against the wall and let it rebound back in the opposite direction. Then guide the ball to the left and bounce it off the wall.

**Step 6:** Continue until you are comfortable with the amount of force needed to consistently and rhythmically bounce the Power Rope Ball off the wall. Avoid abrupt direction changes or pulling the rope off balance.

**Step 7:** To stop the ball let it rebound off the wall and gently guide it to stop. It may take several movements if you have considerable momentum and speed built up.

**Step 8:** When you are confident in the ball movement increase the speed. Try other two handed motions such diagonal chops.

**Step 9:** Advance these moves by using a one handed grip and bouncing the Power Rope Ball off of the wall with one hand from left to right, diagonal, straight backwards, straight forward or from side facing in a lunge position.

**Step 10:** Once you are comfortable with the one handed grip and swinging both arms independently, you can hand transfer the rope. Allow the Power Rope Ball to rebound off the wall to the right. Transfer the ball towards the left with your left hand open to receive the rope. Continue back and forth.

**Step 11:** Add agility to these moves by turning to the side of the wall. Complete a clock circle swing and guide the Power Rope Ball towards the wall. The ball will rebound off the wall and in front of your shins. Side step away from the wall as the ball rebounds.

**Step 12:** The kneeling position can be used for swinging motions and forward wood chops.

**Step 13:** The seated position can be used for side to side and diagonal chops.



Easily bounce back and forth. Follow arm swing all the way towards the wall and avoid abrupt changes.





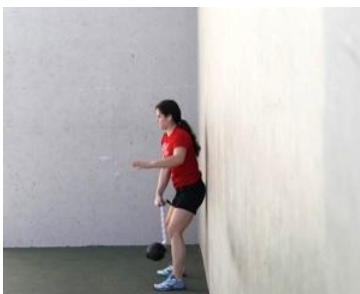
Use double handed grip for diagonal chops. Keep a firm and comfortable squat stance.



Single handed grip for full rotation. Engage abdominal muscles and maintain good posture.



Keep hand open and ready to catch rope for the single hand exchange. Let hand slide to bottom knot.



Ensure hand and arm complete full range of motion upward and follow ball momentum for backstroke.



Use single hand wrap grip and stand to side of wall. Follow motion all the way forward and backward.



Step and swing forward to make contact with the middle of the ball against the wall.



Complete full forward rotation then step and swing ball into the wall. Hop backwards with the ball rebound. Keep ball in front of body and hit the wall to the front of body rather than pulling to the side.



Keep your face and body away from ball rebound. Gently guide the rebound to the side of the body for another diagonal wood chop.



Keep the ball at arms length and follow momentum. Avoid abrupt direction changes or pulling the ball into your body. Follow the ball all the way to the ground.



Use a single hand grip for diagonal chops. Keep focus on the ball.

## 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 and helps athletes compete at their best. As a sports medicine professional she knows the importance of versatile and well built equipment. Our product line of 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 is located in beautiful southern California where our products are handmade. 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.

Thanks for jumping into the next generation with us!

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