



## Freestyle Original Board

Elysia Tsai, M.Ed., ATC introduces the Freestyle Original Board. This medium-sized board is Si Board's most popular board size. It is a versatile, challenging board for a combination of speed and strength moves. The Freestyle Original provides an infinite amount of exercises when used with a variety of Balls, Half Balls, and Resistance Bands.

(0:22) Elysia here with Si Boards and I'm here to introduce our Freestyle Original Board.

### Key Features (0:39)

Our Freestyle Original Board is the most popular board size because it's a Medium board size with a rail. This is a great board for a combination of speed and strength moves. Because it's a Medium board size it will not overtire your legs, but it will still give you enough of a strength challenge where you won't feel like you're too confined and you can't get enough leg control. It's a great board for big turns, upper body moves, and a variety of users.

### Ideal User Height (1:10)

The Freestyle Original Board is best used for medium-sized riders which would be 5'4", or 1.6 meters tall, all the way up to the 6' range, or 1.8 meters tall. If you're above the 6' range it's still a great board for you, however, you might feel that it's a little bit small for your ride stance and you'll be able to move this board quickly. If you're under 5'4" this might be a very big board for your ride stance, so you'll definitely feel leg strength control.

### Board Specifications (1:46)

The board size is 36" long which is also 91 cm, by 18" wide which is also 45 cm. Again, we have ½" plywood with an integrated rocker along the length, urethane blocks, and a very thick steel rail. This board weighs 12 lbs. which is also 5.4 kgs, so when you're picking it up it is a substantial piece of equipment. Once you start to get to move it, it will require leg strength to get going. The rail dimensions are 28" tall which is also 71 cm, by 14" wide which is also 35.5 cm. When you're standing you have about a 28" ride stance and you'll be able to use up the entire board.

### Speed Strength Combo (2:41)

The Freestyle Original Speed Strength Combo is the perfect package that's designed to give you infinite possibilities of exercises using our variety of Balls, Half Balls, and Resistance Bands. You can actually get sixteen different combinations with these tools. Your Freestyle Original Speed Strength Combo will come

with two of the 8 ½” Half Balls. If you’re using two underneath the board, you will that the Rocker Board set up. If you use one, you’ll have the Wobble Board set up. It also comes with two 5” Balls which allows you to do the Double Pivot set up, or riding on one ball as you get used to multi-directional movement. The 5” Balls ride really well underneath the Freestyle Original Board for a Beginner Combo because it keeps you low to the ground and it will allow you to stop quickly.

(3:30) For your advanced unpredictable combos, you can add the 5” Ball inside the 8 ½” Half Ball for the Thrasher Combo, or put one in each of the Half Balls for the Rock and Roll Combo. That is so much fun and it’s a great skill progression. When you’re ready to progress to a larger ball you will use the 6 ½” Medium Ball. This is actually a perfect ball that rides underneath the Freestyle Original because it gets you up high enough to do turns without grounding the board quickly. You can also add the 8 ½” Large Ball as you progress in skill. The 8 ½” Ball will ride very well underneath the Freestyle Original. It gets you up nice and high and you can stay up there all day long without grounding out the board, and it takes a tremendous amount of leg control to control the momentum.

(4:20) When you’re ready to expand your exercises you’re going to add the Resistance Bands to the steel rail of your Freestyle Original. Use the variety of Half Balls and Balls and you will have an infinite amount of exercises available. When you add the Resistance Bands to the board, not only are you fighting gravity pulling down but also the added resistance of the bands pulling you towards the board. You have to stand up tall, engage your posture and then you have the added upper body control for a double whammy. You will not be disappointed. It is a great and fantastic workout.

(4:53) And now my favorite, let’s get ready to ride.

(8:09) The Freestyle Original is the most versatile board for individual users and strength and conditioning facilities. It is a fantastic piece of equipment, and I invite you to Jump Into the Next Generation with us and Jump On Board.

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

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