



## Medicine Balls

Elysia Tsai, M.Ed., ATC introduces our line of superior Medicine Balls. Our Balls are designed for high rep slamming, high rebound performance and extreme durability. Our balls are so difficult to manufacture but well worth the effort. We offer you a sports performance product that will outlast any rubber air filled ball and give you satisfaction in your investment. See the full transcript below.

(0:01) Elysia here with Si Boards and I'm here to introduce our solid and urethane superior rebound medicine balls. These are the most amazing balls you will ever slam against the wall and use for your training. When we were first designing our balance training system, we were trying to find a suitable ball to ride on and there really wasn't anything in the market. So we had to start designing and manufacturing our own balls and when these solid urethane balls came of the casts, they were absolutely incredible. We dropped them on the ground, they came back at 70% and we knew that we had something magic.

(0:40) Not only can you get a superior ride on our balance training systems, they double as a unbreakable, high rebound, medicine ball. It's a two for one. Extremely valuable, extremely durable and a whole lot of fun.

(0:58) Our balls are made out of solid urethane. It's an extremely durable material that outlasts friction, UV damage, heat damage, and it's odor-free. If you've ever had a bucket of rubber balls, they really off gas and stink. These balls have zero odor, so they're very great to work with.

(1:23) With air-filled medicine balls, when you're slamming them on the ground, what happens is the ball moves and it stresses out the seams. Over time these seams wear, and then start to break down. Air-filled medicine balls that are also seamed together are not designed for high repetitions slams that last a life time. Our balls are designed as one solid piece of urethane. They go into a close mold system, urethane gets poured, and they come out as one solid piece. There's no seam and when you're balancing and slamming hard on the ground, the ball's not stressing or expanding like an air-filled ball. So our balls are designed as unbreakable, high rebound balls that you can continually slam and get superior function.

(2:14) Let's talk about our ball sizes. We'll start first with the 3 inch diameter ball, which is also 7.62 in cm. The weight is 0.6 of a pound, which is 0.27 kilograms. It is a perfect size in weight for repetitive throwing without overtiring your shoulder. For baseball and softball players, it's a great warm up tool and also for learning pop flies or grounders because of the unique rebound of our balls. I use these as well for active release or for when I'm lying on the balls and moving my body in certain movements to find those trigger points and release. If you're riding on these balls, this is our starting ball with our

balance training system for our Starter Boards. This is too small to ride on the Original Boards, but it's a starting point to keep you close to the ground and fast movement. This is a great 3 inch Mini Ball for your starting boards. Our 3 inch mini balls come in a variety of fun colors. These are great for starter boards to match your board and ball color, or if you're throwing against the wall, to be able to have a visual distinction.

(3:25) The next ball is our 5 inch Small Ball. 5 inches in diameter and 12.7 centimeters in diameter. The weight is 2.5 pounds, which is also 1.13 kilograms. This is a perfect ball for one handed moves because you can easily grip it, especially for someone my size. When you're slamming it off the wall, it will come back to your hand and your grip, so you can get some unique shoulder movements and one handed moves. If you're using our balance training system, this is a perfect ball for all of our Starter Boards. It gets you nice and high off the ground and it's an advance ball, so it's perfect. When you're using this with our Original Boards, it's a great beginning starting point.

(4:13) Our next ball is the 6.5 inch diameter, Medium Ball, which is 16.5 centimeters in diameter. The weight is 5.5 pounds, which is also 2.5 kilograms. This is a great ball for two handed moves. For speed and agility against the wall if you're slamming, where you can get rotational moves, slam and catch the ball, and continuous reps. If you're using this ball on our balance training systems, this is a great intermediate ball on our Original Boards.

(4:50) Our next ball is the 8.5 inch in diameter. A Large Ball, which is 21.6 centimeters in diameter. The weight is 12.5 pounds, which is also 5.7 kilograms. This large ball is great for strong, athletes who have great core control. Because when you're slamming this against the wall or the ground, and it comes back at you, it will come back with speed and energy. So for strong athletes, you will absolutely love the weight and the feel of this ball. If you're using this ball under our balance training systems, this is an advanced ball for our Original Boards. It is so much fun to feel the momentum start to carry you as you're riding and you're shifting your weight. It takes a lot of body control to be able to be able to handle the momentum. So it's definitely an advanced ball and a whole lot of fun.

(5:46) And last but not least, is our 10 inch diameter, Extra-Large, super deluxe ball. This is the most amazing piece of equipment that you will find. It's 10 inches in diameter, which is 25.5 centimeters in diameter. The weight is 20.5 pounds, which is 9.3 kilograms. For you powerhouse athletes, this is the ball that's going give you so much core challenge and strength challenge for your sports performance training. If you're using this ball to ride on our balance training systems, it's only suitable for our Commando Board, which is our large board, because it's going to fit inside the rail, take you ten inches off the ground, and it is really for strong and advanced riders.

(6:40) When you first get your ball, it's going to be shiny and a little bit slippery. That's because of the silicone mold release that was used during manufacturing. To take the mold release off, put it in the sink with some dish soap and a brillo pad. Give it a light scrubbing, and that will help take off the shine. After you remove the silicone mold release from the balls, they will become dull in color, just like this one in my right hand. This is natural, and gives you a tackier feel for better grip. We want you to start with a

safe ride and use every time. You're going to inspect your ball, and look for any tears or divots, or pieces of urethane missing. Any ball damaged should not be used or ridden.

(7:22) The superior materials and construction of our balls gives you the most amazing rebound and sports performance training in any medicine ball, and in any ball you're going to ride on in our balance training systems. So I invite you to jump into the next generation, start riding, and start slamming our balls to absolute perfection.

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

For more information check us out at:

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