



Turbo Original Board

Elysia Tsai, M.Ed., ATC introduces our Turbo Original board. A fantastic industrial strength small board that is light and fast. Great for warm-up without overtiring your legs and controllable to wake up your coordination. A great balance board for small users, training on the go and travel.

(0:28) Hey everybody, Elysia here from Si Boards and I'm here to introduce our Turbo Original.

(0:42) Key Features

The Turbo Original is a light and fast board. Just like the name sounds, it moves quickly and really challenges your coordination and your quick reaction time. It's a perfect board for shorter users and it's great for travel. I've actually travelled the world with this board because it's so small that it will fit into a suitcase. I can throw a ball in there and then I've got training on the go.

(1:08) Ideal User Height

This small board is combined with a small rail so it's best for users who are between that 4' (1.2m) range all the way up to 5'4" (1.6m). If you're taller, over into the 6' range, you might feel too cramped on this board or that you can't get a natural stance. For the 4' to 5'4" range, this is a perfect board for light, quick coordination and speedy movements.

(1:41) Board Specifications

The Turbo Original is 27" (68 cm) tall by 15" (38 cm) wide. It features a ½" birch plywood in addition to the solid urethane blocks, the thick steel rail and the integrated rocker. This board has curvature so when you are moving it from foot to foot with weight transfer, you feel that natural swinging motion. The Turbo Original weighs 7 lbs. (3.2 kgs) so it's a nice and light board that will not over-challenge your legs. It will take very little strength to get moving, which will challenge your reaction speed. The rail size on the Turbo Original is 18" (45cm) tall by 11" (29cm) wide. If you're standing on the board, you'll have a narrower stance where you'll be at about 18".

(2:55) Light and Quick Combo

The Turbo Original Perfect Combo is called the Light and Quick because of the light board and the quick motions. When you combine the Resistance Bands with the Half Balls and the Balls, you have an infinite amount of training potential. You can actually create 16 different board combinations. Your Light and Quick Combo will come with two of the 6 ½" Half Balls, which will allow you to create a Rocker board or a Wobble board. You'll also get two of the 5" Balls. The 5" Ball rides really well underneath this board.

You get up high enough, you can turn, and you've got that fast movement transfer. If you wanted an Unpredictable Combo, you would add the 5" Ball inside of the 6 ½" Half Ball to create a Big Drop System.

(3:41) You can place one Ball at one end and a Half Ball at the other end and get a Single Pivot setup. When you're ready for the Double Pivot setup you're going to place two of these 5" Balls underneath the board and expand your training before you go onto one Ball. Advanced Balls for this board would be a 6 ½" Ball which will get you up nice and high. Or, you can also create a Thrasher Combo by adding a 3" Ball inside of the 6 ½" Half Ball. When you're ready to expand your exercises, you're going to add the Resistance Bands onto the rail system of your Turbo Original. This will pull you down, forcing you to stand up tall, engage your posture, and have the added upper body moves in combination with your lower body balance. It's a fantastic exercise system for everybody.

(4:30) And now my favorite, let's get ready to ride.

(6:56) The Turbo Original Board is a fantastic, small-sized board for your combination moves. We have a lot of people that use this for warm-up without overtiring their legs. They'll take it out on the court and use their tennis rackets or bounce basketballs to get warmed up with their body control before they start their practice. I love this board because it's small, whippy and quick and you can really challenge your reactions. So I invite you to Jump on Board, Jump Into the Next Generation with us, and start training with your Si Board today.

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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