



Superior Rebound Medicine Balls Designed For High Rep Slams

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 Medicine Ball before use. Safety and great training are our top priority.

Medicine 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 should always be supervised.
- Bounce the Balls on a solid and smooth surface such as concrete. Avoid loose gravel and jagged brick or rock walls.
- Do not throw the Balls 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. If you fail to catch the Ball it will continue to roll and bounce beyond you.
- Keep your focus on the Ball to avoid injury.
- Do not throw or catch in positions where you may get injured. These include throwing or catching the Ball directly in front of your face.
- The Balls are solid urethane and do not compress like an air or gel filled ball. These Balls may be more difficult to catch. Always catch with open hands.

Care and Maintenance

Follow these guidelines before using your Ball.

- When you first receive your 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 to completely remove any silicone.
- Once the silicone is removed, Balls will not look shiny and will have a naturally tacky feel that is easy to grip.
- Check your 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 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 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



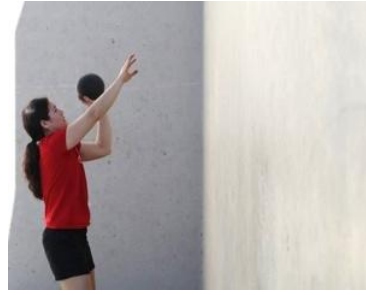
Double hand drop and catch- practice the diamond formation and catch



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

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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