

SI BOARDS®

Breaking the Rules

The Most Versatile and Progressive Balance Training System

Created by Elysia Tsai, M.Ed., ATC, a sports medicine professional helping athletes compete at their best.

Jump Into The Next Generation

Get On The Ball



Move In All Directions
For Functional Training

Feel Engaged



Better Recruitment,
Faster Results and
True Core Stability

Be Unstoppable



Beginner to Advanced
Progression on the
10 in 1 System

Customize Perfect Combos
for Your Height, Skills
and Lifestyle

Unbreakable Solid Ball
Creates a Truly Exceptional
Ride and Continuously
Challenges Your Motion



Continuous Rocker Beautifully
Transfer Momentum and
Weight Distribution from
Foot to Foot

Multi-Use Rail Safely
Contains Balls, Protects
Hands, Attaches Bands
and Easily Carries



Unbreakable Medicine Balls for Superior Rebound

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Breaking the Rules

Unleash Your Reactive Power

Focused



**Throw and Slam
with Purpose
and Precision**

Metabolic



**Easily Work
Full Body Moves
in Quick Repetition**

Plyometric



**Powerful Rebound
Requires Fast Reflexes
and Eccentric Control**

**Solid Cast Construction
Avoids Splitting Seams
and Exposed Filling**

**Durable Urethane is
Odor Free and Resists
Friction Wear, Heat
and UV Damage**



**70% Return from
Still Drop and 200%
Rebound with Slam**

**Tacky Texture with
Grip Bumps for
Hand Control**

5 Sizes and Weights to Meet Your Needs



Dynamic Power Rope Balls Designed for Slamming Perfection

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Breaking the Rules

Harness Your Inner Strength

Get Responsive



Superior Rebound for Smooth Sequence Coordination

Feel Fluid



Safely Complete High Reps with Constant Force

Be Your Best



Combine Power with Agility for Sport Specific Training

Split Rope For Off-Set Hand Positions Added Training Drills

Durable Urethane is Odor Free and Resists Friction Wear, Heat and UV Damage



Top Cap Protects Rope from Ground Contact and Damage

Easily Adjust and Replace Rope to Fit Your Needs

3 Sizes and Weights to Meet Your Needs