

## Warranty

Si Boards are guaranteed against manufacturing defects and flaws. This does not include minor dings and dents due to riding or damage caused by using the board for anything other than its intended purpose. If your board or ball is damaged due to manufacturing defects we will replace your board or ball for free.

## About Us

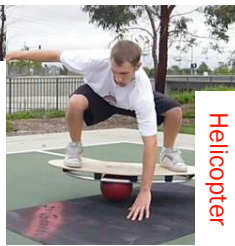
Our philosophy as a business is providing high quality products that you use forever and never get "board". We give you a training device that simulates your sport movements, makes you sweat, and provides lots of entertaining fun. All parts are made in the United States and manufactured and assembled in California. Our products represent our standard for quality, non-toxic materials and fair working conditions.

## Online

Check us out online. We have tons of information packed pages and video for you to watch. See how we ride the board, do tricks, and a few bloopers. Have more questions? Then check out [si-boards.com](http://si-boards.com).



Lateral Jump



Helicopter

## Sizes

**Turbo:** 27" x 15", ride the **Tiny 5"**\*\* or **Medium 6.5"**\*\*\* ball

**Freestyle:** 36" x 18", ride the **Tiny 5"**\*, **Medium 6.5"**\*\*, **Bigs 8.5"**\*\*

**Powder:** 41" x 15", ride the **Tiny 5"**\*, **Medium 6.5"**\*\*,

**Surf:** 42" x 18", ride the **Tiny 5"**\*, **Medium 6.5"**\*\*\*, **Bigs 8.5"**\*\*

**Commando:** 45" x 19", ride the **Medium 6.5"**\*, **Bigs 8.5"**\*\* or **Super Deluxe 10"**\*\*\*  
\*Beginners, \*\*Intermediate, \*\*\*Advanced Riders

## Contact Us

Si Board, Inc  
PO Box 61272  
Irvine, CA 92602  
Phone: 714-809-5109  
[elysia@si-boards.com](mailto:elysia@si-boards.com)

Facebook, Twitter, Instagram, YouTube, LinkedIn @siboards, #siboards

### WHAT IS SI BOARDS?

Si Boards *n. /si bords/* **1.** a rebellious new training device that breaks the rules on balance **2.** a curved board allowing freedom of movement in all directions simultaneously **0 v. 1.** engage in the act of ripping or thrashing a board on a ball **2.** to ride one or two balls with your foot, feet, hands, knees, or body **3.** knowingly break the rules.

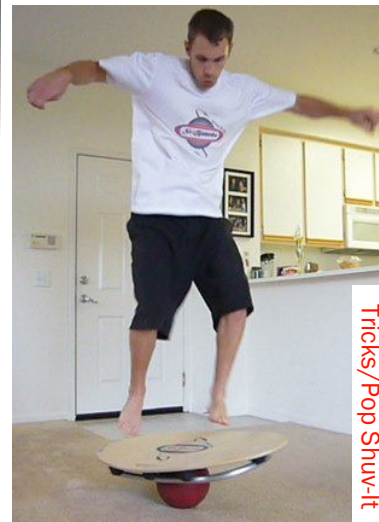


Breaking the Rules

We developed a new board just for you. Jump on our built in rocker board and ride on a free rolling solid ball. Get your hips and legs moving in all directions- just like your real board. Perfect for all beginning, intermediate, and serious riders.

Our unique feature is our solid ball and railing. Si Board balls will never burst, deflate, warp, or give up! Our ball gives you a solid ride every time.

It takes about 30 minutes to learn how to ride, stop, and fall off a Si Board with grace. Ride hard for a great session.



Tricks/Pop Shuv-it

## Riding Precautions Board Care Instruction Manual



Indoor Boarding



Balance/Strength

If you're serious about dry land training and getting a good work out, then Si Boards are for you. If you just want to have fun Si Boarding is a blast. And if you really want to break the rules, Si Boards is your answer.

Ride at Your Own Risk

## Riding Precautions

As with all balance training devices and locomotion sport boards or equipment, the risk of injury exists. Si Boards are for individuals who are healthy enough to maintain balance. It takes about 30 minutes to learn how to ride a Si Board and during that time your legs will get fatigued. Fatigued legs make it difficult to balance.

Follow these safety precautions to reduce your risk of injury. **Ride at your own risk.**

- Wear safety equipment including a helmet, elbow pads, and knee pads. Wear safety equipment, especially a helmet, for aggressive riding and attempting tricks.
- Children should always be supervised and have a spotter for added safety.
- Beginners and first time riders should use a spotter when riding. A spotter stands in front of the rider or stands behind while the rider holds on to a stable surface, like a countertop. The spotter should hold on to the rider's hips from behind. The spotter can also have his/her hands out for support from the front. The spotter uses a wide stance with his/her feet staggered for stability. The spotter can also place his/her foot on the board on the side touching the ground to prevent the board from unwanted motion. When the rider has both feet on the board and ready to shift weight the spotter can remove his/her foot from the board.
- Ride with shoes that provide traction. Make sure your shoes are free of dirt, sand, water, and other substances that may reduce your traction. If riding bare-foot, keep your feet and the board top dry. The board grip may be rough on your feet.
- Do not ride while intoxicated or under the influence of other substances.
- Si-Boards are intended for indoor use on carpet and other non-slip surfaces or for outdoor use on grass or turf. If riding outdoors, riding should be on a non-slip surface with a rubber mat or carpet. **Riding on concrete or rough surfaces will scratch and damage the board and rail.**
- Riding on a hard surface increases the difficulty of the ride and increases the speed of the ball compared to riding on soft carpet.
- Ride in an open area without obstacles on the floor. Remove objects that may cause injuries such as tables, chairs and any other items.
- Do not throw and catch objects while riding unless you are spotted or have control of the board.
- The solid mass of Si-Board balls could cause injury if throwing or bouncing.
- **The easiest and fastest way to learn how to ride is by holding onto a counter top. Move your hips and the board left and right, forward and backward, twist side to side, counterclockwise, and counterclockwise.**



## On Your Belly

**Step 1:** You can do pop-ups like on a surf board while riding on two balls. On your belly balance yourself with your feet on the floor. You can also incorporate stretch bands and simulate upper body motions.

**Step 2:** Get in a push-up position with your hands grabbing the side and front end of the board. Push up quickly and move your feet under your body.

**Step 3:** You should have your feet in a stance that is comfortable. Now stand and ride.



## Combining Motions

Sports require complex movements and whole body coordination. Train your upper body, core stability, and legs at the same time. These exercises require great core strength and stability. Do not attempt these exercises unless you are able to do them on the ground on a stable surface. Use a spotter when necessary. Adding other exercise devices increases the risk of injury from the devices and complex movements. Always follow the safety precautions of the exercise devices. These exercises are shown with one ball under the board. Placing two balls under the board makes the exercises easier. Be creative and think outside of the normal routine exercises. The possibilities are endless.



Use the board for push-ups. Keep your back straight and avoid sagging your stomach toward the ground. Rotate the board from left to right and forward and backward. Add a few clap push-ups. Increase the difficulty of all push-up positions by balancing on one leg, foot, or knee. Put your feet under an unstable surface like a balance disc or ball.



Maintain a centered position and throw a weighted ball to a partner. Move the weighted ball in various positions. You will feel the board shifting you. Try getting in a basketball stance and holding your balance. Bounce the weighted ball, and then motion to shoot a free throw. Mimic your sport movements such as swinging a bat, racquet, or stick, volleyball passing or setting, catching a ball, throwing a ball, or martial arts.



## Standing on Two Balls

**Step 1:** You will need two balls of the same size for this ride. Place two balls under the board and inside of the rail. Place each ball close to the end as possible. If the balls are close together, the ride is more difficult.

**Step 2:** Place your right/left foot on the board near the end and over the ball. The board will feel like it is floating forward and backward.

**Step 3:** Steady the board and shift your weight to your right/left foot. Fully contract your leg for stability and step up. Gently place the other foot on the board. You should have a shoulder width stance.

**Step 4:** You will feel the board floating left and right and forward and backward. You can move the board in small movements. You will learn how to balance on your toes and heels.

**Step 5:** Advanced users can step in the middle of the board on one foot and balance on one foot. Try squatting or throwing a ball back and forth. You can cross step or change foot positions like you would long board surfing.



## Add Your Upper Body

**Step 1:** Place two balls under the board and inside of the rail like in the previous directions. Step to the side of the board. Place your hands at the end of the board and level the board. Your hands and shoulders will help you maintain balance.

**Step 2:** Put the foot closest to the board on the rear of the board and steady yourself. Then put the other foot on the front or back of the board.

**Step 3:** Hold on tight and use your upper body and legs for balance. The board will shift from side to side. You can switch your feet while your hands are on the board. Try standing up after you set your feet in a comfortable position. Or you can put your knees on the board and maintain balance. Try maintaining balance with one foot on the board.



## Care and Maintenance

Follow these guidelines to maintain your Si-Board in working condition and start with a safe ride every time.

- Before riding check your board and ball for damage.
- Check all six/eight blocks for movement between the rail and board by wiggling each block. The blocks should not move. The rail should be secured to the rail blocks and board. All bolts should be countersunk in the board top and secured inside the rail holes on the bottom of the rail. If a block or the rail is loose, tighten the bolts. Use a wide flat head screwdriver and an 1/8" allen wrench. Tighten until the board and rail are secure. Check the blocks for cracks or damage. A board with a damaged block should not be ridden.
- Check the board for cracks and damage. A board with obvious cracks should not be ridden.
- Check the ball for gouges, splits, or cracks. A damaged ball should not be ridden.
- Check the railing for cracks and damage. A board with a damaged rail should not be ridden. Minor dings and dents are ok.
- Use the Si-Board for its intended purpose, as a balance training device. Using the board for anything else may damage the board.
- Do not alter the board, blocks, rail, or hardware. Altering the board may cause damage and an unsafe ride. Altering your board and ball will void the warranty.
- Store your Si-Board inside and out of the elements, such as rain, extreme heat and cold, and sunlight exposure. Do not store your board in contact with oils or solvents.



### WHO IS SI BOARDS?

Si Boards, Inc *n.* /si-bords/ **1.** a company: offering you a new twist on dry land training, injury prevention, and injury rehabilitation **2.** dedicated to bringing better balance to the world **3.** ensuring quality products made in fair working conditions **4.** assisting organizations who are dedicated to preserving nature, health, and quality of life for all.



## How to Ride on One Ball

See RIDING PRECAUTIONS for instructions with a spotter. **Check out our website for instructional videos!** It may take several sessions to learn how to start with control. Continue to spot yourself by holding onto a stable object.

**Step 1:** Place the ball under the board and inside the rail on the right side of the board. Do not place the ball in the center of the board or under the right side. The left side of the board should contact the ground and the right side should be up in the air supported by the ball.

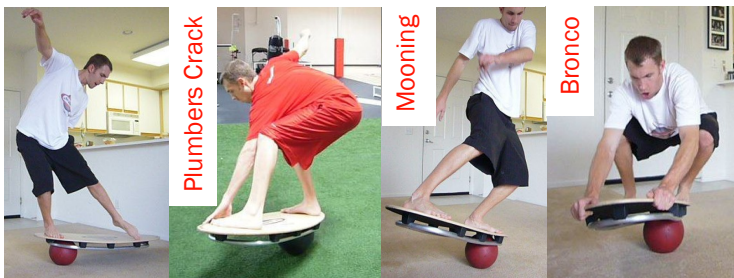
**Step 2:** Place your left foot on the board near the edge. Use the rail bolts as a guide. **If your foot is placed too far inside of the rail bolt it is difficult to balance. The ball will roll to the outside of your foot causing you to fall. Keep your feet pointed forward.**

**Step 3:** With your weight on your left foot place your right foot on the board near the edge. You should have a wide stance that is comfortable for you. Again use the rail bolt as a guide.

**Step 4:** Squat down and shift your weight to your right foot. As you balance your right foot on the ball the left side of the board will lift off the ground. Put your arms out to the sides for added stability. Keep your body fully contracted for stability.

**Step 5:** Gently shift your weight from your left and right to move the board on the ball. Your motion will come from your hips while your upper body maintains a center position over the board. Squat down for added stability. Shift your weight on your toes and heels. **Integrate hip motion from side to side, forward and backward, twisting and circular motions. For beginners, it is best to do this while holding onto a counter top.** Always start with this warm-up sequence as you learn.

**Step 6:** At first you will look at the board for visual feedback of the board placement. As you progress and gain better balance, look forward and keep your eyes level as you would with other board sports. Ride the board like you would your sport board. Rip the waves, carve the slopes, thrash the concrete...



## How to Stop

Just like any sport, falling off your board is part of learning better balance and skill. Here are some suggestions to stop or fall gracefully from your Si Board.

**Step 1:** If you feel yourself getting unbalanced and the ball is under the right foot shift your weight to your left foot and ground the left side of the board. If you feel unbalanced on your left foot, shift your weight to your right foot and ground the right side of the board.

**Step 2:** If you feel unbalanced because the ball is moving to the front of you and your toes, push your toes down, move your hips forward and lean your shoulders backward. If you are still unbalanced grab the front of the board and ground the board backward. The board will be at a steep angle as you hang on. Step backwards and off of the board. Advanced riders can jump off the board.

**Step 3:** If you feel unbalanced because the ball is moving to the back of you and under your heels, push your heels down, move your hips backward and lean your shoulders forward. If you are still unbalanced and the ball is under your heels ground the board forward and step off forward. Advanced riders can jump off the board.



## Trick List

**The Helicopter:** You need a solid ball for this trick. Start with the ball in the center of the board. Steady yourself next to a counter top and spin yourself round and round.

**Shuffle Board:** Zig-zag the board and you will be able to travel from one end of the room to the other.

**Pop Shuv-it:** While in the center of the board, jump up and rotate the board 180 degrees at the same time. Landing on the ball makes it super fast!

**Lateral Jump:** Starting near one end of the board make your jump to the other side as the ball moves past your foot in the center of the board.

**Plumber's Crack- Single or Double Cheek:** Board grab with one or two hands.

**Stinky Foot:** Foot grab while riding on one or two balls.

**Going Crabbin:** Riding on two balls on hands and feet with your belly facing upward.

**Kick the Habit:** Start on two balls and moon the board to kick out a ball to ride one.

**Bucking Bronco:** Riding on hands and feet on one ball.

**Walking the Plank:** On two balls walk from end to end like long board surfing.

**Pop-up:** Pop up from your belly to a standing position while on two balls.