

5 in 1 Wooden Balance Board

Instruction



The Dolphin

Goal:

To improve co-ordination, stability and control of body movement.

Start Position:

Stand on balance board with your feet shoulder width apart.

Exercise:

Slowly tilt the board from front to back and back to front. Begin with this gentle rocking motion on the balance board until you are used to the movement.



The stork

Goal:

To improve dynamic balance and proprioception. Rehabilitate and strengthen muscles, ligaments and joints.

Start Position:

Step on the balance board with your shoulder width apart. Play with your balance until the plate is not touching the ground.

Exercise:

Begin a slow controlled movement from side to side without the front or back touching. Play with your balance until the board is not touching the ground at all.



Ripples

Goal:

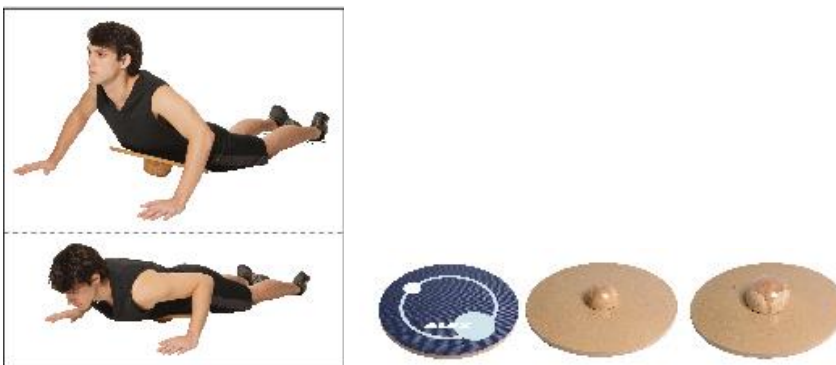
To enhance lower body strength, improve posture, stance and balance.

Start Position:

Stand on balance board with your feet shoulder width apart.

Exercise:

Use a controlled motion to rotate the board in a complete circle, keeping the edge of the board in contact with the ground at all times.



The Cobra

Goal:

To enhance lower back and core strength.

Start Position:

Lying face down with the board positioned under torso. Place both hands and forearms flat on the floor.

Exercise:

Use a controlled and gentle motion to raise and lower the upper body.



Core Board Crunch

Goal:

Sitting on the center of the board with hands holding sides of the board.

Start Position:

Sit on the balance board and both hands hold at each side of the board while you do abdominal crunches and legs lift.

Exercise:

Slowly raise legs off the floor and hold for 5 seconds then release. For advanced core strength, raise legs off the floor and bend knees toward chest, then straighten legs again without touching the floor.

ATTENTION: Below motions / exercises are prohibited while exercising.



Our balance board is not for frisbee. It may hurt people if you do like this way.



The long & short board parts can't be stacked like "cross" shape as the photo showed. The construction will be destroyed & getting weakened by this wrong motion.



Please do not just use the single piece balance board (as picture showed) without attaching other spare parts to do the exercise. The center knob will not hold this wrong motion impact while exercising.