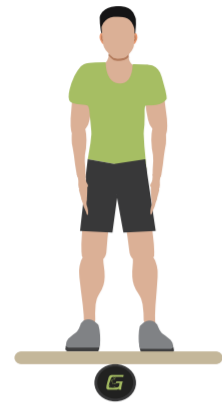


Balance Board WORKOUT

STANDING



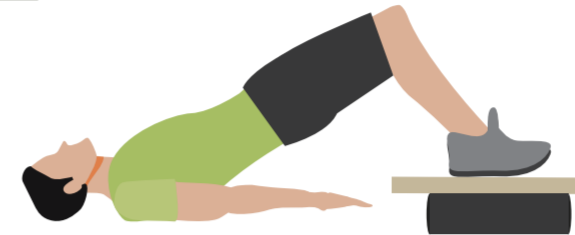
Stand on the deck with feet shoulder width apart. With roller, move side-to-side keeping complete control. Do not let the deck touch the floor for 3 to 5 minutes. Add movements such as squats, arm raise and trunk twists depending on your skill level.

SITTING



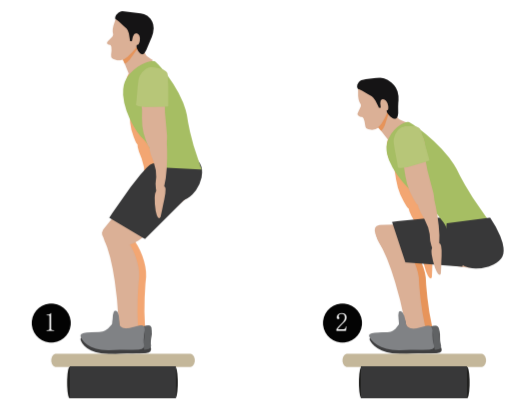
Sit in the middle of the deck and put your legs in front of yourself at a comfortable position. With roller, move side-to-side keeping complete control. Do not let the deck touch the floor as long as you can.

HIP RAISE/BRIDGE



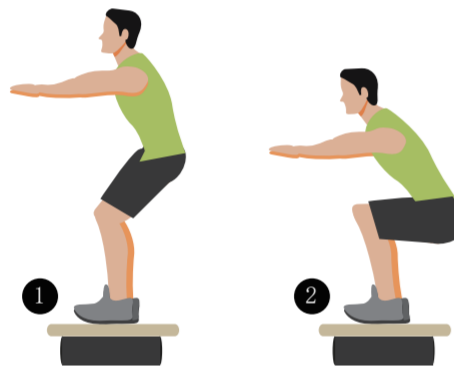
Lie on the floor with your back flat with your knee bent. Place feet on the deck. Raise your hips off the floor. Squeeze your glutes and hold for 3 second and repeat.

SQUATS



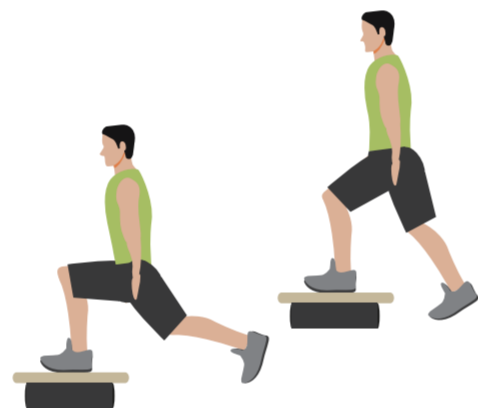
Stand on the deck with feet shoulder width apart, tilt pelvis back and bring hip back as you squat. Try not to let your knees get in front of your feet on the way down. Begin with arms at your side and as you squat bring arms straight out so that they are parallel to the floor at the bottom of squat.

45°/90° SQUATS



Feet shoulder width apart, tilt pelvis and bring hips back as you squat. Try not to let your knees get in front of your feet on the way down. Begin with arms at your side and as you squat bring arms straight out so that they are parallel to the floor at the bottom of squat.

LUNGES



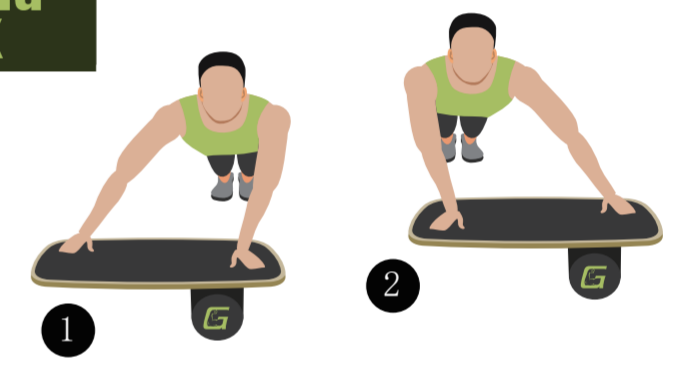
Place one foot on the center of the deck. Step back with the other leg. Keeping your back straight, shoulder back and core engaged, lower yourself until your front leg is at 90° angle. Keep your knee directly over your ankle and return to start position.

PLANK



Assume a push-up position with your elbows resting on the deck, shoulder width apart and your shoulder directly over your elbows. Keep core engaged, glutes tight, legs straight, and your head, neck, back and hips in alignment. Hold position for as long as possible.

ROLLING PLANK



Hold a push-up position, slowly move the board side to side, tighten your abdominal, keep your back straight and your head looking 12-15" in front of your hands. Do not lift your head. The lower you do the more difficult it is. SLOWLY MOVE SIDE TO SIDE.

PUSH-UP



Place hands flat on deck, shoulder width apart and assume the push-up position. (Do not wrap your fingers around the sides of the deck). Keep your back straight, core engaged, and lower yourself so that your chest is a few inches from the deck. Push back up to the starting position. Look 12-14" in front of your hands and do not lift your head.

MILITARY PUSH-UP



Place deck lengthwise on roller. Begin in push-up position with hands on deck, shoulder width apart. Keep your back straight, core engaged, elbows pointing toward feet and arms against sides. Lower yourself so that your chest is a few inches from the deck. Push back up to the starting position. Look 12-14" in front of your hands and do not lift your head.

BEAR WALKING



Start in the push-up position with back straight, hips in alignment and core engaged. Bring one knee into your chest, while the other foot is on the ground. Switch legs; bring the other knee into your chest while the other foot is on the ground.

OBLIQUE TWISTS



Get into a push-up position with leg together. Bring one leg into your chest and hold, Lower yourself slightly to stabilize your shoulders. Twist that same leg that is at your chest out to the opposite side and try to straighten leg as much as possible. Repeat with other leg.