

Balance Board

Instructions



Bbd  Company

Ihr Partner für den Kraft- und Ausdauersport!

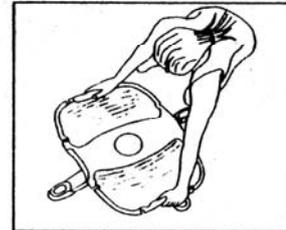
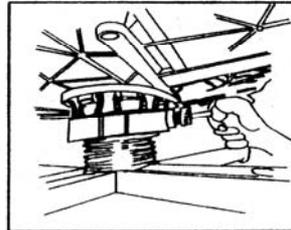
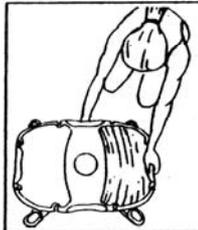
Balance Board Routine

The balance Board is a great way to work your body from head to toe. The Balance Board's multi balancing resistance system allows you to work your way through many levels of fitness challenges. Start with the highest level of resistance which will give you the most stable platform but don't get discouraged if you find yourself „rebalancing“ yourself – this part of the workout wakes up your core muscles. Your core muscles consist of using your abdominal and back, which will play a big part in each and every exercise performed.

Remember by stepping and placing your body weight on different areas of the balance board will increase or decrease the challenge. The closer you work to the center of balance board, the more stable and easier the workout will be.

Beginners: The balance board helps you to gain better balance. Start by placing both feet in the center of the balance board and slowly stepping out towards the sides of the Balance Board. Gently rock side-to-side familiarizing yourself with the movement of the board. This side-to-side action is a great way to strengthen your hips, thighs, buttocks, abdominal and back. You may also notice your heart rate increasing as you continue this motion. Work your way up to 20 minutes a day for a great workout. Once you feel comfortable with this movement graduate to the following workout-program.

To Adjust Resistance Level: Pull lock knob and rotate top of board CLOCKWISE one complete rotation to TIGHTEN resistance system (for increased stability).



Turn COUNTER-CLOCKWISE to LOOSEN resistance system (for freer movement). Always check that lock pin is secured in position before using the Balance Board.

Important Safety Instructions

- 1) Before starting any exercise program, consult your physician. You must make sure that you don't have any medical or health conditions that could affect the safety and effectiveness of your exercise program. If at any time during your exercise you are experiencing discomfort or pain, stop the exercise immediately and consult your physician.
- 2) Be sure that you read all the instructions in this manual and to familiarize yourself with the movements before beginning your program.

Warum Up

Step on to the Balance Board

32 x with a wide forward foot stance rock side to side, as you get comfortable with this move reach your arms up as you inhale and exhale.

32 x Pivot your feet so they face towards one end and rock back and forth

32 x Pivot your feet to the other end of the board.

32 x Return back to a forward wide foot stance positions and rock side to side.

32 x March on floor

32 x alternate tapping your toes on the Balance Board (right and left)

32 x alternate tapping your heel with a flexed foot on the Balance Board (right and left)

16 counts – place your right heel on the power board and extend your right leg fully as you flex your toes towards you.

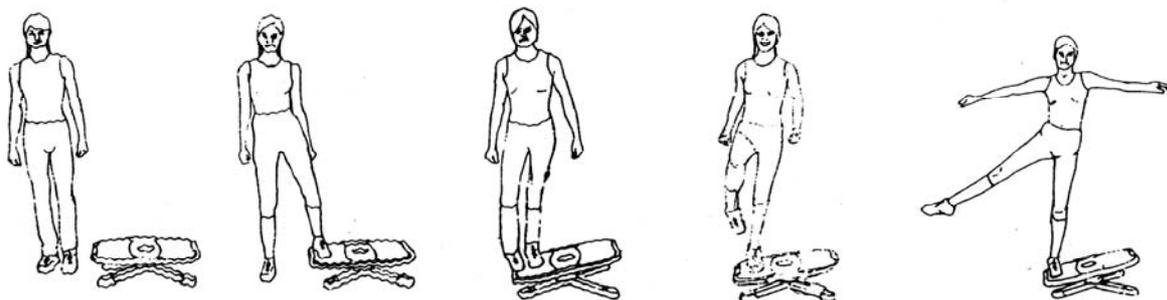
32 x march

Workout

Lower Body: Squat and lunge combinations

Begin by standing to the right side of the Balance Board facing front.

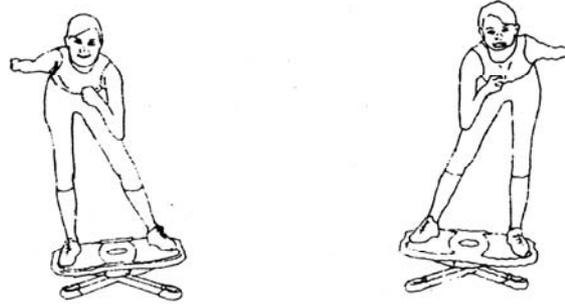
- 1) 8 x step up and down on the Balance Board with your left foot and tap your right toe
8 x step up and down on the Balance Board with your left foot and lift your right knee up
8 x step up and down on the Balance Board with your left foot and lift your right leg out to the side



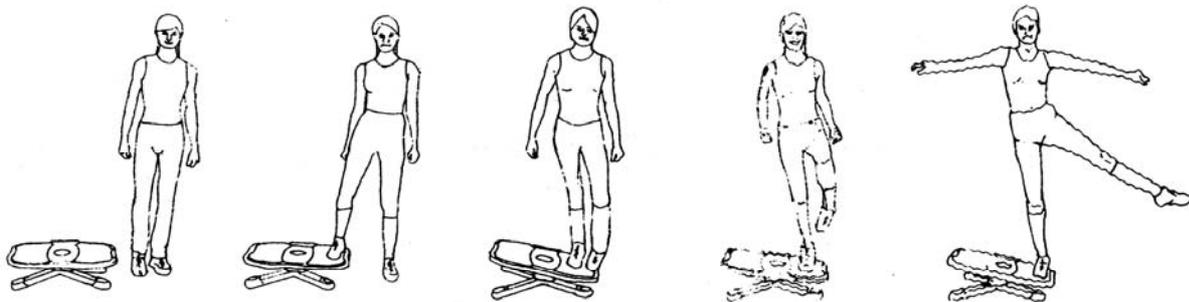
Repeat 3 x

- 2) 32 x Rock side to side

3)



4) Repeat step up and down sequence (#1) on left side of the board

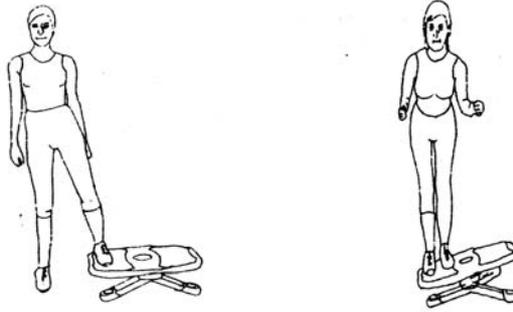


5) 32 x Rock side to side (repeat)

Squat Combinations

6) 32 x Double Squats:

Place your left foot on the Balance Board and one foot on the floor. Squat with feet in this positions and then as you come up from the squat, step on the Balance Board and perform a second squat with both feet on the board. Step back down and squat with one foot on the floor – alternate between these 2 squats positions



- 7) 32 x Rock side to side
- 8) Repeat #5 on right side of Balance Board
- 9) 32 x Rock side to side

Lunge Combinations



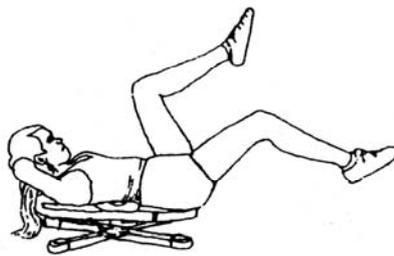
- 10) Place both feet on one end of the Balance Board facing your body towards the center of the board. Step back with your right foot about 1 meter and bend both knees down into a lunge position. Perform:

8 x stationary lunges to 8 x repeater lunges
4 x stationary lunges 4 x repeater lunges
16 x singles lunges alternating right and left legs

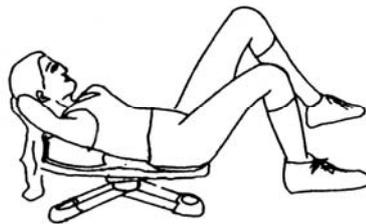
Repeat #9 starting with your right foot on the Balance Board and your left foot on the floor in a lunge position.

Abdominals

- 11) Lie face up on the Balance Board with your buttock on the end of one side. Place your hands behind your head for support. Bring your knees up over your bellybutton and slowly extend one bent leg to towards the floor. Go as close to the floor as you feel comfortable and then switch legs. This should look like a bicycle action. Start with very slow alternating legs, then advance to smaller alternating taps on the floor.



32 x slow bicycle extension



Triceps

- 12) Sit on one end of the Balance Board. Now place one hand on either side of your buttocks with your fingers facing forward. Extend your legs on the floor in front of you. Lift your buttocks off the Balance Board and slowly bend your elbows so your buttocks drop below the platform. Extend your arms and lift your body up and down with your triceps.



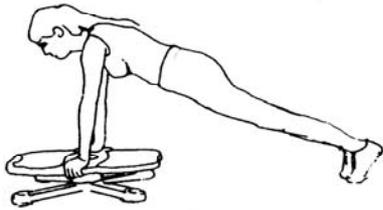
8 x double leg triceps dip

8 x single leg triceps dip (lift right leg off floor)

8 x single leg triceps dip (lift left leg off floor)

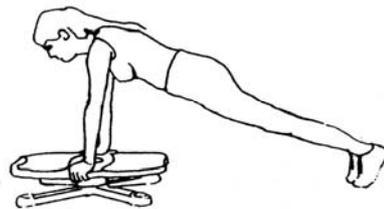
Push Ups

13) Push ups can be done with hands on a wide end or narrow end of the Balance Board. Push ups done on the wide end will work more chest and back, while push ups done on the narrow end will work more of the triceps. Using the narrow end of the Balance Board is more challenging because the Balance Board is less stable at the ends. When starting your push ups start from a bent knee position and try both ends of the board. Once you are successful with your bent knee push ups, graduate to push ups done from your toes. Do as many push ups as you can in 1 minute. Try different positions



Core Pose

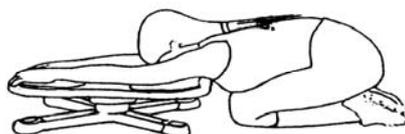
14) Same body position as push ups. Hold your body straight, pulling in your abdominal keeping your back flat with your arms extended. Try both hand positions – start with the wide end of the Balance Board and then graduate to the narrow end. Hold the position for 1 minute.



Cool Down Stretches

Hold each stretch for 15 – 30 seconds.

Chest Stretch: Place your knees on the floor in front of the wide end of the Balance Board. Place your hands across the board and press your chest towards the floor.



Hamstring Stretch: Keep your hands on the Balance Board as you lift up onto your feet and slowly extend your legs and press your heels to the floor. Gently press your chest towards your knees.



Back/Biceps Stretch: Stand on the Balance Board as you reach your arms in front, clasp your hands together. Round your shoulders forward to stretch your back.



Chest/Triceps Stretch: Stand on the Balance Board and reach your arms behind your back, clasp your hands and extend your arms fully. For a deeper stretch, press your chest forward and lift your arms up.

