

Fitaboo Wobble Board – Instruction Manual

Are you ready to jump 'on board' to better balance!? Well, you've taken the first step in purchasing your brand new balance board. Before you begin there are just a few guidelines you should follow. Please read all instructions and safety guidelines carefully before you begin.

About Your Balance Board

Through balance training, your balance board can offer substantial health benefits that will improve your overall quality of life. Balance training on your new board will enable you to adjust your body position for improved coordination, better circulation, reduced muscle fatigue and better range of motion through a variety of specific yet simple moves. The instability of the balance board will cause subtle shifts in your body's position while standing on it which reduces the negative effects that are commonly associated with sitting for extended periods of time.

Our standard balance board is designed for multiple users from children to seniors. It is suitable for rehabilitation therapy, balance training beginners, group fitness classes, and the general public. Use it for balance training exercises such as active standing or as a footrest to improve mobility and range of motion in the ankles.

Safety and Proper Use

Your balance board should be used only in ideal settings to ensure safety and proper usage. When used correctly, they can provide fun and effective training to improve overall function and basic life skills.

Always place your board on a flat, sturdy surface. Do not place the balance board on an uneven surface or a surface that is wet when training on it. Certain flooring types such as wood or tile are not recommended as the board can easily slip out from under the user while exercising. Use an area rug or old carpet to reduce injury as well as damage to your flooring and the board.

Clear any obstacles. You may need to step off the board quickly to regain stability so be sure the area around the board is free and clear of any obstacles. Allow yourself plenty of room to step off.

Use a spotter or stable object for support. If you are new to balance training you may need additional support to help you maintain balance on the board until you become accustomed to it. If you feel uncomfortable or unstable at any point step off of the board until you are able to regain balance. If you do not have a sturdy object or spotter for support use the board in a doorway and touch the sides of the door frame for support or stand near a wall.

Use good posture. Always keep your posture upright while using the board to ensure proper balance. Looking down at your feet while standing on the board can cause you to lose your balance. Keep your head up and looking straight ahead as you perform balance exercises.

Always store your balance board in a safe place. To reduce injury to children and untrained individuals, store your balance board in a secure place. Do not leave it in the center of the floor where it can be tripped over.

Do NOT use balance board for purposes other than intended use! Balance boards are fitness equipment designed for exercises to improve balance and core stability. Misuse could result in serious injury. Do not stand on the balance board as a step stool or for any other purpose than what it was designed for.

Falls are to be expected when beginning balance training. Secure a spotter or practice near a wall to engage proper balance then slowly wean yourself from relying on support. To reduce injury from falls you may wish to wear safety gear such as knee and elbow pads for added protection. If you are uncomfortable with performing any of these balance exercises try practicing balance on the floor first. Balance training is not for everyone and should be discussed with your primary care practitioner.

Exercises and Tips

If you are a beginner to balance training practice with some basic exercises first to become comfortable standing on the board. You may need to use some form of support such as a spotter until your balance improves.

Tip: Always step on the balance board by placing one foot at a time. Place one foot on the surface of the board so that it shifts until the edge of that side is touching the floor. Put your weight entirely on the foot that is on the board as you place your other foot on the surface. Your feet should be placed an equal distance from the center of the board. Adjust your position, shifting your weight as necessary until the board is evenly balanced.

Active Standing

Simply standing on the board while maintaining balance can have positive effects on your posture and promotes body awareness so that you can gradually introduce new exercises to improve your balance. As you become comfortable with standing on the board while maintaining balance you can practice balance training while performing everyday tasks at home or at the office if you have a standing desk.

Range of Motion Exercises

These are great exercises for beginners to become familiar with the body's movements while standing on the board. You can perform these exercises moving on to the next one from the previous exercise without stepping off the board in between unless needed.

Side-to-Side

Step onto the board one foot at a time with your feet planted an equal distance from the center of the board. Once both feet are on the board and it is evenly balanced, slowly shift your weight

from one side to the other in controlled movements so that neither the front nor the back of the board touch the ground.

Front-to-Back

With your feet still planted on the board center your weight so that the board is evenly balanced. Slowly tilt the board forward then backward from toe to heel in careful controlled motions so that the sides of the board do not touch the floor.

Rotation

Stand on the board with your feet placed shoulder-width apart and your balance centered. Slowly shift your weight to move the board in a circular motion so that the edges of the board do not touch the ground. Repeat this motion in the opposite direction.

Tip: As you become more comfortable maintaining balance for these exercises practice each one so that the edge is touching the floor in every direction.

Balanced Squat

Stand on the board with your feet placed hip-width apart. Once you are balanced on the board slowly begin to lower your body, keeping your head and back straight, as if going to sit down. Engage your core muscles to maintain stability as you squat. Slowly come back up to standing with your legs straight.

Tip: To add even more challenge to your workout, try practicing any of these balance exercises with dumbbells!

Single-Leg Exercise

Practice standing on your balance board on one leg for an even greater challenge as your balance improves. Place one foot in the center of the board with your toes and hips pointing forward. Keep your leg straight and center your weight on the board then slowly lift your free leg. Maintain balance on one leg so that board is evenly balanced with no edges touching the ground. As you master balancing on one leg you can add more dynamic to this exercise by shifting your free leg forward and backward as you maintain balance.

Tip: Once successful balance training is achieved you can go through the full range of these basic balance exercises while balanced on one foot.

Footrest Exercise

This is an ideal exercise for elderly or while sitting for long periods of time such as at the office to improve ankle mobility and circulation. Sit in a chair so that you are seated with your hips and knees at a 90-degree angle such as an adjustable office chair. Place both feet on the surface of the balance board equally apart from the center. Rotate the board in a circular motion in one direction then continue in the opposite direction.

Tip: To add a greater dynamic to your balance, practice this exercise while sitting on an exercise ball. Be sure to use proper posture and engage your core muscles to improve stability in your core.

Cleaning and Maintenance for Your Board

Our non-porous balance board is easy to clean and maintain by simply wiping it down with a wet cloth or rinsing with the hose. For balance boards with a textured grip we recommend using a lint roller or soft bristle brush to remove dirt and debris. For best results wear clean, dry shoes while exercising on the board. Avoid using your balance board on concrete to reduce the wear and tear put on them while exercising.

Always consult with your doctor before beginning any type of exercise regimen. Some balance training exercises may not be suitable for people who suffer from back or knee conditions. Be sure to discuss any general concerns as well as health risks.