

## Extreme Balance Board Instructions

From [Lifestylesport.com](http://Lifestylesport.com)

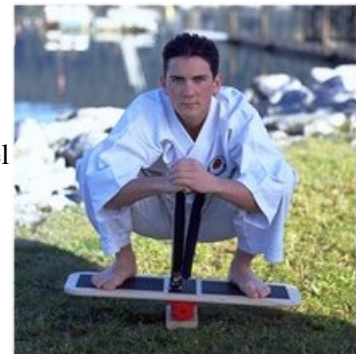
**Basic Balance:** The first exercise anyone should attempt on the Extreme Balance Board™ is to stand on the board in an upright position and attempt to find your balance. Although you will feel a tendency to lean forward, at first, as you try this exercise, you will know you are on the right track when you are able to stand straight. This should be your entire workout, as a beginner, should last for five minutes and can be done seven days a week. NOTE: the farther apart your feet are, the more difficult the maneuver. Beginners should have a spotter, or a support device such as a chair or ski poles, when attempting even simple exercises.

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**The Squat:** Once you are able to balance comfortably, try to find your balance with a two foot stance, then slowly lower your body to a comfortable level (It is recommended that you attempt quarter squats at first and progress as they become manageable) then raise to a standing position. Always use a spotter or support as you progress to more difficult exercises.

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**Single Foot Stance:** Once you have become more comfortable with basic balance on the Extreme Balance Board™ you can try variations of the basic maneuver. With one foot placed in the centre of the Extreme Balance Board™, again, attempt to maintain your balance with good posture.

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**Side Single Foot Stance:** A variation of the single foot maneuver is to stand sideways on the Extreme Balance Board™ and, again, try and maintain your balance while standing on one foot. Try a sideways two foot stance also.

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**The Snow Board Squat:** Find your balance using a two foot sideways stance (as in snowboarding), and perform squats in this position. See "squats" for limitations.

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**The Single Foot Squat:** As you become experienced on the Extreme Balance Board™ you may wish to try this exercise. Find your balance while standing on one foot and perform squats while balancing on that foot. Also try with sideways position. This is for the experienced user only.

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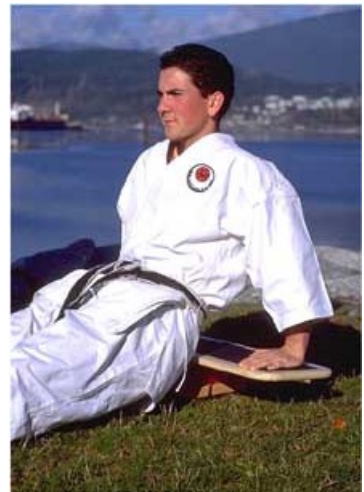
**The Push Up:** An excellent exercise for major muscle groups as well as little worked support muscles. This exercise can be performed with knees on the ground (beginner) feet on the ground (advanced) or with the feet on another Extreme Balance Board™ (expert).

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**The Dip:** Another excellent upper body workout. Tougher than it looks this exercise will strengthen your triceps and chest muscles and, again, works the difficult to exercise support muscles.

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**The Crane:** Excellent for mind and body, the Crane position will relax the body and the mind. This maneuver takes patience, strength and skill and is for the experienced user only. An excellent exercise for increasing focus and concentration.



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**The Kick Back:** The Kick Back is an excellent way to use the Extreme Balance Board™ to relax and work on focus and concentration. Lie back against the board, place your hands behind your head and hold that position as long as you wish.

