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ProActive Disc



Exercise Ball & Mat



Pro Fitter 3D Cross Trainer



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Disclaimer/Warning - The products presented are designed to challenge and improve your balance skills. When using this equipment, you must accept full responsibility for the risk of injury to yourself and to others. Please read and fully understand all instructions before using these products. Remember, the best protection from injury is a little common sense!

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BALANCE BOARD USER MANUAL

Pro Wobble Board

Weeble Boards



Combobble Board



Rocker Board



Classic Balance Board



Combo Board



Leading the World to Better Balance



Since 1985 **Fitter International Inc.** has been promoting “balance and fitness for life”. This philosophy incorporates FUNctional products and educational resources to encourage people to:

Stability include **S**tability products in daily living, to improve **A**gility at play, and to maintain better **M**obility for life.

Ultimately we strive to enhance quality of life, which helps us all age more gracefully.



“Balance is the Essence of Movement. Movement is the Essence of Life.”

*Louis Stack, President, Fitter International Inc.
Member, Canadian National Speed Skiing Team, 1991-95*

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Performance & Safety

“Like anything else, balance is a skill”, said John Blievernicht, President of Sports Health C.A.R.E. Inc., a Chicago medical rehabilitation clinic. “And like any other skill, you’ve got to constantly practice it to preserve it ... After a while, (balance) exercises awaken reflexes and teach body awareness and control on a subconscious level. This can translate into lasting improvements in posture and overall quality of movement”, Mr. Blievernicht added, “regardless of age”.

Liz Neporent, New York Times, January 1999

“Balance is a skill, and like any other skill, you’ve got to constantly practice it to preserve it”.

Athletic Training

“It was almost 20 years ago that I purchased our first Pro Fitter from you to rehabilitate a player’s ankle. Since then, we have purchased another Pro Fitter and a large collection of your Balance Boards ... We have found your products to be high quality and something the players find fun, challenging and enjoy using. Thanks for helping to keep us healthy, strong and ready to play.”

Jerry Attaway, Physical Development Coordinator, San Francisco Forty-Niners Football Club



Rehabilitation & Running

“Balance Board training has been used for decades by sports-medicine specialists to rehabilitate and treat a wide range of injuries to the foot, ankle, shin, calf, knee, hip and trunk...Among athletes who use Boards, the current thinking is, if they are good for rehabilitation from injury, they are probably good for prevention of injury too, and thus might help me train more consistently. Among physical therapists and other sports-medicine specialists, the thought is, if athletes are using Balance Boards in certain ways, those techniques should also be good for patients who need to restore functional strength”.

“So what’s the bottom line? Balance Board training can dramatically improve the strength and coordination of all the key muscles involved in running. This should help you avoid injuries - and make you a considerably more powerful runner”.

Walt Reynolds, C.S.C.S. - Running Research News, December 1998



13 FUNctional Office

Active Standing

At work or at home, stand on a Wobble Board while you're talking on the phone or while taking a stretch break. You will quickly enjoy the benefits of stronger ankles and better balance.

As a Footrest while Active Sitting

When used as a footrest, an adjustable height Wobble Board allows dynamic movement of your legs and feet so they won't get tired from being in the same position for hours.

Footrest height should be set to allow your hips and knees to be at 90° angles.

When Wobble Boards are combined with an Exercise Ball Chair, ProActive Disc or Sit Disc, you will see improvements in balance, core stability and your overall relationship with gravity.



At the Gym



At the Office



Just for FUN



Balance Basics 2

Balance Training Builds Real-World Skills

The more you use a Balance Board, the better your agility and reaction skills will become. Fitterfirst's patented Balance Boards all integrate muscle development and proprioceptive training into one activity. This leads to improved posture and greater confidence in sports and daily activities. It's more fun to stand and move on a Balance Board than to stand on the floor. The more you use them, the more you'll like them!



Official Supplier
"Balance Boards & Balls"



Benefits of Balance Board Training:

- Improved balance and coordination.
- Better proprioceptive awareness for injury prevention.
- Improved core stability.
- Increased leg strength.
- Greater ankle Range of Motion (R.O.M.).
- Increased core and upper body strength.
- Improved flexibility and agility.
- Enhanced performance in sport and daily life.



"Elite athletes depend on Wobble Boards and Bongo Boards to train dynamic balance. These highly effective tools are fun to use and my clients love them."

Keli Roberts, IDEA Fitness Instructor of the Year 2003



3 The Balance Game

Better Balance will Dramatically Improve Your Quality of Life

Daily use of a Balance Board is an asset to your health and well-being. Much like wearing a seat-belt while driving or brushing your teeth regularly, using a Balance Board is a simple exercise that will have a profound impact on your overall health. Regardless of your age or ability, Balance Boards can help you maintain a better "relationship with gravity" for a long and healthy life.

We balance our financial affairs, our diets, our exercise programs and we even attempt to keep that fine balance between our work and personal life. But the most fundamental type of balance - that innate human function that we depend on each day to get out of bed, walk, play sports or to dance the night away - is too often taken for granted. That is until an injury, health problem or sedentary lifestyle degrades it.



Here are a few daily balance opportunities:

- Balance on one foot while putting on your socks. For an added challenge, try closing your eyes.
- When brushing your teeth, alternate balancing on each leg.
 - Stand up and balance on one leg when on the phone.
 - Try sitting on a fitness ball instead of a chair.
 - In the gym, stand on a Wobble Board while doing dumbbell exercises.
 - Pretend to be a tight-rope walker and walk along the edge of curbs.
 - Use the swings, slides and teeter totter in your local park or playground.
 - Play catch with a ball or Frisbee standing on one leg (do both sides).

"Young or old, it's never too late to start, and once you experience the benefits of it, you too will be hooked on the Balance Game for the rest of your life!"

Louis Stack, President, Fitter International Inc.



Aging Gracefully 12

Healthy Old Age:

Falls and impaired mobility are a serious problem for the elderly. Approximately 1/3 of people over 65 experience a fall each year, with 1 in 20 falls resulting in serious injuries like hip, wrist or forearm fractures. The good news is that much of the decline in balance can be reversed through a program of balance training. One study found that healthy people as old as 90 years old can reduce the tendency to fall by 50% through balance training. It's not hard to see that this can help keep people independent and mobile far longer.

Sherri Kwasnicki, Fitness Columnist, The Province, Vancouver, BC, February 3, 1997

"People as old as 90 years old can reduce the tendency to fall by 50% through balance training."

Staying Upright in a Wobbly World

A 1995 analysis of seven studies that focused on improving balance showed that people older than 60 who exercised regularly lowered their stumble risk by 13%.

Those whose workouts included balance training lowered their risk by 25%.

More recently, a study by Edward R. Laskowski, M.D., a physical medicine and rehabilitation specialist with the Mayo Clinic's Sports Medicine Centre, showed the value of practicing on a Wobble Board...People in the study who used the Wobble Board for 15 minutes a day trained their ankle muscles to brace them in a way that would help protect them if they took a wrong step... As more and more research is showing, movement is essential to retaining your health and vigor as you age. It is becoming increasingly apparent that doing exercise to build strength and enhance balance is an important complement to maintaining cardiovascular fitness through aerobic movement.

Mayo Clinic Women's Health Source, September 1999



11 Combo & Combobble Board Exercises

Combo Board

- Versatile low cost option for all levels of balance training.
- Five interchangeable fulcrums allow for three levels of difficulty as a single plane rocker: 6°, 9° and 12°, and 2 multi-directional fulcrums at 10° (one square and one round).
- Velcro fasteners attach each piece.



Basic Exercises:

- Rock back and forth or from side-to-side.
- Change the fulcrum as ability progresses.
- Experiment with different foot positions for an added challenge.



Advanced Exercises:

- Using a wider stance, attempt full squats.
- Close your eyes, always use a spotter when you first try this.
- Always **USE YOUR BALANCE BOARD** with caution.

Combobble Board

Many thanks to a Fitterfirst customer for requesting this 'combobilation' of 2 existing Balance Boards.

- Excellent for challenging squats, 180° turns and many other higher level moves.
- Facilitates better balance and overall body awareness.
- At 24" wide, this product is well suited to even the largest individuals who wish to improve balance while in an aggressive athletic stance.

Most exercises outlined in this Manual can also be performed on the Combobble Board.



Product Guide 4

● Beginner ■ Intermediate ◆ Advanced

Product	Users	Applications
<p>●</p> <p>16" Classic Balance Board Dual-Level 14°, 17°</p>	<ul style="list-style-type: none"> • General public. • Children. • Office workers. • Group fitness classes. 	<ul style="list-style-type: none"> • Early-late rehabilitation. • Beginner balance training. • As a footrest. • Active standing. • Suitable for water use.
<p>■ ◆</p> <p>16" Wobble Board Advanced Tri-Level 15°, 17°, 20°</p>	<ul style="list-style-type: none"> • General public. • Children. • Advanced users. • Athletes. 	<ul style="list-style-type: none"> • Late rehabilitation. • Advanced balance training. • Home. • Gym. • Office.
<p>● ■</p> <p>20" Wobble Board Intermediate Tri-Level 10°, 12°, 15°</p>	<ul style="list-style-type: none"> • Beginners. • Seniors. • Intermediate level users. 	<ul style="list-style-type: none"> • Early-late rehabilitation. • Intermediate balance training. • Home. • Gym. • Office.
<p>●</p> <p>20" Rocker Board Single Plane 14°</p>	<ul style="list-style-type: none"> • Seniors. • Rehabilitation patients. • Athletes. 	<ul style="list-style-type: none"> • Early-late rehabilitation. • Beginner balance training. • Dynamic weight training. • Home. • Gym.
<p>■ ◆</p> <p>24" Combobble Board Multi Angle Tri-Level</p>	<ul style="list-style-type: none"> • Advanced users. • Athletes. 	<ul style="list-style-type: none"> • Intermediate/advanced balance training. • Home. • Gym.
<p>■ ◆</p> <p>11" Weeble Boards Single Level 18°</p>	<ul style="list-style-type: none"> • Intermediate to Advanced users. • Athletes. 	<ul style="list-style-type: none"> • Advanced balance training. • Rehabilitation. • Dynamic weight training. • Home. • Gym.
<p>● ■</p> <p>24" Combo Board Multi Angle from 6° - 12°</p>	<ul style="list-style-type: none"> • Beginner to Intermediate users. • Seniors. • Equestrian riders. 	<ul style="list-style-type: none"> • Intermediate balance training. • Rehabilitation. • Home. • Gym.
<p>● ■ ◆</p> <p>Wobble Board Kit</p>	<ul style="list-style-type: none"> • All users. 	<ul style="list-style-type: none"> • All levels of balance training. • Rehabilitation. • Home. • Gym.

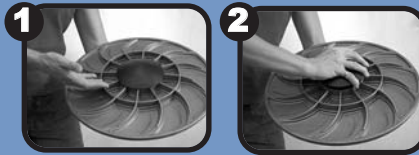


5 Getting Started

Dual-Level Design *Classic*

1. Lift, turn counter clockwise until click.
2. Release.

16"- Beginner: 14° or 17°



Tri-Level Design **PROFESSIONAL**

1. Spin left to loosen.
2. Spin up or down to desired level.
3. Spin sphere & spacer together to the right to tighten for use.



20"- Intermediate: 10°, 12°, 15° 16"- Advanced: 15°, 17°, 20°



USA Patent No. 5,810,703

Safety Steps

1. Adjust the Wobble Board to the lowest possible setting for first time use. Stand over the center of the Board with your feet shoulder width apart.
2. Only use these products on a dry surface free of any obstacles. You may need to step off quickly, so make sure you have space to comfortably do so.
3. **Always maintain proper upright posture with your head up**, back straight and knees slightly bent. Keep your eyes focused straight ahead. Feel the movement you are going through. **Do not stare down** at the ground or at your feet as this may lead to loss of balance.

4. If you feel unsafe or feel like you may fall, step off the Board. Do not use again until you have the help of a spotter or some other suitable form of balance aid. Stand in a doorway and touch both sides of the door frame beside you. Users must accept responsibility for their own actions. **Consult a physician prior to use.**



RIGHT



WRONG

If used properly, Wobble and Rocker Boards are fun and great FUNctional training tools. The basic idea is to move the Board in a controlled manner in all directions. It is more important to maintain correct posture than it is to successfully complete these exercises. With practice you will be able to do these exercises and **maintain a proper heads-up posture**. The exercises on the following pages outline the basic activities you can do on these Balance Boards.



Weeble Board Exercises 10

These advanced Balance Boards give independent action under each foot at a fixed 18 degree angle. Use these Weeble Boards to perform exercises similar to the Wobble Board, but with a greater challenge. The name of the game is always control.

Benefits:

- Improved balance and coordination.
- Better proprioceptive awareness for future injury prevention.
- Enhanced performance in sport and daily life.
- Greater trunk and pelvic girdle stability.
- Increased leg strength and ankle R.O.M.
- Suitable for all ages of able bodied, confident individuals from kids to seniors, and from patients to world class athletes.



Exercises:



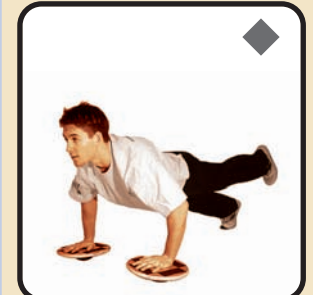
Weighted Squat

- Perform a squat while attempting to keep the edges of the Weeble Boards from touching the floor.



Lunges

- Begin with your front foot on a single Weeble Board.
- Lunge forward until your front knee reaches 90°.
- Add weights to increase challenge.



Push Ups

- Start with your wrists centered on each Weeble Board.
- Use caution and be aware that the wrists are in a full flexed position.
- Experiment with different width and staggered Weeble Board positions.
- Try one foot to decrease your stability.



9 Rocker Board Exercises

Basic



Front to Back



Side to Side

Position your feet shoulder width apart, centrally on the Rocker Board. Begin by slowly moving the Board side-to-side, or front-to-back with a controlled movement.

Rehabilitation



- By rotating your stance on the Rocker Board, you can gently increase your ankle's R.O.M.
- Helps to restore stability.

Remember - only you and your Medical Professional will know what is best for you!

Intermediate



- Try adding in other exercises while attempting to maintain control. Some suggestions are squats, lunges, push-ups and ball tossing/bouncing.
- Incorporate other equipment such as a Body Blade™.
- Advanced users may attempt these exercises on one foot for greater challenge.



Wobble Board Exercises 6

- Beginner
- Intermediate
- ◆ Advanced

Basic

Begin with a gentle Range of Motion (R.O.M.) on the Wobble Board until you become familiar with the movement. Exercises such as side-to-side, front-to-back, and circular rotation are all excellent basic exercises to start with.

User Tips

It is important to always maintain stable upright body position and proper heads-up posture with eyes looking straight ahead when using your Balance Board.



Balance Aids can be used by individuals with limited balance and during early rehabilitation for additional safety and support.



Side to Side

With your feet planted squarely on the Wobble Board, begin a slow controlled movement from side-to-side without the front or back touching the floor.



Front to Back

Slowly move the Wobble Board front-to-back, feeling the movements you are going through.



Rotation

- Rotate the Wobble Board using a controlled circular motion.
- Remain balanced on the sphere without the sides touching the floor.



Calf Stretch

- Keep the heel of your back leg on the floor and lean forward until you feel a stretch.
- Effectively stretches the calf (gastrocnemius & soleus).



7 Wobble Board Exercises

Intermediate



Balanced Push-ups

- Start on your knees and work up to full push-ups as you become more comfortable with the challenge.
- Use caution and be aware that the wrists are in a fully flexed position for this activity.
- Ensure that your hands stay on top of the Wobble Board or your fingers may get pinched!
- Improves core stability.

Variation



Ab Training

- Sit upright on the Wobble Board keeping your back straight and the Board level to improve stability and coordination.
- For improved mobility, use your hips to tap the Wobble Board side to side and front to back.
- Closing your eyes will increase the difficulty and enhance body awareness.
- Improves core strength, R.O.M. and mobility in the lower back and trunk.

Variation



Kneeling Exercises

- Kneel on the Wobble Board with your hands on your hips, or by your side.
- Use your trunk muscles to begin a slow rotational movement.
- After several rotations, stop and rotate the Wobble Board in the opposite direction.
- Increases R.O.M. and stability of the trunk and pelvic areas.

Variation



8 Wobble Board Exercises

Advanced



Motor Skill Training

- Perform any of the previous exercises while bouncing or throwing a ball or doing some other dynamic activity.
- Enhances hand-eye coordination and subconscious reaction.
- Your conscious mind focuses on one activity while your subconscious mind is working on ankle R.O.M. and overall stability.

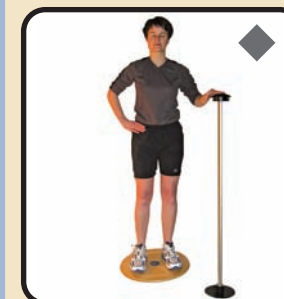
Variation



One Leg Exercises

- Perform the basic moves while balancing on one leg.
- Position your foot arch directly over the center of the Wobble Board, so that you can comfortably move the Board in any direction.
- These exercises require more strength and stability and you may feel that one leg is much stronger than the other.

Variation



Eyes Closed

- This is the most difficult way to use Wobble and Rocker Boards.
- Always start the exercise with your eyes open. When you and your spotter are ready, close your eyes only until you feel off balance.
- Enhances proprioceptive response and reaction time.
- Only attempt when you have achieved an advanced level of stability and balance.

Warning: This activity is risky and falls should be expected.

Perform these exercises with a spotter.