

Round Board Exercises

Rotation (2 legs/straight)

Start: Stand on top of board with one foot on each side of board and toes pointed straight ahead. Straighten legs, squeeze inner thighs together, tighten buttocks, hip, low back and stomach muscles. Keep bottoms of feet in contact with top of board, toes pointed straight ahead, head aligned with hips, shoulders back and eyes focused forward. Attempt to balance and keep edge of board from touching the floor.



Rotation (2 legs/bent)

Start: Stand on top of board with one foot on each side of board and toes pointed straight ahead. Bend legs, sit back, squeeze inner thighs, tighten hip, low back and stomach muscles. Keep bottoms of feet in contact with top of board, toes pointed straight ahead, head aligned with feet, shoulders back and eyes focused forward. Attempt to balance and keep edge of board from touching the floor.



**Once able to perform both bent and straight leg exercise for a minimum of 30 continuous seconds, attempt to balance while slowly bending and straightening the legs. Keep toes pointing straight ahead and repeat this squatting exercise for 30-60 continuous seconds.*

Exercise Instruction

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the Balance Board.
- Complete 1–3 sets for 30–60 continuous seconds.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- Perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- Attempt to demonstrate perfect form while performing each exercise. If you are over-challenged and unable to demonstrate proper posture, alignment and stability for 30 continuous seconds, select a board providing greater stability or perform the exercise with two feet (recommendation applies only if option is shown in this chart!).

—OR—

- If you are under-challenged and are able to easily perform an exercise for more than 60 continuous seconds, select a board providing less stability or perform the exercise with one foot (recommendation applies only if option is shown in this chart!).
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Balance Board exercise session.

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Balance Boards

IMPORTANT!

Please read the instructions below before using the Balance Board.

- Be sure to select a Balance Board (beginner, intermediate, advanced) appropriate for your ability level.
- Always perform general warm-up activities prior to performing Balance Board exercises.
- Perform only the exercises as shown in this chart or other SPRI produced informational resources.
- Avoid placing the balance board on a slick or slippery surface.
- Wear appropriate footwear while using the Balance Board.
- Make sure feet are in full contact with the top of the Balance Board while performing all exercises.
- Perform exercises in a slow and controlled manner. If necessary, place hand(s) on wall for added support and stability.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding your breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.



Square Board Exercises

Side to Side (2 legs/straight)

Start: Stand on top of board with feet parallel to underside runner and toes pointed straight ahead. Straighten legs, squeeze inner thighs together, tighten buttocks, hip, low back and stomach muscles. Keep bottoms of feet in contact with top of board, head aligned with hips, shoulders back and eyes focused forward. Attempt to balance and keep edges of board from touching the floor.



Forward-Backward (2 legs/straight)

Start: Stand on top of board with feet perpendicular to underside runner and toes pointed straight ahead. Straighten legs, tighten buttocks, hip, low back and stomach muscles. Keep bottoms of feet in contact with top of board, head aligned with ankles, knees aligned with feet, shoulders back and eyes focused forward. Attempt to balance and keep edges of board from touching the floor.



Forward-Backward (1 legs/straight)

Start: Stand on top of board with one foot perpendicular to underside runner and toes pointed straight ahead. Straighten leg, tighten buttocks, hip, low back and stomach muscles. Bend opposite leg, lift foot off board, position knee directly in front of hip. Keep bottom of foot in contact with top of board, knee aligned with foot, head aligned with hips, shoulders back, and eyes focused forward. Attempt to balance and keep edges of board from touching the floor. Repeat with opposite leg.



Side to Side (2 legs/bent)

Start: Stand on top of board with feet parallel to underside runner and toes pointed straight ahead. Bend legs, sit back, squeeze inner thighs, tighten hip, low back and stomach muscles. Keep bottoms of feet in contact with top of board, head aligned with ankles, knees aligned with feet, shoulders back and eyes focused forward. Attempt to balance and keep edges of board from touching the floor.



**Once able to perform both bent and straight leg exercise for a minimum of 30 continuous seconds, attempt to balance while slowly bending and straightening the legs. Repeat this squatting exercise for 30-60 continuous seconds.*

Forward-Backward (2 legs/bent)

Start: Stand on top of board with feet perpendicular to underside runner and toes pointed straight ahead. Bend legs, sit back, tighten hip, low back and stomach muscles. Keep bottoms of feet in contact with top of board, head aligned with ankles, knees aligned with feet, shoulders back and eyes focused forward. Attempt to balance and keep edges of board from touching the floor.



**Once able to perform both bent and straight leg exercise for a minimum of 30 continuous seconds, attempt to balance while slowly bending and straightening the legs. Repeat this squatting exercise for 30-60 continuous seconds.*

Forward-Backward (1 legs/bent)

Start: Stand on top of board with one foot perpendicular to underside runner and toes pointed straight ahead. Bend leg, sit back, tighten hip, low back and stomach muscles. Bend opposite leg, lift foot off board, position knee directly in front of hip. Keep bottom of foot in contact with top of board, head aligned with ankle, knee aligned with foot, shoulders back and eyes focused forward. Attempt to balance and keep edges of board from touching the floor. Repeat with opposite leg.



**Once able to perform both bent and straight leg exercise with each leg for a minimum of 30 continuous seconds, attempt to balance while slowly bending and straightening the leg. Repeat this squatting exercise for 30-60 continuous seconds. Repeat with opposite leg.*