

SI BOARDS®

Breaking the Rules

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PATENTED AND TRADEMARKED



Ultimate Fitness

Ultimate Fitness includes:

- 1 45" x 19" platform with 7 strap holes and handle
- 2 5" diameter Half-Balls
- 2 Long loop straps with 3 metal O-Rings
- 2 Foot straps
- 2 Handles
- 3 sets of resistance bands- light, medium, heavy

Warning: This product contains latex resistance bands. Do not use if you are allergic to latex.

Care for your latex bands by avoiding:

1. Overstretching the band past 300%
2. Prolonged exposure to UV light
3. Exposure to excessive heat and cold
4. Exposure to oils, solvents and acids

Always check your equipment for damage before use. Do not use damaged equipment.

Attaching the Resistance Band System



- Step 1: Choose a board hole for your strap. Hold the loop strap with the 1st metal O-ring above the board.
 Step 2: Insert the looped end (not ring side) through the top of the board hole until the strap stops.
 Step 3: Thread the 1st ring through the loop strap and pull tightly until all rings have passed through.
 Step 4: Once the strap is secured, clip the latex band into the 1st ring.
 Step 5: Clip the handle or foot strap to the other end of the latex band.



- Step 6: If you need less slack with the strap and band, use the 2nd or 3rd rings. To use the 2nd (middle) ring, slide the 1st ring to the bottom of the clip. Then clip the band to the middle ring. There should be two rings clipped to the band. Repeat the process for the 3rd ring. This avoids excess strap material from hanging loose. Release the rings in reverse order to gain slack on the band and straps. In general, below shoulder movements require the 3rd ring while above shoulder movements require the 1st ring. Adjust for user height also.

- Step 7: Gain greater resistance by attaching several bands. Do not overstretch the bands.

Various configurations of Half Ball placement



Use one or two Half Balls under the board. Create your own unique axis of tilt or rotation.

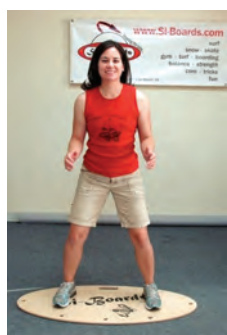


Keep your exercise routine fresh and unique by changing the angle of pull, axis of board tilt or your stance. Change the strap attachment site and Half-Ball placement for ultimate fitness.

Consult your doctor before starting any exercise program. Always warm-up properly and work within your ability. Use a spotter if necessary. Check the straps and bands for damage before each use. Do not use damaged equipment or injury may result. Refer to the instructions for latex band care.

Here's 10 exercise sequences to get you started. Check out www.si-boards.com for more information.

Various stance positions on the board



Shoulder Width



Semi Squat



45° Stagger



Lunge



One Foot



Quadriped



Back Lying

Combine these positions with different Half-Ball placements. Change the axis of tilt by changing your stance while keeping the Half-Balls in the same position.

Super Six: Start with your hands forward and the band from the front. Complete bicep curls, triceps kickbacks, forward shoulder raises, 45° shoulder raises, reverse flies and finish with a backward row.



Triple Chest Whammy: Start with your hands next to your chest and the band from behind. Press forward, then open wide for chest flies and finish with an overhead press.



The Countdown: Hold your position for 10 seconds. Take any movement and hold at mid or end range. Try the same movement with the bands at a different angle, change your stance or change the Hal-Ball placement.



Home Run: With the band at your side for trunk rotation start with your hand to the side. Start with a low hip level swing, then mid-range swing and finish with a high pull. Try one or two handed backhands and forehands.



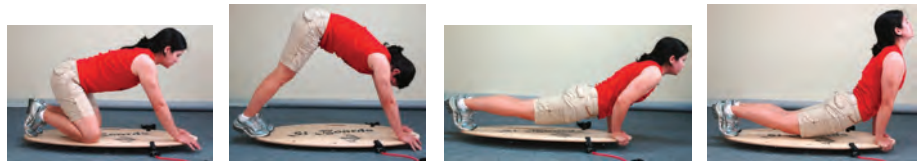
TKO: Get into a boxing stance and try some punching moves. Get your favorite sequence with the jab, uppercut, cross or hook. Work in squats to simulate ducking from a punch.



Fab Four: Use the foot strap for this movement. Lift your leg to the outside of your body, then kick backward, kick forward and finish with lifting your leg across your body to the inside. You may have to change stance positions.



Modified Cobra: Start with your hands, knees and feet on the board. Lift your body upward into the Downward Facing Dog position. Then move to a push-up position and finish with a Cobra. Reverse the order and repeat.



Triple Hammy Whammy 1: With the foot strap, start with a high straight leg and bring it down toward the board, then kick forward like a squat and finish with circling your straight leg counterclockwise and clockwise.



Triple Hammy Whammy 2: Start with a straight leg and bring it up toward the ceiling, then bring your knee toward your chest and kick your leg backward and up toward the ceiling. Finish with circling your straight leg clockwise and counterclockwise.



Position Change: Start in the quadruped and move to a deep lunge. You can also move both feet to the front of the board and support your body with your hands on the back of the board.

