

MAPLE BALANCE BEAM

Stability
Agility
Mobility

exercise manual 

Restore Strong, Pain Free Feet!



Exercises

Restore Strong, Pain Free Feet While Challenging Your Balance!

These natural maple hardwood balance beams come with a pair of cradles for stability and support. Available in two lengths to meet your foot health needs, these beams can be used with shoes but are optimal barefoot. Great for stretching, relieving foot pain, improving balance, ankle strength and foot flexibility, these beams will help restore your feet back to being strong and pain free.

- Improve balance, strength & foot flexibility
- Use at a desk in any Active Office™
- Wood surface is unfinished for superior grip & easy cleaning

Calf Stretch

Place ball of foot on beam with heel on the floor. This can be done one leg at a time or with both legs. This should be done with both bent and straight knees. Hold for 30-60 seconds each.

Calf Raise

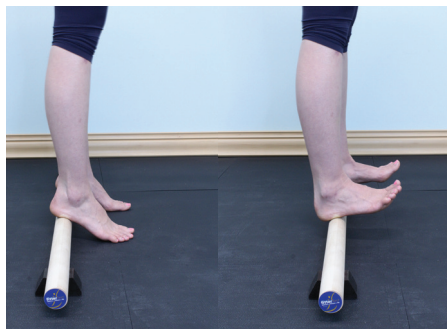
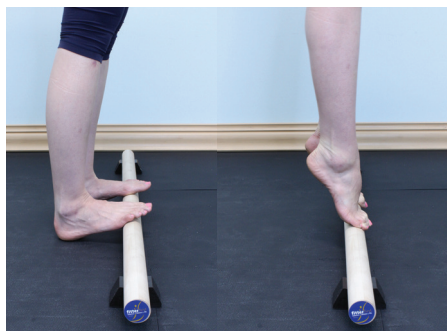
Start in the Calf Stretch position. Transfer weight forward and up to lift heels up off the floor. Continue to rise on toes to a comfortable height. Pause, then with control slowly lower heels to starting position. Can be done with one or two legs. Complete as many repetitions as possible while maintaining good form.

Walking Forward & Backwards

Stand parallel on beam, one foot in front of the other. Transfer weight forward to walk forward along the beam. This can be done holding onto a stable surface for balance. Repeat motion moving backwards. Keep eye-line focused ahead. Repeat as many times as desired.

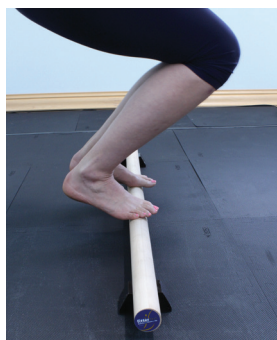
Toe Raise

Standing facing beam with the heels of the feet resting on the beam. Transfer weight backward and up to lift toes up off the floor. Continue to lift the toes to a comfortable height. Pause, then with control slowly lower toes to starting position. Can be done with one or two legs. Complete as many repetitions as possible while maintaining good form.



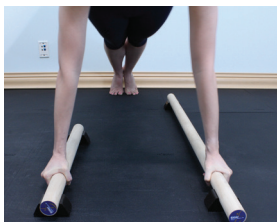
Squats

Stand on beam with the balls of your feet and legs hip width apart. Start to bend the knees, and push the hips back like you are going to sit in a chair. Go as low as comfortable. Using the balls of the feet push into the beam and breathe out as you return to the starting position. Complete 12-15 repetitions and 2 sets.



Planks

Holding onto the beam with arms slightly wider than shoulder width. Engage your core and glutes as you step back into a plank position. Activate legs, glutes & lats. Hold for 30-60 seconds. Repeat twice.



Push-up

Holding onto the beam with arms slightly wider than shoulder width. Engage your core and glutes as you step back into a plank position. With control, lower your chest to the beam while maintaining a 45 degree angle between the elbows and the torso. Push against the beam while keeping your core and glute engaged to return to the starting position.



Inversions

Holding onto the beam with arms shoulder width apart, engage core and begin to walk your feet up a wall. Come to a pike position, be sure to pull shoulders away from ears. If you are experienced, lift one leg away from wall. Stay here and switch legs, or continue into a full handstand.

** This is an advanced exercise and may require a spotter.*

Do not attempt if you have shoulder issues, are not comfortable upside down. Make sure beam is on slip proof surface.

This is a natural product and requires occasional maintenance. As the beam is not varnished, to maximize grip, small splinters may occur. Light sanding is required periodically to maintain the quality of the product.

Please note: large inclusions and cracks are not normative, please contact customer care in the rare event this may occur.

**Please speak to your medical doctor or other medical professionals before starting or changing your exercise program. The intent of this document is to be a resource for different exercises that can be performed using equipment that is available for purchase from Fitter International Inc.*



Other Great Products

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Professional Balance Boards



Bongo Board



Pro Active Sit Disc



Extreme Balance Board Pro



Soft Boards



DuraBall Classic Ball



Travel Roller Line



FitFoot

Disclaimer/Warning: The products presented in this booklet 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.

