



BALANCE BOARD & TRAINING SYSTEM
USER MANUAL

The 60uP®: Designed to help those suffering from loss of balance, weakening of the body relative to movement, or wishing to strengthen the body for everyday activities.

Covered in this manual are exercises that require repetitive movement, addressing the body's need to align and control central stabilization, moving into off center balance, strength and alignment. The progress to maximum balance ability is a personal journey, but one that can raise everyday activities from a struggle to ease in doing, regaining effortless enjoyment in all the body is designed to do.

One huge benefit of the 60uP® Balance Board is the strengthening of both legs. Almost everyone has a favorite, stronger leg. This is the one used most to stand up, first to go upstairs, stepping up or forward. The weaker leg has less strength and less likely to save a fall. With the balance board BOTH legs work equally, increasing the strength of the weaker leg to catch up to the stronger leg. This will aid safe movement in a 360-degree lifestyle.

The 60uP® Balance Board MUST always be placed on a non-slip mat or carpet. DO not place the 60uP® on a hard or wood surface. The board may slip and / or damage the floor. Using the balance program on any surface except a carpet or non-slip surface is at the users responsibility and risk.

The board is 4 inches high. Make sure every time you step onto the board you lift the foot up and down onto the board, exaggerating the movement. This strengthens the hip flexor, the small muscle integral for knee lift and walking safely.

Keep your body inside of the handles when leaning right or left if possible. Never lean forwards through the poles. If leaning back hold onto the poles and step one foot quickly off the back of the board to re-establish a firm foot placement for safety. Never try to be brave and hold on too long when off balance. If you work slowly through the exercises you will very quickly notice how safe and strong you feel on the board and in everyday life.

All instructional directions for placement and foot movement are given as if looking at the board from the back, looking towards the front. The back of the balance board is the long side without the half ball. ALL positions for the feet, whether stepping from the back or the side of the balance board, start with the feet about hip width apart as if naturally standing. Replicate a natural position for the body to have as its center starting point. Try to keep your head up and eyes forward in a natural way. Look down when needed for safety.

The numbers on the board, 1,2 and 3, are foot placement positions for the exercises. Stand behind these marks with your toes in line with the designated number. However, always feel comfortable and safely balanced as a priority. If you need to adjust the positions to be able to perform the exercises safely make the adjustment.

The three red marks represent the foot placement positions for the middle of the board (RM = Red Middle etc.) and the red marks at the back of the board are for foot placement when going across the board. When facing the board from the side, the foot closest to the back of the board steps on the back red line marker.

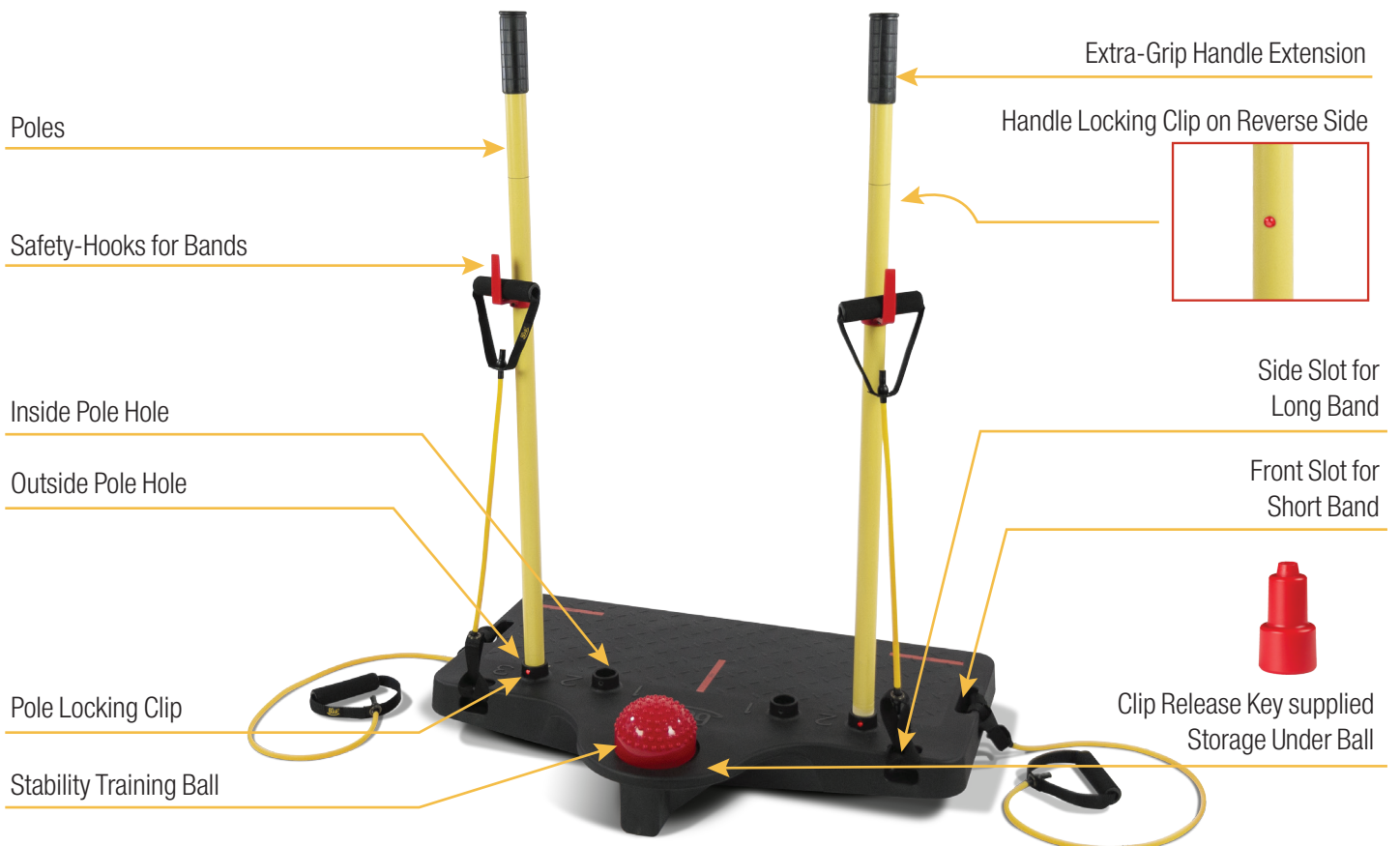
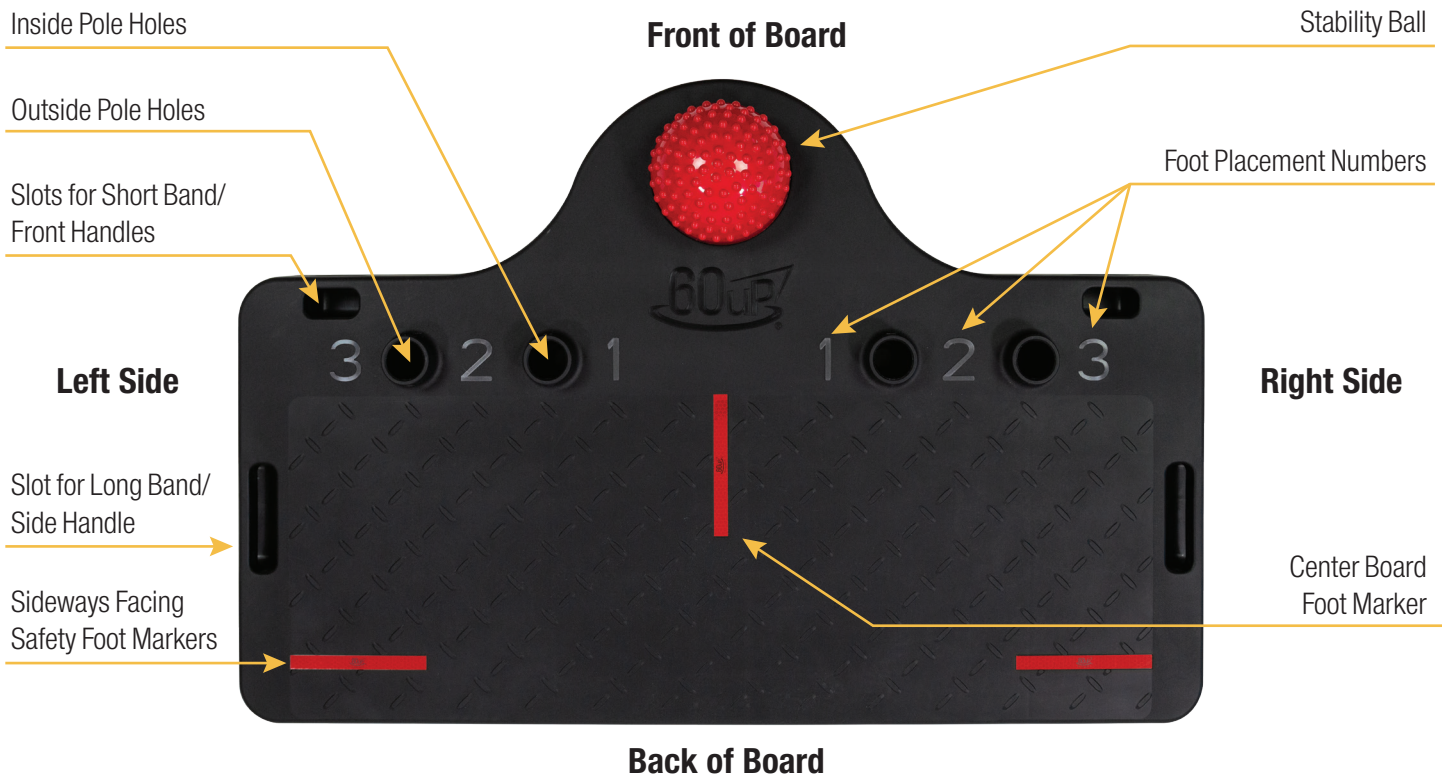
Start slowly and give the body time to strengthen from daily routine and natural progression. Safety is the most important step to progression and development back to the best balance of your life. There is no rush to the finish line when life's journey is designed to enjoy the opportunities it gifts each step of the way.

Have Fun and Good Luck



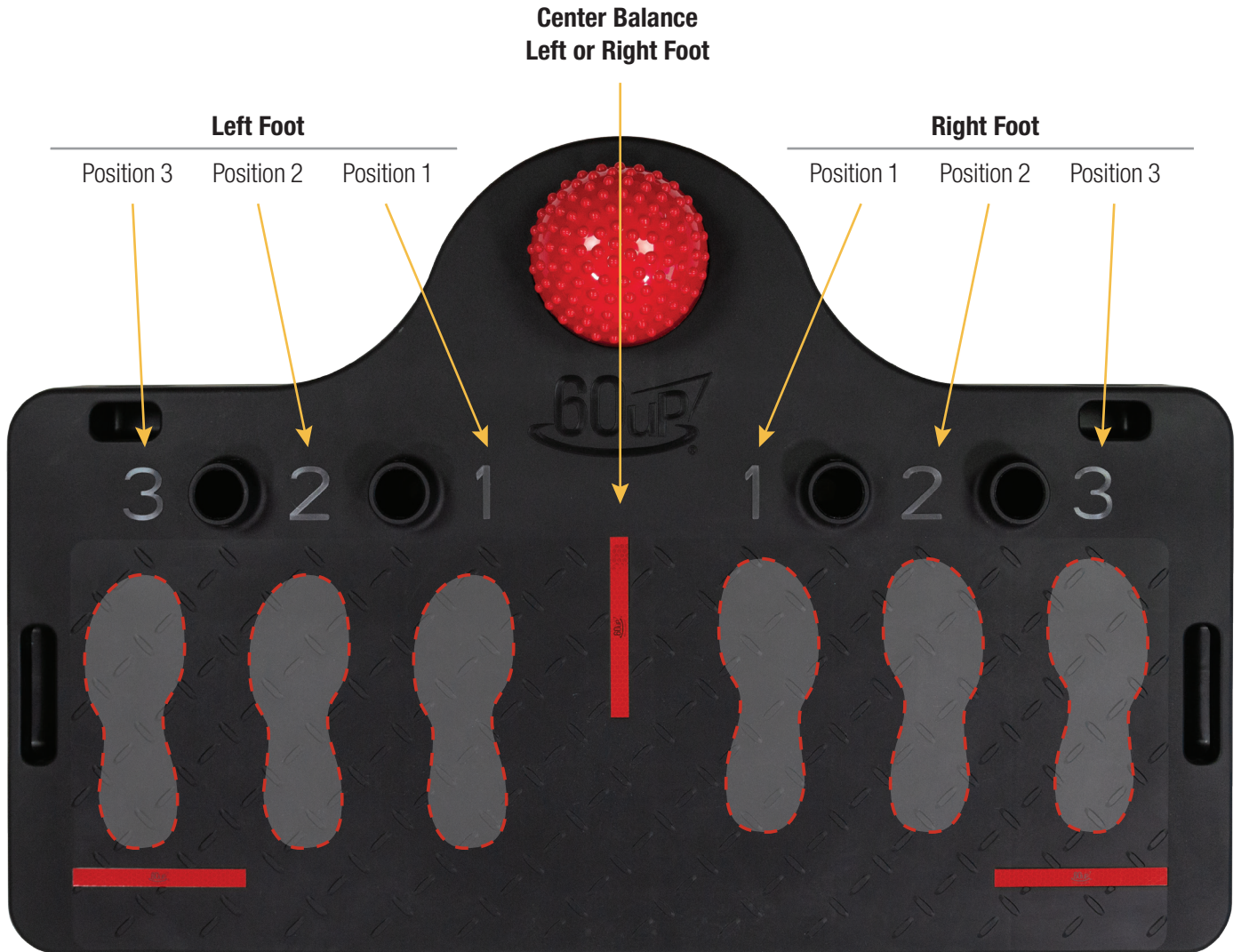


Get To Know Your Board



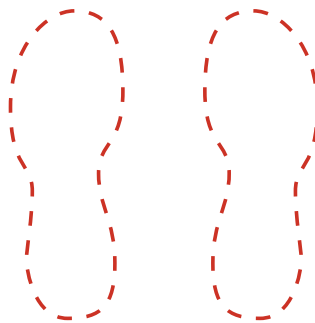


Basic Balance Foot Positions On The Board



START

Before you begin any of the basic balance exercises, make sure both feet are firmly on the ground behind the board and each hand has a good grip on the poles for safety.





Exercise #1

Tap The Board

START

Both poles should be placed in the outside pole holes. Place both feet behind the board in line with #1. Hold onto the poles.

- 1 (Yellow Arrow) Lift your right foot up and tap the board comfortably, without reaching too far forward, behind the #1 on the board. Replace your right foot safely onto the ground.
- 2 (Red Arrow) Lift your left foot up and tap the board behind the #1 on the board. Replace your left foot safely onto the ground.



Repeat this right foot and left foot for about 45 seconds. Work slowly and carefully. Keep your eyes up once you have found the foot placement and try not to look down too much. Muscles used create dynamic tension for the lower body and the hip flexor of the moving leg. It is critical the hip flexor is strong, helping change a shuffle to a walk.

TIP

When doing this exercise try not to let either side of the board touch the ground. The touch of the foot on the board should be light, just enough pressure to feel the board under the foot and return back to the starting position.

The Body Is Learning

This exercise is the introduction to the 60uP® Balance Board. The handles will give stability to the leg, lift action and help support confident, consistent movement of the feet. The purpose of the tap instead of stepping onto the board is twofold:

- 1) The user will learn how to control their foot direction and control the leg pressure.
- 2) The user will notice the majority of the leg exercise strength comes from the non-moving leg.

The standing leg has to adapt to:

- A) the changing center of gravity
- B) the muscles tightening to adapt to the body weight change
- C) the ability to lift a leg up and still be able to control the stability of the body with the non-working leg

VARIATIONS

Tap different placement numbers. The further the foot is away from the body the harder it is to control the tap and balance. Start with the #1 tap and as the balance improves challenge wider taps, #2 and #3. Try not to have the board touch the ground on either side for leg control but is safe if the board does. A challenge is another person calling out the number to tap, and seeing how reactive and balanced the body is. If two people are using the board, or two boards at the same time, you can have one leader and one who follows to make it a fun game, but safety always first. Do not rush.



Exercise #2

The Step and Press

START

Both poles should be placed in the outside pole holes. Place both feet behind the board in line with #1. Hold onto the poles.

- 1 (Yellow Arrow) Step your right foot onto the board in line with #1. Keep your left foot on the ground. You will feel the board slightly rock to the right, but will stop as the side of the board touches the ground.
- 2 Bend your right knee slightly into a small lunge movement, making sure your right knee does not go further forward than your right toes. Your left leg should also bend slightly to allow you to keep your body in the middle of your legs and not leaning to much forward.
- 3 Push up and back with the right leg and put it back on the ground next to you left foot in line with #1. Keep your abdominals, stomach muscles, tight throughout the exercise.



Repeat by stepping the left foot onto the board and into a small lunge action. This should be repeated for about 45 seconds alternating feet.

The Body Is Learning

The exercise will help the user to feel the slight lean of the board and be off balance yet safe because of the handles. Confidence will also grow as the exercise does not leave the ground itself. The user will be engaging the use of the quad and calf muscles directly, and glutes, core, arms and shoulders indirectly. This exercise is designed as the first to help the exerciser feel comfortable and safe. The start of strengthening the lower body and core.



Exercise #3 - The Step and Lift:

START

Both poles should be placed in the outside pole holes. Place both feet behind the board inline with #1. Hold onto the poles.

- 1 (Yellow Arrow) Step your right foot onto the board in line with #1. Once the side of the board has touched the ground, place all your weight onto the balance board and lift your left leg off of the ground and hold the leg lift for 2 seconds.
- 2 Replace the left foot back onto the ground and then bring your right foot back onto the ground in the starting position.

Repeat the right foot five times and then change and place your left foot onto the balance board until the left side touches the ground.



- 1) Step onto your left foot and lift the right foot. Balance for 2 seconds on the left leg
- 2) Return the right foot back to the starting position behind the board.

Repeat 5 times.

Perform each side with 5 repetitions, 3 times each leg. A total of 15 leg lifts each side with breaks inbetween.

The Body Is Learning

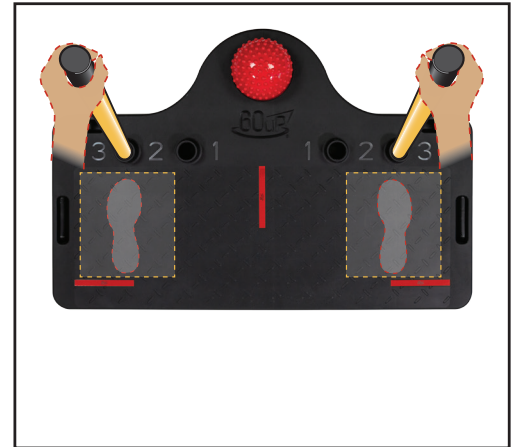
This exercise will help to balance the body on a slight angle. Confidence is gained as each leg strengthens to maintain body stability and adjust the center of balance in a simple but fun challenge. Muscles strengthened include the quads, calves, hip flexor, core, biceps, and upper back. The stabilization activation is in the feet, ankles, knees and hips. A special mention of the foot. As feet age they lose strength to “push back” as a body leans. They develop a rolling effect. This exposes the lack of strength to “save” a fall. The older person will roll over the side of the foot. This exercise begins to engage the foot strength and starts the process of how to “push back” again.

Exercise #4 Rocking Out

START

Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1) Step both feet up onto the balance board. Stand as wide as you are comfortable. Place your feet anywhere between the 2 and 3 (Yellow Box) on both sides.
- 2) Start by rocking the board side to side with the board touching the ground left and right as you push. The comfort here is being able to rock and have the body use leg power to push the board down and at the same time be comfortable rocking side to side. Start by keeping the body in the middle between the poles. Let the legs pushing create the rocking motion.


**The Body
Is Learning**

As the user gets more comfortable allow the body to lean too so the strength of being “off balance” becomes normal and learning how to lean and use the legs to “push” back to the middle and then to the other side. Remember to not allow the body to lean outside the poles.

VARIATIONS

Start with the sides of the board touching the ground as hard as naturally happens. As the strength comes into play try to rock and create control by softly touching the board to the ground each side and immediately changing to the other side. Challenging, and yet dynamic, as body control and strength to react to the moment is developed.

Perform this exercise for up to 10 minutes. A great relaxing movement to watch TV while you rock your way into a stronger mobility and balance. This exercise will bring confidence maintaining and recovering balance.

Notice the difference in confidence too when stepping back onto the solid floor.

The muscles used here combine legs and core work. The arms get a secondary workout through holding the poles. The feet also strengthen from having a solid stance while rocking side to side.



Exercise #5 Rock and Balance

START

Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1) Step both feet up onto the balance board. Stand as wide as you are comfortable. Place your feet anywhere between the 2 and 3 (Yellow Box) on both sides.
- 2) Allow the board to rock from left to right, touching the ground on the side. Let the board touch the sides 4 times, 2 on each side.
- 3) Stop the board from rocking or touching the sides on the ground. This will require the body to find the middle center point of the board and, by using the legs to press evenly gain balance control.



The Body Is Learning

Feeling this position will make the user more aware of the pressure points on the feet, in the legs and also the movement of the upper body to work in line with the legs and feet. The core is activated to hold the balance too. Hold the balance for 5 seconds and then rock four times side to side. Do this for one minute at a time, stepping off the board after a minute to rest and repeating 3 times total. The increase of balance awareness and the ability to find your balanced middle will help prevent the inevitable fall that would happen if you begin to lean too much in everyday life.

VARIATIONS

- 1) Place the feet on a different number (for example #1) and rock side to side. Choose different foot placements to focus on very small differences in the specific muscle areas used.
- 2) Place one foot on one position and the other foot on a different position. (for example, place your right foot on #2 and your left foot on #3). This will make one leg work harder than the other, with the leg closest to the middle having to push harder than the wider position. This is great for leg power and strength development.



Exercise #6

The V Step

START

This exercise tests the ability to lean, change balance, move the feet and recover. An excellent test to see how the body reacts to change of balance. Both poles should be placed in the outside pole holes. Your feet should be on the ground behind the balance board in line with the #1 position on the board. Hold onto the poles.

- 1 (Yellow Arrow) Step your right foot up onto the balance board in-front of the #3 on the right side. The board will touch the ground on the right side.
- 2 (Red Arrow) Step your left foot up onto the board on the left side #3 position and push the board so the left side of the board touches the ground.
- 3 (Yellow Arrow) Take your right foot off the board. Place it back on the floor behind the board from where it started.
- 4 (Red Arrow) Keeping hold of the poles take your left foot off the board and place it back in the original starting position. Both feet are on the ground and ready to repeat again.



Repeat the exercise 10 times in the same direction, right foot first. Then start with the left foot and repeat ten times.

The Body Is Learning

This will help the legs feel the perfect pressure needed, through repetition, to gain confidence and comfortability in balance changes.

VARIATIONS

Once feeling confident with the balance changes do one set each side. Each time both feet are on the floor you start the same direction you came from. For example, Start with your right foot. When you have finished one time through start immediately with your left foot. The exercise can also get creative by adding a balance in the middle of the balance board before allowing the other side to touch the ground.

- 1) Step up right foot to the #3 position, letting the board touch the ground.
- 2) Step the left foot up onto the board in line with the #3 position on the left.
- 3) Find the middle balance point.

Once you can hold that balance position, let the left side touch the ground.

Step off the back with the right foot back to the starting position in line with #1 behind the board. Bring the left foot back on the ground to starting position. Reverse.

- 1) Step your right foot onto the right side of the board at the #3 placement point.
- 2) Lift the left foot to the right knee. Take the left foot back onto the ground behind the board.

Bring the right foot back so both feet are behind the board in line with the #1 position.

Then use the left foot to step onto the left side of the board and repeat the process. Each time you step back start with the opposite foot to step onto the board.



Exercise #7

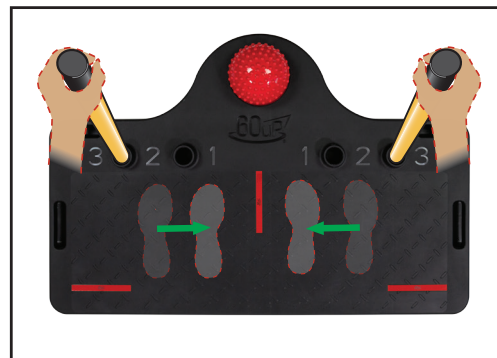
The 3,2,1,2,3 Ladder Step

START

Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1 (Yellow Arrow) Step both feet up onto the balance board in line with the #3 placement.
- 2) Rock the balance board side to side for 10 seconds.
- 3) Find the balance point with both sides off the ground. Hold for 5 seconds.
- 4 (Red Arrow) Move the feet to the #2 placement on the board.
- 5) Rock the balance board side to side for 10 seconds.
- 6) Find the balance point with both sides off the ground for 5 seconds.
- 7 (Green Arrow) Move the feet to the #1 position and repeat the routine.

Move the feet back to the #2 position, repeat and then the #3 position. This is like a ladder moving up and down the number list. Repeat all the way through 5 times. 3 to 2 to 1 to 2 to 3, 5 times total.



The Body Is Learning

This exercise is fantastic for increasing strength in both the legs and feet. This exercise builds specific muscle strengths relative to the width of the feet. It works the pressure points, increasing the muscles ability to react to little movement changes.



Exercise #8

The SeeSaw

START

Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1) Step your right foot up onto the balance board in the #3 right position.
- 2) Take the left foot and place it on the #3 left position on the board.
- 3) Find the balance point on the board in the middle. Once you have balanced and held the stability point for 3 seconds
- 4 (Yellow Arrow) Take your left foot back off the board and onto the ground behind the board. Keep your right foot on the board.



Repeat the action of bringing the left foot up onto the #3 left board placement and find the balance point. Repeat these 5 times and then switch feet, starting with the left foot on the board and the right foot stepping up and down from the board. The quicker you can find the balance point the better.

The Body Is Learning

This exercise helps the body react quickly to balance changes and finding the bodies middle using the strength of legs and lean of the body to quickly find a comfortable center point. The muscles used focus on the legs, core and arms. The feet are very active in pushing on their inside or outside which helps with stability.


VARIATIONS

As the user becomes stronger these variations are great for adding balance and strength.

- A) Keep the right foot up onto the board in the #3 position. Lift the left foot to the #3 position and then find your balance as originally done. Step back down with the left foot. This time bring the left foot to the #2 position while the right foot stays on the #3 position. Find the balance point. Step back with the left foot and this time bring the foot up to the #1 point with the right foot still in the #3 position. Find the balance point. Repeat as many times as needed and change feet. The left will now stay on the #3 position but the right foot will alternate positions to change the balance focus.
- B) Have the right foot step up to the #2 position and stay there as the left foot goes through the different placements, #3, #2, #1 etc. Change the foot on the board to #1 and repeat etc. Change feet with the left on the #2, #1 positions etc. to keep the equal development of both legs.
- C) Have another person tell the user which number to lift the back foot to and find the balance immediately. This is fun and challenging. For example, the right foot is on #2 and the left foot on the ground. The non-user (or if two boards in the same house one can lead as both do it) tells which number to place the left foot on (eg. #3) and the user has to react, place the foot and find the balance point as safely and as quickly possible.

Exercise #9

Single Leg Balance

START

Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1) Step your right foot up onto the very middle of the balance board position. The red middle line.
- 2) Carefully lift the left foot off the ground. Try to balance the board in the middle, both sides not touching the ground. Hold for 5 seconds and then step back with both feet behind the board.
- 3) Change legs each time and work on the board leg controlling the side to side rock.


TIP

- A) When the user steps up DO NOT lean forward. Instead think of lifting the body upwards and onto the standing foot. Do not lean forward of the poles.
- B) The back leg does not need to be lifted high. Keep it low behind the leg on the board in case needing to step back. The weight of the leg behind will also help the user to step back if uncomfortable or feeling unstable. Do not lean forward or step between the poles to regain balance. Avoid this movement at all times.
- C) Once gaining strength and confidence lift the back foot next to the working legs knee. This will add strength to the hip flexor and quad, along with glute control.

The Body Is Learning

This exercise is one of the best for building strength in the stability control of the legs muscle groups as well as ankle, knee, hip, core. The working foot will strengthen to push back against an overbalance lean. Repeat this exercise 10 times each foot, changing feet each time.

VARIATIONS

Instead of putting the non-working foot back onto the floor, put the lifted foot onto the board at the #3 position and then lift the same foot back to the side of the knee of the leg in the middle of the board. The board will lean to the left and then back to the middle as you lift the foot again. This will increase the strengthening of the ankle and knee and all the stabilization tendons, ligaments and muscles of the leg in the middle position of the balance board. (To change feet, step off the board and reposition the opposite foot on the center point of the balance board for safety and ease of starting correctly.)

Exercise #10

The Balance Squat

START

Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1) Step both feet up onto the balance board in the #2 position. Find the balance point on the board and hold it still.
- 2) Slowly bend your knees into a squatting position. Make sure the knees do not bend inwards. They must stay over the feet. One way to do this is to have the outside of your thighs brush against the inside of the poles if the feet are just inside of the pole width

Only bend as far as you can with the knees staying behind the toes. Do not let our knees go further forward than your toes. Make sure the head is lifted looking forward and not down.

- 3) Maintain balance as you stand back up again. Repeat 10 times making sure to keep your balance by bending the knees slowly going down and up. Once completed step safely off the back of the board.

Try to do two more sets of 10 to build the strength training and become more confident with the balance strength. However, build slowly to this and only do as many as you feel comfortable doing. If feeling you may fall forward make sure your head is looking up and forward and not looking down. This will help you re-balance quickly. Step off the board if you cannot find your balance or getting tired. Try again once you feel relaxed.


**The Body
Is Learning**

The beauty of this exercise is building the leg power and control for multiple everyday activities. It will add leg strength for climbing stairs, walking, lifting and much more.

Exercise #11 The Toe Raise

START

Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1) Step your both feet up onto the balance board in the #2 position. Find your balance.
- 2) Slowly raise up onto your toes while maintaining the balance of the board.
- 3) Lower your feet until they are flat and then raise back up onto your toes again.



TIP

As the board begins to wobble, focus on your foot pressure and knee strength. Keeping your knees slightly bent is a good way to increase toe strength and work on balance too. Align your hips over your knees and not to the side. Perform 10 toe raises and step down off the back of the board.

The Body Is Learning

This exercise is fantastic for increasing the feet strength of reaction to balance changes. It is also excellent for building lower leg strength and awareness of slight changes in body lean.

Exercise #12 Squat Toe Combination

START

Putting exercise #10 and #11 together. Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1) Step both feet up onto the balance board in the #2 position. Find your balance and slowly go into a small squat keeping the balance board balanced. Stand from the balanced squat position, straighten your legs, and go into a toe raise on both feet. Lower the toes and repeat the squat and toe raise 10 times. If tiring, or feeling off balance, step off the board. Remember to keep your knees over the toes and not forward of the toes. Do not let the knees sink inside your toes.



The Body Is Learning

This exercise is an amazing lower body strengthening for balance and movement. Notice the brain taking control of the body's movement, learning to quickly correct the slightest off balance changes. Exercise at a slow speed to control slight changes. Be in control of your movement.

Exercise #13 - Step Wide and 3,2 Move Together

START

Both poles should be placed in the outside pole holes. Hold onto the poles.

- 1) Step your right foot up onto the balance board in the #3 right position.
- 2) Step you left foot onto the board in the left #3 position. Find the balance.
- 3) Lift your left foot across to your right knee. The board will rock to the right and settle safely on the ground. Touch the left foot against the right knee.
- 4) Place the left foot on the #2 position on the left side of the board. Find the balance. Once you have found the balance point lift your left foot and touch your right knee again, then place the left foot on the #3 position and find your balance.



Repeat as many times as you feel comfortable until you can find the balance point of the #3 and #2 positions quickly. Step off the back and place the left foot on the #3 left position and repeat the exercise with the right foot now alternating between the #3 and #2 positions, the right foot touching the left knee in-between each foot position change.


TIP

Make sure the body is kept as upright as possible Do not lean too much one way or the other. The handles will keep you safe. Make sure the body does not lean outside of the standing leg or off of the board. If anything, lean slightly toward the middle of the board when on one leg.

The Body Is Learning

The beauty of this exercise is its ability to change leg pressure on one leg and adjust the balance of the body utilizing both legs strength. The non-moving leg will increase its strength as it supports the bodies weight while the moving leg finds a new position and new balance point.



Walking Across The Board Side-to-Side

ALL Exercises in this Group start from facing the side unless specified. For the ease of understanding we will address all on the right side the of the board, as if facing LEFT. (See Diagram Below - The Users Left Foot Will Be Closest to the Back of the Board. Change Sides when one side is complete to make sure that the body and leg use is even on both sides.)



Before you begin any of the exercises in which you are instructed to walk across the board, make sure both feet are firmly on the ground to the right side of the board and one hand has a good grip on the pole closest to you for safety.

As you step across the board and the board tips to the opposite side, switch your grip to the next pole. Always have at least one hand holding a pole for safety when moving across the board for these exercises



Forward and Backwards Balancing On The Board

Some exercises you will be challenged to balance the board forward and backwards. Here are 2 examples of proper foot placement for forward and backward balance.

For all exercises, be sure to always hold the poles for balance and safety.



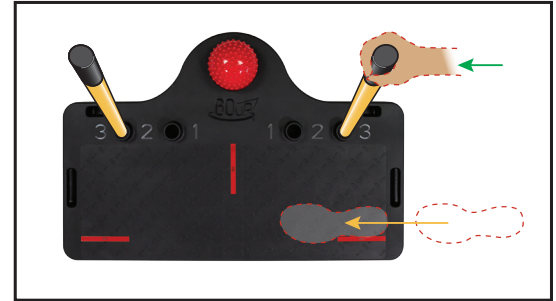
Exercise #14

The Sailor Rock

START

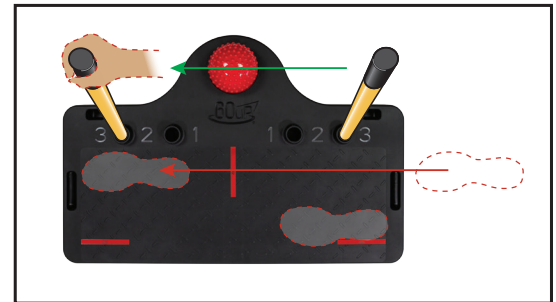
Step to the side of the board with the poles placed in the outside holes. Left foot is closest to the back of the board and right foot closest to the poles. Stand comfortably, feet hip width apart.

- 1 (Green Arrow) Hold onto the closest pole with your right hand.
- 2 (Yellow Arrow) Step the left foot onto the red mark closest to you at the back side of the board. Make sure the left foot is fully on the board.
- 3 Lift the right foot to the furthest side of the board from where you started. Your right leg will be closest to the pole. Your legs will be wide apart.



To feel safer at the beginning of this direction balance change feel free to place the right foot on the middle red mark and then move it again onto the far side of the board.

- 4) Move your right hand and place it now on the pole closest to the right foot. You will now have your right foot on the far side of the board and your left foot on the backside of the board.
- 5) Carefully rock the board forwards and backwards in the direction you are facing. Put the pressure on the right foot to rock forwards and the pressure to the left foot to rock back. Rock for 45 seconds.
- 8) Switch to the left side by bringing your back foot to the side of the front foot and step safely off the side of the board. Face the other side. Repeat the same movement but facing the other way.


TIP

When doing the touch should be light, just enough pressure to feel the board touch the ground under the foot. You can rock harder, but make sure the body stays between the poles and let the legs press. Do not let the upper body lean forward or back to move the board. Safety first and keep your head up and body upright too.

VARIATIONS

Try to balance the board in the middle of the rock. Back heel will be off the board. This will help the brain find balance reactions to the forward and backward motion in movement and build the strength to push back against excessive leaning or the start of a fall.

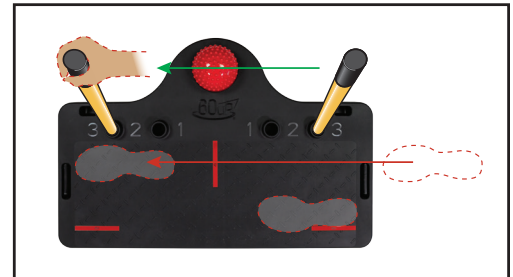
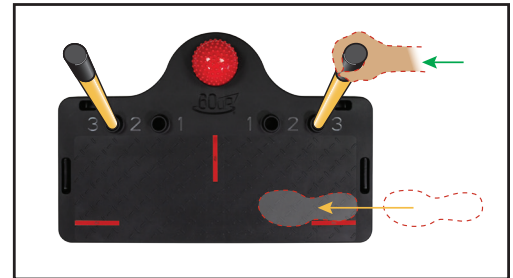
Exercise #15

The Step Rock

START

Step to the side of the board with the poles placed in the outside holes. Left foot is closest to the back of the board and right foot closest to the poles. Stand comfortably, feet hip width apart.

- 1 (Green Arrow) Hold onto the closest pole with your right hand.
- 2 (Yellow Arrow) Step the left foot onto the red mark closest to you at the back side of the board. Make sure the left foot is fully on the board.
- 3 (Red Arrow) Step the right foot across to the far side of the board and shift your right hand from the closest pole to the far pole for stability.
- 4) Rock the board to touch the ground on the far side and then push back with the left foot to touch the board on the ground closest to your left foot.
- 5) Lift the right foot off the board as you rock back on the left foot.
- 6 (Red Arrow) Place the right foot back on the ground behind you and you move your right hand to the pole closest to you for stability.
- 7) Place your left foot back on the ground next to your right foot. Back to the starting position. Repeat ten times and then switch to the opposite side.


The Body Is Learning

This exercise will create the body movement of rocking forward or backwards with foot movement. It will increase the ability, and confidence, to push your legs and body to the safe position in the event you begin to stumble in real life. This is the beginning step to prevent forward and backwards falls.

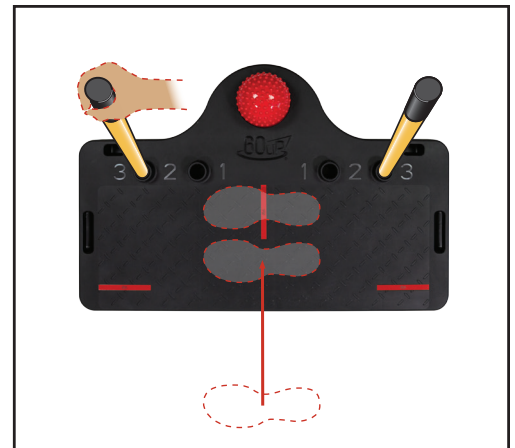
Exercise #16

Toe Heel Balance

START

Both poles should be placed in the outside pole holes. Place both feet behind the board in line with the middle red marker. Hold onto the pole in front of your right hand.

- 1) Facing the left side, stand on middle of the board, with both feet arches over the CM Red mark. Left foot closest to the back of the board.
- 2) Hold onto the left pole, in-front of the body, with the right hand. Slightly bend your knees.
- 3) Rock the board forwards (to the left side of the board) until the board touches the ground. Keep the body upright and not leaning forward.
- 4) Once the board touches the ground push down softly and slowly on the heels and feel the board tip backwards. Keep the body in the middle. Hold onto the pole for safety at all times.
- 5) Perform the exercise slowly and controlling the speed and pressure of the rock at all times. Take the time to occasionally find the middle balance point and balance. Perform this exercise for 45 seconds, rest for a minute and do it again, 3 times total.


The Body Is Learning

The power of this movement is the ability of the feet to hold the body in a stronger balanced position. The brain connects to the change of angles by directly responding with the toes, heels, ankles, calves and body lean to help correct imbalances of the body. Excellent for lower body strengthening.

Exercise #17 - Single Foot Sideways Balance

START

- 1) Stand at the back center of the board with the poles in the outside pole holes.
- 2) Facing the side, right foot closest to the poles, step your right foot only onto the center middle CM red mark. The arch of the right foot should be in the middle of the board for balance.
- 3) Holding onto the pole in-front of you, try and balance on your right leg only. Lift the left leg up so the left foot is about calf height on the right foot. Using the pressure of the toes and heel, keep the board balanced.
- 4) Keep your head up and the right knee slightly bent.
- 5) Step your left foot onto the ground and then repeat for a total of 10 times.



TIP

If getting tired take a longer rest to build up to being able to do 10 repetitions. Face the opposite direction, left foot closest to the poles. If at any time you feel you are losing your balance place your left foot onto the board and regain your comfort.

VARIATIONS

- A) Each time you put your left foot onto the ground take your right foot off the board and onto the ground and start from the ground each time. This will help create the ability for foot placement control.
- B) Once you have your balance, place your left foot back onto the red foot placement marker behind you. The board will tip back. Then lift the left foot to your right calf again. The board will rock and you will have to use your toe and heel strength on the right foot to find the balance point. Then step your left foot forward to the red foot placement in-front of you, and repeat forward and back stepping back to the middle balance point. This is great for enhancing the ability to stand strong when you lean forward to back with the standing leg. Your toes and foot power will increase in strength.

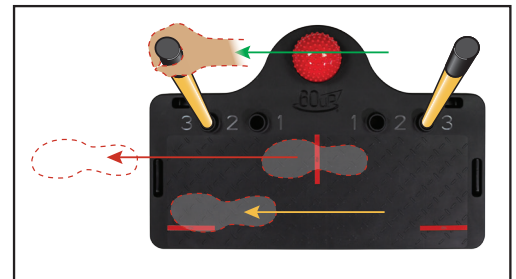
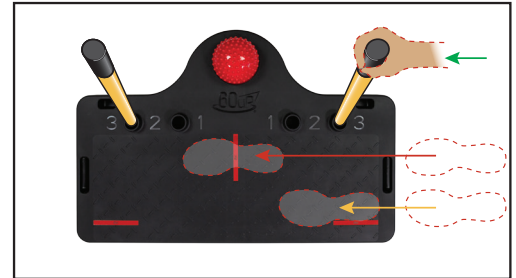
Exercise #18

Rocking Off the Board

START

Step to the right side of the board. Both poles should be placed in the outside pole holes. Left foot is closest to the back of the board and right foot closest to the poles. Stand feet comfortably about hip width apart.

- 1) Hold onto the closest pole with your right hand.
- 2) (Yellow Arrow) Step the left foot onto the red mark closest to you at the back side of the board. Make sure the left foot is fully on the board.
- 3) (Red Arrow) Next lift your right foot and step onto the center red mark with the arch of the foot over the red mark.
- 4) Move your hand to hold the pole now further in front of you.
- 5) (Yellow Arrow) Take a third step and put the left foot onto the front red foot placement mark in front of you to your left side. The Board will rock forward and touch the ground.
- 6) (Red Arrow) Holding onto the pole, step the right foot off of the board ahead of you. (The left side of the board in the diagram.) Pull your body upright as you step forward and take your left foot onto the ground so both feet are now off the board. Use quick small feet and turn towards the front of the board, turning to your right.



You should still be holding the pole as it will force your body upright into alignment. You will now turn and face the side of the board looking the opposite way from left to right. Repeat doing the same exercise but starting with your right foot on the red back placement mark first and your left hand on the closest pole.

The Body Is Learning

This is the first fully functioning exercise that replicates the beginning of a fall and how to save yourself. When you step off the board speed up your feet to get under your body and slightly pull your head back to be over your feet and feel the center of balance again. The whole body is being used to step, walk, rock, change balance, switching hands, upper body interaction, stepping down, quick feet movement, change of upper body centering and rebalance of the body while turning. All this engages the brain connections to activate all the bodies resources to initiate, maintain and regain balance.

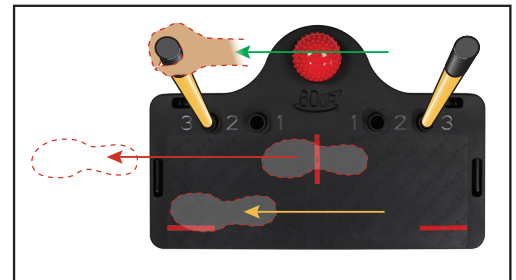
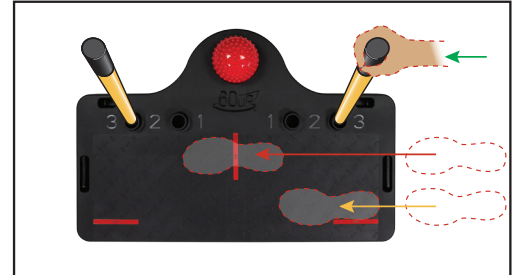
Exercise #19

The Rock and Run

START

This exercise should only be attempted, slowly at first, when exercise #18 is perfectly performed and feeling very comfortable

Repeat exercise #18 exactly the same way. However, when you step off the board do not turn. Instead, (only if you feel safe and confident) let go of the pole, run a small few steps forward while pulling your body weight back. By pulling your head back you can regain the center of stability with the ability to speed up your feet to “catch your balance”. Once under your body, slow your feet down to stop you. The more you lean the faster you need your feet to move to “catch you” and the more you need to pull your head “back” to the upright position. Stop safely and then turn, walk back to the board and perform going the opposite way over the board. You must be able to perform the “save” on both sides as you never can predict which foot is in front at the start of a potential fall. Complete ability is when you can do this without holding onto the handles at any point. However, this is the most advanced move and needs time to build up to it. Do not attempt this until you know you are ready.


TIP

Make sure there is enough room on either side of the board to have space to move faster, stop and turn. Resist reaching out to grab something as this will, as in real life, cause you to fall. Only go at a speed you can handle and increase that speed slowly, remembering to speed up the feet to regain balance.



Body Strengthening With The Bands

There are numerous exercises that can be performed with the Balance Board and the Bands. In this manual we will focus on the simple strengthening exercises for everyday life. We will focus on lower body strength, upper body strength and core (abdominal and lower back) strength.

The exercises here can be done in any order. We have put all the band workouts together, both short and long bands. Doing them all back to back will exhaust the muscle group. We recommend picking a few exercises in the order you prefer and creating your own flow within the workout. Feel free to mix and match. Do not overdo the same body part exercises - and stop if feeling tired or weak. Build slowly and increase the intensity over time until you reach the level you are happy with. Then maintain the level with workouts that fit the weekly maintenance needed to be at your best place for the goals you are working for.

The 60uP® Balance Board comes with the light resistance bands. Stronger resistance bands available at 60uP.com

With all the Band resistance work place the Poles into the inside pole holes. This allows the bands to move freely while the user still has the safety of holding onto the poles. Start one band at a time, using the spare hand to hold onto the pole. When advanced you can use both resistance bands together and know that if unstable can drop the bands and grab the poles.

To attach the resistance bands, feed the loop end through the top of the front or side band holes. (The shorter bands attach to the front and the longer bands to the side of the balance board.) Once the band comes through feed the handle end through the loop and the band will be secure to use. To take the band off reverse the process and pull the loop out of the hole. Once attached, place the handles of the resistance bands onto the pole hooks for ease of use.

The exercises should all be performed with the board in a balanced position. Do not let the sides of the board touch the ground. Of course, at times it will but try to rebalance the board quickly and work on the stability of the body as well as the muscles being strengthened.

Unless specified, all exercises will be done with the feet in the #2 position on the board, or at a width most comfortable for your natural stability and strongest stance relative to your height.

Lastly, the exercises should be done in a slow, controlled manner. Doing the exercises slowly will make sure the muscles are truly being worked without cheating. Going fast will use momentum instead of full muscle strengthening. Going fast will also make the board wobble and lose the stabilization muscles to react and strengthen. You will find your own perfect speed but, if you feel off balance, slow down. Focus on balance first and band work second. The exercises are all part of the program to have a better lifestyle and enjoyment of the best years ahead of you. This is not about only looking great, it is about living great.



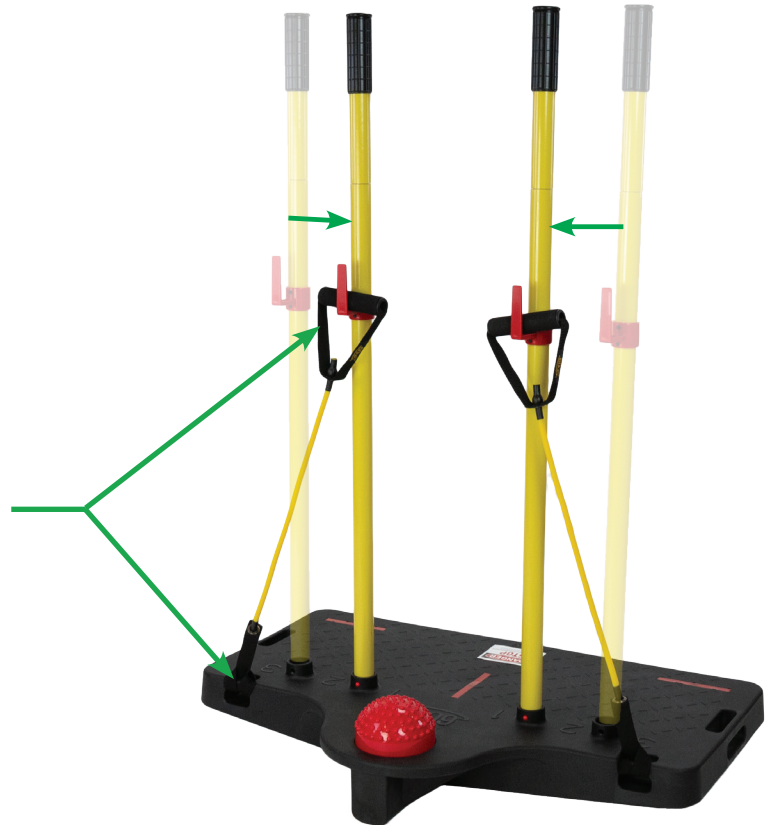


Setting Up The Board With Bands

The next exercises will include the bands. When using the bands move both poles to the inside holes. (Green Arrow) Use the Red clip key to quickly change the pole holes. Make sure the Red Clip can be seen sticking out of the board hole to ensure correct alignment for safety.

Attaching Short Bands

Attach the short bands through the slots on the front of the board. Adjust the hook height by sliding the hook up and down on the pole. Hang the Handle of the resistance band on the hook for safe and easy access during workouts.



Attaching Long Bands

Attach the long bands through the slots on the sides of the board. Adjust the hook height by sliding the hook up and down on the pole. Hang the Handle of the resistance band on the hook for safe and easy access during workouts.



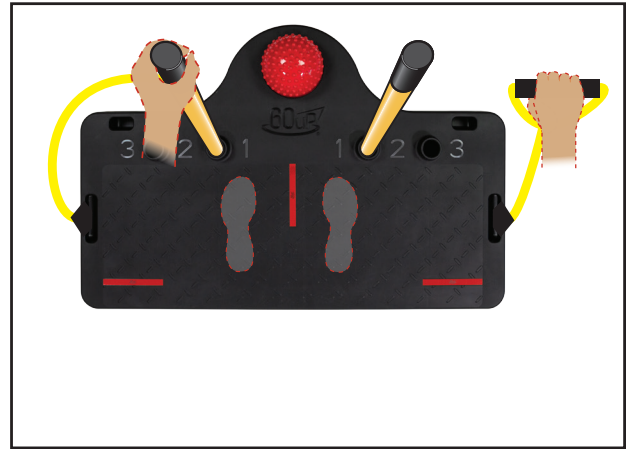
It is NOT recommended to have both, Short and Long Handles attached at the same time for danger of catching your foot on a band not being used.

Exercise #20

The Power Squat

START

- 1) Standing on the board, grab the longer handle with your right hand. Your left hand is holding the left-side pole.
- 2) Pull the right side handle up until it is level with the top of your shoulder. The palm of your hand should be facing the ground. Arm should be straight. Pull your elbow back so it is to the side of your shoulder. Next, pull your hand up so the palm is now facing front. You are now in a great position, with the band behind your arm, to squat with added resistance.
- 3) Hold the handle in that position and, with the board balanced, bend both knees into a small squatting position and then stand up again. Repeat five times one side and then switch handles by placing the right band back on the hook and then five times using the left hand after taking the left sided band handle off its hook.


**The Body
Is Learning**

The extra resistance will increase your leg power to add endurance to your legs and help with the everyday tasks such as walking up and down stairs. Make sure the board stays balanced and the knees stay in line with your toes. Do not have the knees go forward of your toes.

Exercise #21 - The Calf Raise

START

Exactly the same as exercise #20, except this time, with the board balanced raise up on your toes and down to flat feet. Repeat 10 times each side keeping the board balanced. Carefully put back the band handle on the right before changing to the left handle.

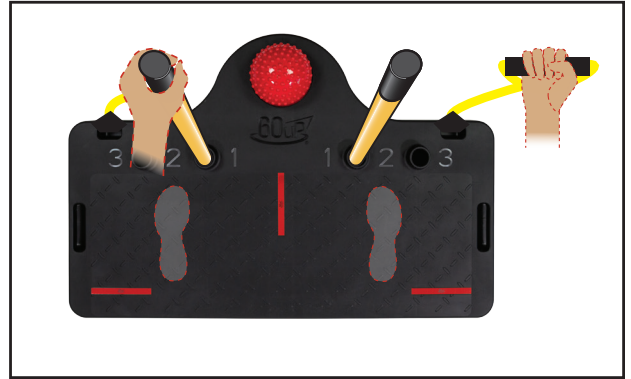
Exercise #22

The Bicep Curl

START

Balance on the board, with your feet in the #2 position and poles in the inside pole position

- 1) Pick up the shorter resistance band handle with your right hand. Your palm should be facing forward.
- 2) Hold the left-side pole with your left hand. If at anytime you feel unsafe replace the band on the red hook and use both hands on the poles again. In an emergency to regain faster balance just drop the band and grab the pole.
- 3) Keeping your right elbow in the same place, arm straight and very slightly in-front of you, curl the right hand up by squeezing your bicep, until it almost reaches your right shoulder. You will feel the bicep tighten. This movement is excellent for upper arm strength.
- 4) Return the hand to the starting position slowly by resisting the band pulling your hand down quickly. This is called negative resistance which is excellent for dynamic muscle, strengthening the hand and arm for everyday activities.
- 5) Repeat 10 times or until you feel the muscle tiring and change arms. Perform the same exercise on the left side with the right hand holding the right pole. Keep the board balanced at all times. Remember, balance first and multi-task the brain by adding exercises into the brain balance corrections. Over time you will naturally correct balance through feel and be able to focus on the muscle movement.


VARIATIONS

When feeling confident - use both resistance bands at the same time. You will find they help support your balance too. Do this at your own choosing as safety is always first. Again, if you begin to feel unsafe drop the bands and grab there poles.

Exercise #23

The Bag Lift

START

Balance on the board, with your feet in the #2 position and poles in the inside pole position

- 1) Pick up the shorter handle with your right hand. Have the palm facing your thigh as you would picking up a bag.
- 2) Hold the left-side pole with your left hand. Lean very slightly forward at the waist until the head is in line with the handles.
- 3) Pulling with your right hand, holding the left pole securely, lift your right elbow as high as you can behind you. Keep the arm naturally bent. You will feel the muscles of your back and shoulder working to pull the hand higher.
- 4) Once you feel the muscle tighten as much as it can, lower the arm back to the starting position in front of you and repeat 10 times or until you feel the muscle tiring.



Switch arms and repeat on the left side. This exercise is great for picking up bags, carrying items and upper back and shoulder strength. Remember to keep the board balanced and work slowly.

VARIATIONS

Add a small squat into the exercise every time you are at the starting position. Bend your knees and as you begin to lift the band straighten your legs too. This will help build strength for bending and lifting bags, washing or even holding hands with a loved one and being balanced.

ADVANCED - Use both handles at the same time. If you feel unsafe drop the resistance bands and grab the poles. This should only be attempted at your own choosing and confidence level.

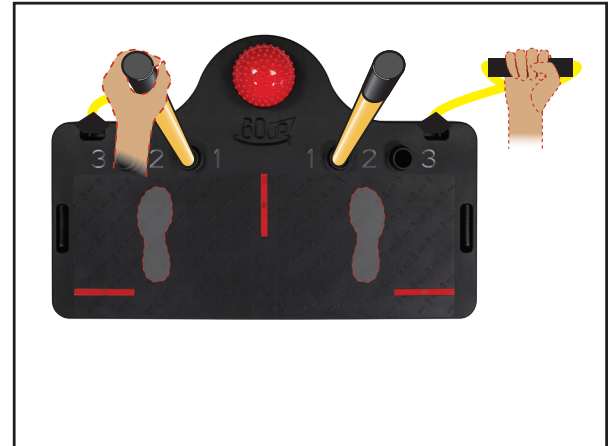
Exercise #24

The Grandchildren

START

Balance on the board, with your feet in the #2 position and poles in the inside pole position.

- 1) Pick up the shorter band handle with your right hand. Turn your hand to face the ceiling.
- 2) Keeping your arm slightly bent, lift the right hand upwards towards the ceiling. Only go as high as you can keep balance and not feel too hard. Over time you will be able to increase this range of movement.
- 3) Repeat 10 times and then switch arms. Keep the arms slightly bent so you can use the shoulder and the bicep together. Keep the board balanced and work slowly.



This action is similar to picking up your young grandchildren and will add the ability for that special, loving hug that feels so perfect.

VARIATIONS

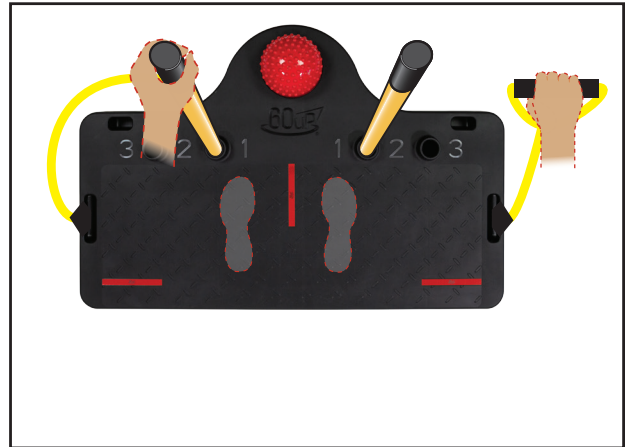
SUPER CHALLENGE - Use both handles at the same time. If you feel unsafe drop the resistance bands and grab the poles. This should only be attempted at your own choosing and confidence level.

Exercise #25

Cupboard Reach

START

- 1) Standing on the board, grab the longer handle with your right hand. Your left hand is holding the left-side pole.
- 2) Pull the right side handle up until it is level with the top of your shoulder. The palm of your hand should be facing the ground. Arm should be straight. Pull your elbow back so it is to the side of your shoulder. Next, pull your hand up so the palm is now facing front.
- 3) Hold the handle in that position and, with the board balanced, bend both knees into a small squatting position and then stand up again. Repeat five times one side and then switch handles by placing the right band back on the hook and then five times using the left hand after taking the left sided band handle off its hook.


The Body Is Learning

The extra resistance will increase your leg power to add endurance to your legs and help with the every day tasks such as walking up and down stairs. Make sure the board stays balanced and the knees stay in line with your toes. Do not have the knees go forward of your toes.

VARIATIONS

To add even more daily activity mobility at the top of the movement raise up on your toes. Keep the balance and strengthen your body even more to reach and lift items better than you may have in years.

SUPER CHALLENGE - Use both bands at the same time. Safety is always the number one need. Drop the bands and grab poles at any time you feel unstable. Only perform this advanced workout if you feel ready and at your own risk.

Exercise #26

Shoulder Power

START

Balance on the board, with your feet in the #2 position and poles in the inside pole position.

- 1) Pick up the longer handle with your right hand. Hold the handle with a straight arm down at your side.
- 2) With the slightest of bend in your right arm, lift the arm away from your body like an airplane wing.
- 3) Lift the arm as high as you can while controlling your body and balancing the board. If you feel any pain lower the arm to a comfortable height.
- 4) Repeat 10 times or until you feel your shoulder muscle tiring.
- 5) Switch arms and repeat of the left side by placing the right band long handle back on the hook and lift the right sided long band handle.


The Body Is Learning

This exercise is great for building strength for lifting objects, side arm movement or catching yourself when leaning.

VARIATIONS

SUPER CHALLENGE - Use both bands at the same time. Safety is always the number one need. Drop the bands and grab poles at any time you feel unstable. Only perform this advanced workout if you feel ready and at your own risk.

Exercise #27

The Posture

START

Balance on the board, with your feet in the #2 position and poles in the inside pole position. Turn the red hooks to face inside the pole for ease of picking up the handles and getting them out of the way as the bands go across the poles.

- 1) Pick up the left side longer handle with your right hand. You will have to lean across your body to reach it, or pass the handle with your left hand to your right hand.
- 2) Put the handle and band in-front of the poles so the band is on the other side of the pole from where you are balancing.
- 3) Hold the handle with your palm facing your body. Lift the resistance band from the left side and across to your right side so your right hand is now in line with your right shoulder.
- 4) Bend the elbow slightly and back behind you. Feel the muscles in your back tightening up when you do this movement. Make sure your upright, balanced and shoulders back at the top of the exercise.
- 5) Reverse the movement slowly until you are back at the starting position with your right hand now across the middle of your body.



Repeat 10 times or until you feel your muscles tiring. Switch sides. Remember to stay balanced.

**The Body
Is Learning**

This is perhaps the best exercise for posture as it pulls the upper back into alignment and strengthens the muscles of the back to keep the body from hunching over.

Exercise #28

The Butt Squeeze

START

Standing with your feet in the #1 position on the board, place both hands on the poles. Both poles should be placed in the outside pole holes.

- 1) Lean slightly forward so your head is in line with the pole handles.
- 2) Keeping your leg straight, lift your right leg behind you until you feel the butt muscle tighten. The board will rock to the left and touch the ground.
- 3) Hold that position for 5 seconds, then bring the right foot back to the board. Balance the board perfectly.
- 4) Swap legs. Repeat with the left leg lifting. The board will now rock to the right and touch the ground.



TIP

When doing this exercise the board will touch the ground. The touch should be light as you take one leg off of the board. Do this slowly, enough pressure to feel the board under the foot softly touch the ground. When changing feet feel the board come back to the middle balance point before lifting the opposite leg.

VARIATIONS

Place your right foot in the middle of the board, over the red center mark, and perform the exercise trying to keep the board balanced at all times. Repeat on the left foot.

Exercise #29

The Balance Ball

START

This is the first time using the half ball on the front of the balance board. Both poles should be placed in the inside pole holes. If feeling too much of a forward lean push back on the poles and carefully step off the stability ball.

- 1) Stand to the front of the balance board so the ball is closest to you.
- 2) Hold the handles and carefully place your right foot onto the middle of the balance ball. Your toes should be in line with the front of the stability ball. The ball of your foot should be on the ball. If your toes are too far forward you will not be developing foot strength. **DO NOT LEAN FORWARD YET.**
- 3) With your right foot comfortably on the middle of the ball, lean very slightly forward so your weight is on your right foot. Push up onto your right leg and see if you can take your left foot off of the ground. Start with just a small quick lift.
- 4) Try to find the balance of the board while on the ball. Do not over do this exercise and step back if feeling the muscles tiring. There is no rush to get it right but is a fantastic advanced stability exercise.



The Body Is Learning

This is fantastic for increasing foot reaction control, thigh dynamic tension and stabilization strength. Alternate feet.

Once you master the small movement you can try to lift the non-balancing leg higher. The challenge increases. Keep your non-working foot free so you can catch your balance by stepping safely back onto the floor. Remember, lift up and not forward. **DO NOT** allow your body to go through the poles. Always keep the poles in-front of you.

Exercise #30

Balance Pushups

START

The poles are in the inside pole position.

- 1) Using any soft mat for comfort, kneel down behind the board so the balance ball is furthest away from you.
- 2) Place your hands on the 2 or 3 position on the balance board in line with your shoulders. Ladies push-ups are great to do, keeping your knees on the ground. Advanced pushups are with your feet on the ground and your knees off the ground so your body is in a straight line.
- 3) Start with straight arms and bend the elbows until your chest, or as low as you can safely go, almost touches the board. You will feel the board wobbling which is fantastic for your natural muscle strength, dynamic tension and using both sides of the body equally.
- 4) Now straighten your arms into a full up down and then up motion.


TIP

The muscles will learn to stabilize the movement and increase the natural body weight strength everybody should have. Only do as many as you can perform without the board touching the ground on the sides. Try to increase the number you can do by 5 more each week until you can do 20 in a row.

VARIATIONS

Place your hands on different numbers. Both on 3 and 3 will strengthen more our outer chest and shoulders as well as maximizing your core strength. 1 and 1 will work the inner chest area as well as a lot of triceps power. Core will engage too.

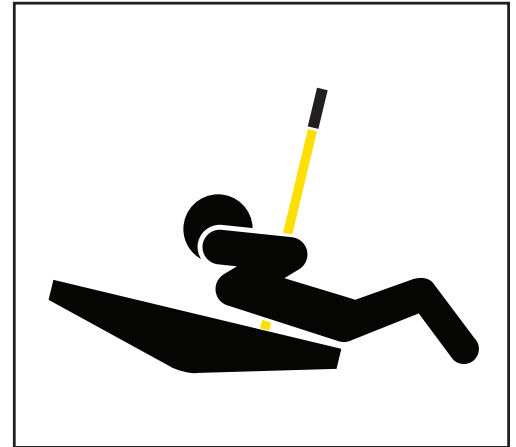
SUPER CHALLENGE - Place your hands on differing numbers. For example, place one hand on number 2 and one hand on number 3. The focus and balance will lead to greater muscle engagement on the arm closest to the center, and a great adjustment of feel on the side closer to the outside of the board. This is an advanced hard workout so only try in when you feel ready and strong enough from regular pushups.

Exercise #31 Sit-ups

START

Stand on the right side of the balance board and remove the furthest pole on the left side of the board. The right side pole should be in the outside pole position. Attach the small resistance band to the right side of the board where the longer band usually goes.

- 1) Carefully lower yourself to sit on the right side of the board facing the right side. Your butt should be close to the edge of the board with the short resistance band between your legs.
- 2) Slowly roll yourself backwards into laying position. Hold onto the shorter resistance band, and the right pole if you need to. Keep your butt close to the right side edge of the board. You will be laying on the board with your head closest to the left side. The board will be sloping to the right.
- 3) Keep your knees bent. Using the band to help you, pull up on the band (or use the pole) to sit up until your head is over your knees.
- 4) Slowly lower yourself back onto your back, again using the band or the pole to assist you. Over time you may not need either as your core and abdominals increase in strength.



TIP

Repeat this exercise as many times as you feel able to sit back up. Don't overdo this sit-up. Also, keep your chin tucked into your chest and "roll" back up to the sitting position. This is very important to take away lower back stress and neck pressure too.

VARIATIONS

SUPER CHALLENGE - To increase resistance and strengthen your abdominals even more, slide your butt back until it is on the red middle line. When laying down, the board is sloping to the left. You will feel you now have a incline angle to sit up and will need the band to help as the pole will be out of reach. Pull on that band to help assist the sit-up. Fantastic exercises for gaining that strong, powerful, and stable mid-section.

Exercise #32

Knee Raises

START

Sit on the middle of the board with your back to the poles. Poles placed in the outside pole position. Your feet should be placed on the floor with knees bent. You will feel the board wanting to rock side to side.

- 1) Hold onto the side holes in the board that the longer resistance bands usually go through. This will help you balance.
- 2) Slightly curve your back and lean back.
- 3) Lift one foot, or both feet, 1 inch off the ground and place them back on the ground again. Squeeze your stomach muscles as you do. The board should not touch the ground. Adjust your balance by tightening your abdominals, and this exercise will also engage your obliques (side core muscles)
- 4) Round your back as much as you can to take any pressure off of the lower back. You will feel the lower stomach muscles tightening.


TIP

Repeat 6 times total or until you feel the muscles tiring. If the lower back begins to arch stop, rest and try more if you feel strong enough to.


The Body Is Learning

This is great for strength in walking, running, lifting your knees, helping support a weak lower back that can cause pain, and is also great for the hip flexors with over all core stability strength.

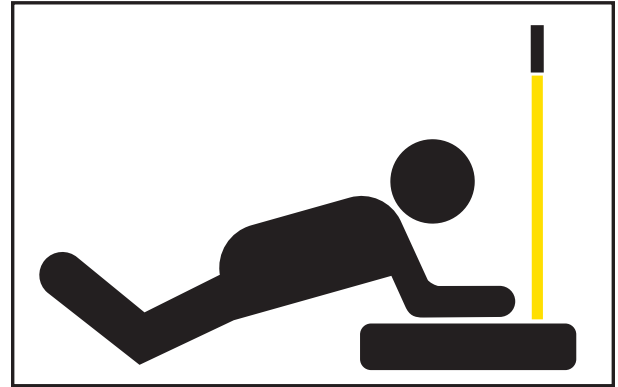
Exercise #33

Plank

START

Using the 60uP® Comfort mat, put your knees on the mat behind the board so the balance ball is furthest away from you. The poles are in the inside pole position.

- 1) Using any soft mat for comfort, kneel down behind the board so the balance ball is furthest away from you. The poles are in the outside pole position.
- 2) Knees will be bent when placing your elbows on the balance board.
- 3) Slowly straighten your legs until your body is straight. You will feel your stomach tighten.
- 4) Round your back slightly and tuck your pelvis under you so your abdominals tighten.
- 5) Hold this position for 10 seconds. If you feel any pressure in your lower back try to round your back and tuck the pelvis under your body more.


TIP

Do not keep holding the position if feeling any tightness in the lower back. Try to work towards holding this position for 30 seconds or more. The board will try to rock side to side. Try and stay balanced. This exercise will tighten abdominals but also the whole core. A great exercise for overall mid-section strength and body support.

VARIATIONS

Place your feet on the ground and go into a full body straight starting position - much like a push up but on your elbows. The wider your feet are apart the easier it is to balance.

ADVANCED - Place your elbows on different numbers ie/ 3 on the right and 1 on the left. Feel free to change to numbers that test you but feel comfortable. You will feel the core adjusting in multiple ways to find your balance and stay involved throughout the whole exercise. Hold this position for up to 1 minute.

SUPER CHALLENGE - In any position as above, try to lift one foot off the ground and keep the board balanced. Even try lifting your knee up to your chest or to the side to increase balance, core and stabilization activation. A surer hard but amazing exercise. Be careful always and only try the at your own risk and when ready to test yourself.



SPECIAL BONUS

How to get up after a fall

START

The poles are placed in the inside pole position.

- 1) Laying flat on the ground, (as if having fallen), behind the 60uP® Balance Board, on a soft mat or carpet, place both hands on the balance board.
- 2) Push up with the hands or elbows and bring up the right knee under the body and kneel on it.
- 3) Both hands are still on the balance board.
- 4) Bring up the left foot and place it on the ground next to the right knee.
- 5) Move both hands onto the 60uP® Balance Board Poles.
- 6) Using the left foot and left leg power push into the ground and at the same time pull up using the hands on the poles. Adjust the hands when standing up higher. Keep going until standing up fully.

TIP

Imagine this is a sofa or bench you are using to help get up. Laying on the ground, unable to move, is one of the scariest places to be. If no action is taken to move and stand up, it can lead to hypothermia and not being found quickly. Even with a broken wrist you can use this method to get up as you use your elbows on the sofa or bench to be able to stand up. Practice this routine until it becomes natural and without thinking. It may help save your life.

Thank you for being a part of the 60uP Balance Board Revolution. Remove the glass ceiling in what we have been led to believe should be natural aging. Change Life. Take the challenge to re-energize your body and live the life you always dreamed of after retirement. Even before you retire. We are proud to lead the way in the best life has to offer by starting with YOU.

Cheering you on,

The 60uP Balance Board Team.