



Training Manual

*Featuring Professional Trainer
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WOBBLE BOARD

Develop Muscle Endurance, Core Strength and Stability



WOBBLE BOARD WARNING



WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult-with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).

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WOBBLE BOARD USAGE



WARNING



Read and follow all information before use.
Serious injury or fatality may occur.

Wobble Board

- The Wobble Board is not a toy; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- The Wobble Board could pose a hazard to children and pets, therefore must **NEVER** be left unattended.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Wobble Board.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Wobble Board is not recommended for use during pregnancy.
- The Wobble Board should only be used for its intended purpose as outlined in this training manual.

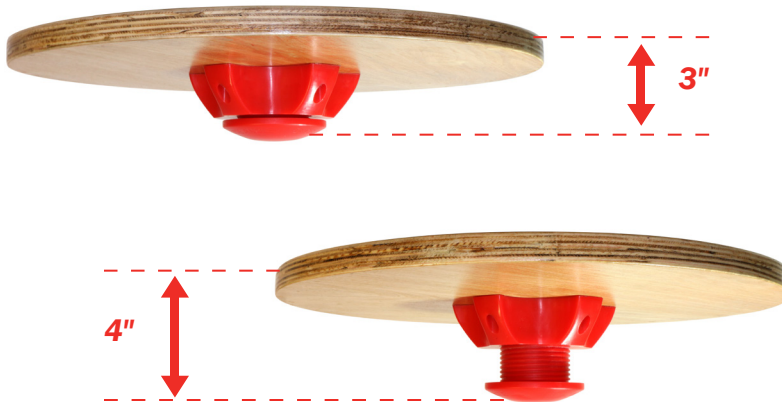
MAINTENANCE AND CARE

- Clean the Wobble Board with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners. **DO NOT** immerse Wobble Board into water.
- Keep the Wobble Board out of direct sunlight. The Wobble Board should not be placed anywhere where it would be exposed to extreme high or low temperatures, heat sources or open flame.



WOBBLE BOARD SET UP

Raise GoFit Wobble Board by turning the base counter-clockwise.
Lower GoFit Wobble Board by turning the base clockwise.



WOBBLE BOARD EXERCISE



Exercise Program

The Wobble Board trains Muscular Endurance, Core Strength, and Balance.

Customize your own program by adding the exercises of your choice, or start with the progressive Wobble Board exercise programs included.

LEVEL ONE · LEVEL TWO · LEVEL THREE

**It is recommended to all who are new to the Wobble Board to begin with Level One.*

WOBBLE BOARD EXERCISE



LEVEL ONE 2-3 x weekly

LEVEL TWO 3 x weekly

LEVEL THREE 3-4 x weekly

**Before beginning these exercises, be sure that the space is clear of any objects that may injure you if you should lose your balance and fall from the wobble board. Instability is a key function of the Wobble Board. Falling may result from the use of this equipment.*

Perform one repetition of the exercises in this manual to become familiar with the equipment. For standing exercises, position the Wobble Board near a wall and lightly touch the wall with one hand; as balance feels established, play with removing your hand from the wall then reach back when necessary. Lower the height of the Wobble Board by turning the base as far clockwise as it will go.

Perform multiple repetitions of the exercises in this manual. Do not exceed 15 reps per set. Perform 1-3 sets. Position the Wobble Board away from the wall where you have no assistance for standing exercises.

Work to fatigue, meaning do as many reps as you can with perfect form. With exercises where you have multiple balance points, remove one point of balance by levitating one leg or arm. Raise the height of the Wobble Board by turning the base counter-clockwise.

WOBBLE BOARD EXERCISE



Two-Foot Lateral Balance

Ankle Strength and Stability

STEP ONE - Step onto the Wobble Board, one foot at-a-time. Feet should be positioned hip width apart.

STEP TWO - Try not to bottom-out on any side. Maintain perfect balance between your feet.



WOBBLE BOARD EXERCISE



Two-Foot Linear Balance

Ankle Strength and Stability

STEP ONE - Step your right foot onto the front portion of the Wobble Board, where the board will tip forward.

STEP TWO - Carefully lift your left foot off of the floor and place it on the back portion of the Wobble Board to balance the board on all sides. Repeat, switching your left foot to the front and carefully balancing with your right foot on the back.





WOBBLE BOARD EXERCISE

Clocks

Ankle Strength and Stability



STEP ONE - Begin in two-foot lateral balance. Soften through knees and tilt the Wobble Board forward, where it bottoms-out at 12 o'clock.



STEP TWO - Return to lateral balance position. Repeat, altering your center of gravity ever so slightly and tilt the board to the side where it bottoms-out at 3 o'clock.



STEP THREE - Return to lateral balance position. Repeat at 6 o'clock and 9 o'clock.



STEP FOUR - After touching all four points, reverse the order.

WOBBLE BOARD EXERCISE



Squat

Lower Body Strength,
Hip and Ankle Strength, Stability

STEP ONE - Begin in two-foot lateral balance.

STEP TWO - Bend your knees and hips, careful never to allow knees to travel beyond the balls of your feet as you lower into a squat. Maintain flat back posture. Keep chest lifted. Begin with a shallow squat.

*With training, go deeper into your squat.
Try not to let the Wobble Board bottom-out on any side. Maintain perfect balance between your feet.*





WOBBLE BOARD EXERCISE

Single-Leg Balance

Ankle Strength and Stability



STEP ONE - Step one foot onto the center of the Wobble Board.



STEP TWO - Lift your free leg off of the ground and try to balance on your one foot. Begin with your lifted foot close to the surface of the board.



With training, lift the free knee higher.



WOBBLE BOARD EXERCISE

Glute Bridge with Upper Body Instability

Glute Strength and Hip Mobility

STEP ONE - Position the Wobble Board between your shoulders. Feet should be grounded, hip width apart. The instability of the shoulders will require greater stability of the hips.



STEP TWO - Raise your pelvis towards the ceiling. Resist gravity as you slowly lower down.

With training, progress to performing this exercise with one balance point removed (one leg lifted up towards the roof). If you remove a balance point be sure to perform equal number of repetitions on each side.





WOBBLE BOARD EXERCISE

Low Plank

Core Strength,
Shoulder Strength, and Stability

WARNING: Finger-pinch may occur.



STEP ONE - Position your forearms onto the Wobble Board. They should be approximately shoulder width apart and parallel to one another. Maintain perfect balance between your forearms.



STEP TWO - Extend your knees and grip the floor with the balls of your feet, completely lifting your legs off the ground. Feet can be touching together. There should be a straight line from the lobe of your ear to the middle of your shoulder to the side of your hip, side of your knee, and side of your ankle.



With Training, progress to performing this exercise with one balance point removed (hyper extend at one hip, lifting your leg towards the roof, contracting through the glutes).



WOBBLE BOARD EXERCISE

High Plank

Core Strength,
Shoulder Strength, and Stability

WARNING: Finger-pinch may occur.

STEP ONE - Begin in low plank position.

STEP TWO - Extend at your elbows, therefore placing your hands onto the Wobble Board, directly underneath your shoulders. Arms should be perfectly straight.





WOBBLE BOARD EXERCISE

Side Plank

Core Strength,
Shoulder Strength, and Lateral Stability

WARNING: Finger-pinch may occur.

LEVEL ONE



Level One is performed in a low side plank position by placing the forearm on the center of the Wobble Board. Stagger your feet to face the side wall. Lift your free arm towards the ceiling.

LEVEL THREE



For Level Three place one hand on the center of the Wobble Board. Stagger your feet to face the side wall. Lift your free arm towards the ceiling.



WOBBLE BOARD EXERCISE

Push-Up

Shoulder and Chest Strength,
Shoulder Stability



STEP ONE - Position one hand in the center of the Wobble Board. Position your other hand on the floor. Your hands should be at nipple-line, about 12" wider than shoulder width on each side. Take your legs out to high plank position.



STEP TWO - Lowering your body as one unit, drop your nose to the floor then push your body up. Try to inhale as you lower down and exhale as you push up. Be sure to perform equal number of repetitions on each side, switching your hand on the Wobble Board.

LEVEL THREE



With training, you can make this exercise more challenging by adding a high side plank in-between each push-up. Modifications for this exercise include widening the stance of your legs or dropping your knees down to the ground (ideally on a padded surface).



WOBBLE BOARD EXERCISE

Tricep Push-Up

Tricep and Core Strength,
Shoulder Stability

STEP ONE - Position your hands on the Wobble Board, just outside of your lower rib cage, slightly wider than the width of your body. Start with your body in high plank position.



WARNING: Finger-pinch may occur.

STEP TWO - Resist gravity while slowly lowering your body down to the board, keeping elbows pulled in tightly towards your body. Press back up to the top, pushing the Wobble Board away yet keeping it balanced on all sides.



Try to incorporate your breath: inhale as you lower yourself, exhale as you push up.

WOBBLE BOARD EXERCISE



Calf Stretch

Stretching: Gastrocnemius and Soleus

STEP ONE - Place your left foot on the back portion of the Wobble Board, where the board bottoms-out to the back.

STEP TWO - Stand up straight and tall, press your weight into your front leg, keep your back heel engaged with the Wobble Board, and be sure both feet face forward at 12 o'clock. Repeat on your right side.



WOBBLE BOARD STRETCHES



Bent-Knee Calf Stretch

Stretching: Soleus and Achilles Tendon

STEP ONE - Place your left foot on the back of the Wobble Board, where the board bottoms-out to the back. Bend slightly into your front leg to position your body in a shallow lunge.

STEP TWO - Displace your weight into your front leg. Keep your back heel engaged with the board, but create about a 15-degree bend in the back of your knee. Be sure both feet face forward at 12 o'clock. Repeat on the right side.





WOBBLE BOARD STRETCHES

Hamstring Stretch—Board Forward

Stretching: Tibialis Anterior,
and All of the Hamstring Muscles

STEP ONE - Place a rolled-up towel or a Foam Roller between your thighs. Step your feet slightly in front of the center of the Wobble Board, where they angle down to the front. Depending on the length of your feet, your toes may touch down to the floor; if that happens, scoot your heels back a little further so that both feet completely fit on the board.

STEP TWO - Flex forward at your hips, maintaining flat back posture, and reaching towards your toes. Squeeze in on the towel or Foam Roller to lock-in through the pelvic floor. If you cannot touch your toes without rounding your back, simply reach for your shins instead.

The use of a towel or Foam Roller is optional.





WOBBLE BOARD STRETCHES

Hamstring Stretch—Board Back

Stretching: Calves,
and All of the Hamstring Muscles

STEP ONE - Place a rolled-up towel or a Foam Roller between your thighs. Step your feet slightly behind the center of the Wobble Board, where your heels angle down to the back. Depending on the length of your feet, your heels may touch down to the floor; if that happens, scoot the balls of your feet a little further forward so that both feet completely fit on the board.

STEP TWO - Flex forward at your hips, maintaining flat back posture, and reaching towards your toes. Squeeze in on the towel or Foam Roller to lock-in through the pelvic floor. If you cannot touch your toes without rounding your back, simply reach for your shins instead.

The use of a towel or Foam Roller is optional.





WARNING



IMPORTANT: Read and follow all warnings and information before using this product to reduce the risk of injury.

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read all warnings and instructions before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact GoFit for assistance. This product is not intended for commercial use.

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