

OTHERSPORTS



Manual

SPORTBOARD

v2.2 English

OTHERSPORTS

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OTHERSPORTS

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execution
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intro

a warm welcome!

We are glad that you have chosen us.

Who is OTHERSPORTS?

We are a young startup company and passionate about sports with the goal of revolutionizing home training.

Our principle:

Home fitness products that work!

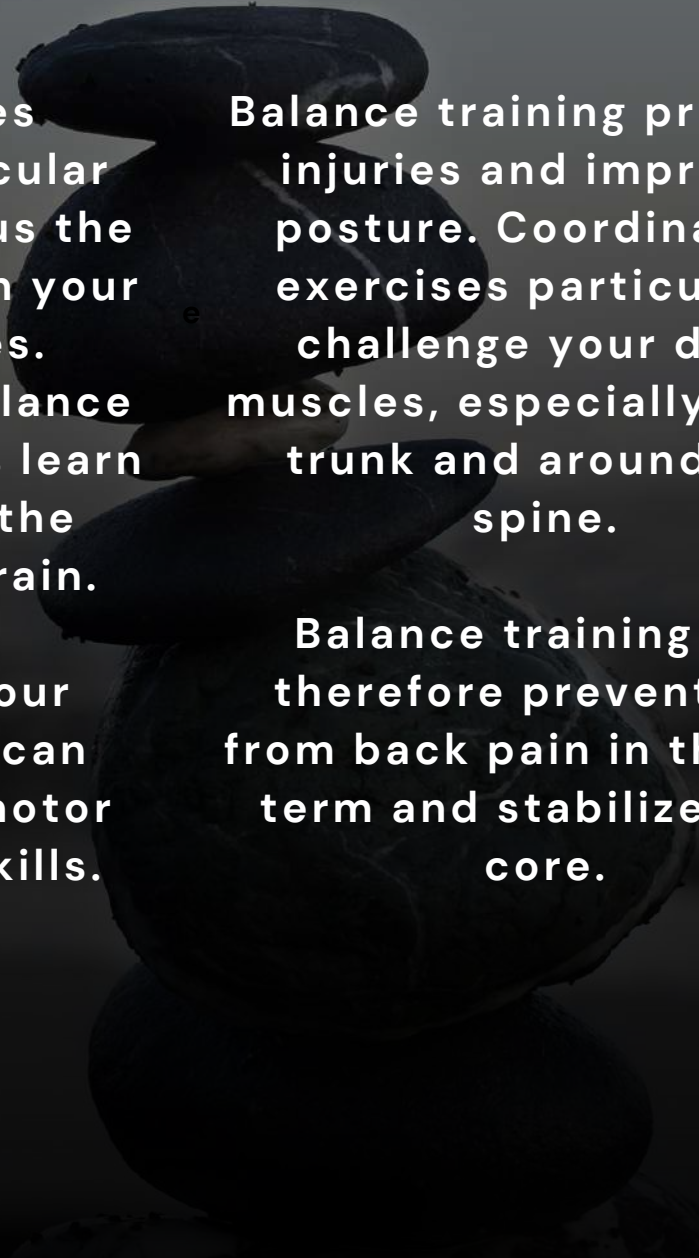
Developed and tested for you by athletes

We work closely with selected experts to develop our sports products. The development and production of your board is done with attention to detail in the south of Germany. We are guided by a clear functional design for effective training, which we implement in combination with high-quality materials to a premium sports product.



*Much fun & success
for your workout!*

why is balance so important?



Balance exercises promote neuromuscular coordination and thus the cooperation between your brain and muscles. Through targeted balance training, the muscles learn to react faster to the signals from your brain.

By training with your **SPORTBOARD**, you can improve your fine motor and coordination skills.

Balance training prevents injuries and improves posture. Coordination exercises particularly challenge your deep muscles, especially in the trunk and around the spine.

Balance training can therefore prevent you from back pain in the long term and stabilize your core.

how to start

scope of delivery

SPORTBOARD

due to the elegant cork surface, you balance most comfortably without shoes or barefoot.

MANUAL

with two training plans as well as valuable tips on form and posture during training



BOARD BAG - optional for convenient transport and safe storage of the SPORTBOARD



CORK ROLL

for all kinds of balance exercises with the SPORTBOARD



HANDLES

for all pushing exercises like push-ups



RESISTANT BANDS

for pulling tasks with the SPORTBOARD such as biceps curls.



HANDPADS

for more comfort and grip during fitness exercises



Strength = medium

how to start

Fitness Bar
- optional on othersports.de -



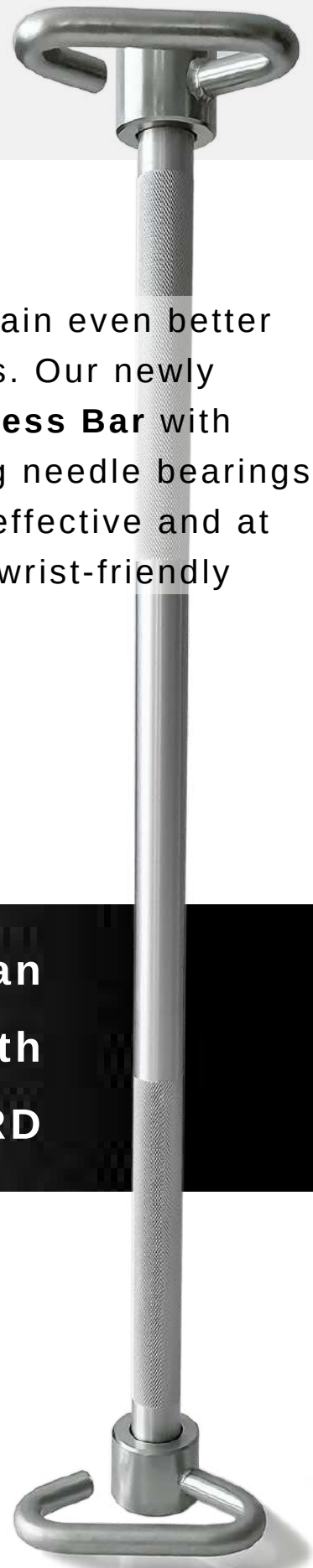
Now you can train even better with our boards. Our newly developed **Fitness Bar** with smooth-running needle bearings allows you an effective and at the same time wrist-friendly workout.



Designed for an
ideal training with
the **SPORTBOARD**



We say THANK YOU!
Your discount voucher at
othersports.de
THANKYOU-FITNESSBAR-2023



how to start

Board bag

- *optional* at othersports.de -



For comfortable transport or to store and protect the SPORTBOARD, you ideally use our specially designed board bag.

1 Push the Sportboard through the upper as well as the pocket loop



2 Fix the cork roll with the two lower loops



3 Secure the cork roll with the end loop



how to start

Balance

VS.

Pull exercises

Use the cork roll for balancing. The rubber stoppers at both ends of the board prevent you from slipping on your floor when descending and ascending.

Train the pulling exercises with the fitness resistance band. To do this, place the fitness band in the running track on the backside of the SPORTBOARD.



how to start

Don't worry if you don't have much experience with balance training. We promise you, we'll get you there!

1) Start with one leg

SPORTBOARD lies on the cork roll.

Weak foot stands firmly on the downward part of the sportboard.



2) Hold on & climb up

Hold on to a chair or a similar object.

Strong foot goes now initially without force on the upward part of the SPORBOARD



3) Hold balance

Now put more and more weight on the strong foot until the SPORTBOARD is in balance.

Gradually remove your hands from the chair and practice standing firmly in balance. Your knees are always slightly bent.



**THE BEGINNING
IS USUALLY THE
HARDEST BUT
ALSO THE MOST**

important part

For your motivation: People with little balance experience are a little wobbly on the SPORTBOARD for the first 2-4 hours. After a few rounds, however, the first balance squats are already no problem!

first steps: squats

First the basic technique

Start with dry squats:

- > tighten abdomen
- > shoulder blades backwards
- > hands optionally bent
- > chest out
- > knees slightly out
- > look straight ahead

Balance squats

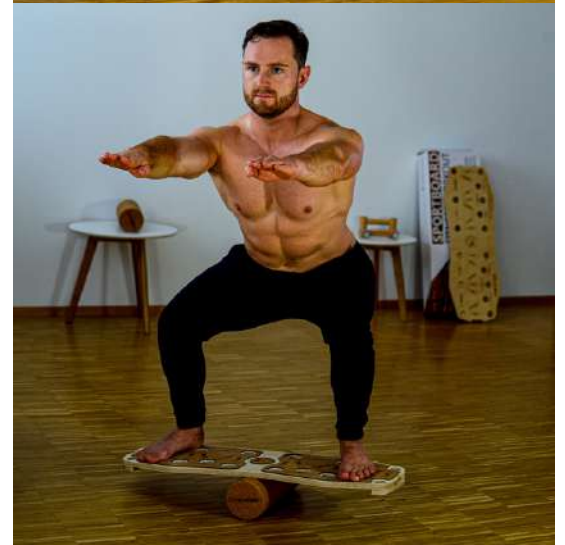
Train your balance and coordination with balance squats:

- > tighten abdomen
- > shoulder blades backwards
- > chest out
- > knees slightly outwards
- > use your arms to keep your balance as well as your form

Weighed balance squats

Advanced users can combine strength and balance training:

- > tense the abdomen
- > hands hold the band at the neck
- > chest out
- > knees slightly outwards
- > band stays in line over the midfoot



workout plan

We provide you with two training plans.

The most important thing for you is to first determine what your specific goal is. Do you want to stay fit and lose weight or do you want to build muscle?

The training plans are suitable for beginners and advanced athletes and solely depend on your coordination and your current strength level.

Workout plan I: fit and healthy

This plan is right for you if you want to lose weight, strengthen your cardiovascular system and improve your coordination.

Workout plan II: muscle building

This plan is right for you if you are an advanced athlete and want to strengthen your muscles. Here we will stimulate your muscles with more intensity to push growth.

**THE
DIFFERENCE
BETWEEN
WANTING
AND ACHIEVING
IS**
Discipline

Good to know: The human body has about 650 muscles. We cannot consciously control or train each one of them.

However, the SPORTBOARD is designed to target the most important 8 muscle groups:

- chest muscles
- back muscles
- shoulder muscles
- abdominal muscles
- upper and lower arm muscles
- upper and lower leg muscles

workout plan



Exercises marked with this symbol are explained in detail in the chapter "Exercise execution". Follow the instructions to train correctly and effectively with your SPORTBOARD.

After a growth stimulus through intensive sport, muscle parts need a sufficient rest phase. The workout plans are therefore systematically divided in time.

workout plan I fit & healthy: 2 DAY SPLIT

Medium RPE

FULL BODY

UPPER BODY

workout plan II muscle building: 3 DAY SPLIT

High RPE

LOWER BODY

UPPER BODY

FULL BODY

terminology

REPS

REPS stands for the number of repetitions you perform at a stretch for a given exercise.



SETS

SETS stands for the number of rounds you perform for a given exercise.

AMRAP

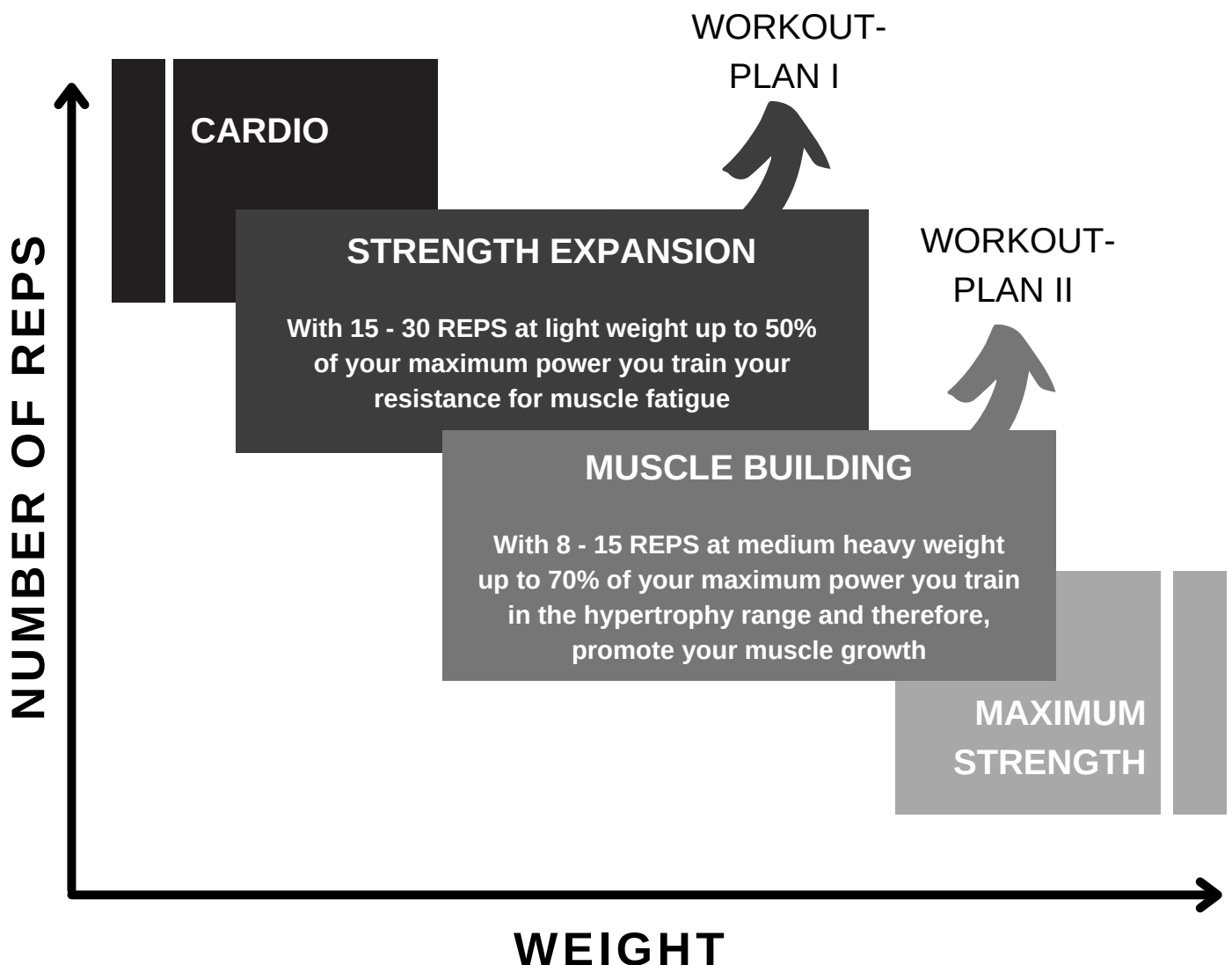
AMRAP stands for "as many reps as possible". The goal is to complete as many reps as possible in the allotted time.



comparison

Do you prefer to train with heavy weights or with light weights and many repetitions? 10-12 repetitions is often said as a general rule.

Here is a little more transparency on this:



Important: Depending on your workout goal, you can make your training as efficient as possible. Do you want to endure heavy loads for a long time (strength endurance), primarily gain muscle mass (hypertrophy) or develop muscle strength (maximum strength)? In general, however, you should make sure to train all areas in order to stay in balance!

challenges

We have various challenges built in for you....

The same SETS over and over again or the same home workout are monotonous in the long run and can also be soporific for your muscles. For this reason, we have built in various challenges for you. These range from a jogging round to a tour on the bike. Choose the challenge that suits you best depending on your state of mind. For even more motivation, the challenges can also be done in a group.



*Challenge
accepted!*

warm up

Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

JUMPING JACKS: A CLASSIC



RUMP BOW



BACK STRETCHER



warm up

Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

SQUAT



LEG LIFTER



THIGH EXTENSOR



warm up

Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

ABDOMINAL MUSCLE EXTENSOR



HUGS BEND I



HUGS BEND II



4 WEEK

fit & healthy
FULL BODY WORKOUT



fit & healthy workout plan

Train without the cork roll until you can safely perform the standard balance exercises with the roll.

	Mo.	Tu.	We.	Th.	Fr.
WEEK 1	 45 min. full body exercises 2, 3, 4, 12	Rest day	 45 min. upper body exercises 1, 5, 6, 7	 15 min. balancing exercise 9	 45 min. full body excises 8, 11 ,12, 13
WEEK 2	 45 min. full body challenge No 1	 15 min. balancing exercise 9	 30 min. full body challenge No 2	Rest day	 30 min. 1 free challenge of your choice
WEEK 3	 45 min. upper body exercises 3, 4, 2, 1	Rest day	 30 min. 1 free challenge of your choice	 30 min. balancing exercise 9, 11	 30 min. full body exercise 7, 13, 8, 11
WEEK 4	 45 min. full body challenge No 2	 30min. balancing exercise 9, 11	Rest day	 45 min. upper body exercises 5, 6, 7, 8	 30 min. 1 free challenge of your choice

free challenges

40 Burpees

10 REPS | 4 SETS



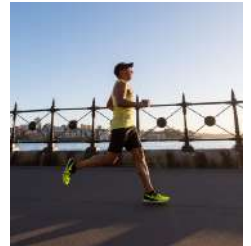
60 Push Ups

15 REPS | 4 SETS



5 km Run

max. 30 min.



40 km Biking

max. 2,5 h.



100 Lunges

25 REPS | 4 SETS



120 Squats

40 REPS | 3 SETS



set challenges

Try to complete the individual rounds during the challenges without pausing in between.

CHALLENGE 1

3 ROUNDS



SIT UP PLANK

2 min.



SQUATS

25 REPS



BALANCING

5 min.

CHALLENGE 2

3 ROUNDS



BALANCE
SQUATS

20 REPS



PUSH UPS








15 REPS










BICEPS CURLS

20 REPS

Exercise

1	Biceps Curls 	SETS 3	REPS 10	
		RPE 11	REST 1 <small>MINS</small>	
2	Standard Push ups 	SETS 3	REPS 15	
		RPE 10	REST 2 <small>MINS</small>	
3	Push up Balance Wide 	SETS 3	REPS AMRAP	
		RPE 13	REST 2 <small>MINS</small>	
4	Push up Balance Narrow	SETS 3	REPS AMRAP	
		RPE 13	REST 2 <small>MINS</small>	









Exercise

5	Shoulder Press 	SETS 3	REPS 15	
		RPE 10	REST 1 MINS	
6	Shoulder Front Pull 	SETS 3	REPS 15	
		RPE 10	REST 2 MINS	
7	Pre-bent Rowing 	SETS 3	REPS 25	
		RPE 12	REST 2 MINS	
8	Abdominals Planking	SETS 3	2 MINS	
		RPE 12	REST 2 MINS	

fit & healthy
full body

fit & healthy
lower body

Exercise

9	Balancing 	SETS 3	5 MINS	
		RPE 7	REST 1 MINS	
10	Calf Raise	SETS 3	REPS 20	
		RPE 7	REST 1 MINS	
11	Balance Squats 	SETS 5	REPS 20	
		RPE 11	REST 2 MINS	
12	Standard Squats 	SETS 3	REPS 20	
		RPE 11	REST 2 MINS	
13	Deadlifts	SETS 3	REPS 20	
		RPE 11	REST 2 MINS	

 See chapter Exercise executions



















A muscular man with a beard and short dark hair is shown from the waist up, shirtless, performing a resistance band exercise. He is standing on a wooden floor with a light-colored wood grain. He is wearing black athletic pants and grey sneakers with blue accents. He is holding a black resistance band with both hands, pulling it taut. The background is a plain, light-colored wall. To the left, there is a small white round table with wooden legs. To the right, there is a stack of books, one of which has the word 'SPORTBOARD' visible on its spine. The overall scene is a fitness studio or home gym.

4 WEEK

muscle building
FULL BODY WORKOUT

muscle building workout plan

Train without the cork roll until you can safely perform the standard balance exercises with the roll

	Mo.	Tu.	We.	Th.	Fr.
WEEK 1	 45 min. full body exercises 2, 3, 4, 13	 45 min. full body challenge No 2	 45 min. upper body exercises 1, 5, 7, 8	 15 min. balancing exercise 11	 45 min. lower body excises 12, 13, 14, 15
WEEK 2	 45 min. upper body exercises 2, 3, 5, 6	 20 min. balancing exercise 11, 13	 45 min. full body challenge No 1	 45 min. 1 free challenge of your choice	 45 min. lower body exercises 12, 13, 14, 15
WEEK 3	 45 min. upper body exercises 1, 2, 3, 4	Rest day	 45 min. lower body exercises 12, 13, 14, 15	 45 min. upper body exercises 5, 6, 8, 9	 45 min. full body challenge No 2
WEEK 4	 45 min. 1 free challenge of your choice	 45 min. upper body exercises 1, 2, 3, 4	Rest day	 45 min. upper body exercises 5, 6, 7, 8	 45 min. full body exercises 9, 15, 13, 14, 10

free challenges

80 Burpees

20 REPS | 4 SETS



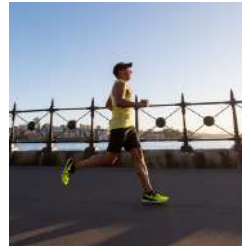
100 Push Ups

20 REPS | 5 SETS



6 km Run

max. 40 min.



60 km Biking

max. 3 h.



200 Lunges

50 REPS | 4 SETS



240 Squats

80 REPS | 3 SETS



set challenges

Try to complete the individual rounds during the challenges without pausing in between.

CHALLENGE 1

5 ROUNDS



SIT UP
ROWING

15 REPS



STANDARD
PUSH UPS

15 REPS



SQUATS

20 REPS

CHALLENGE 2

5 ROUNDS



BALANCE
SQUATS

15 REPS



BALANCE
PUSH UPS










10 REPS




BICEPS
CURLS










12 REPS

Exercise

1	Biceps Curls 	SETS 5	REPS 12	
		RPE 13	REST 1 MINS	
2	Push up Balance Wide 	SETS 3	REPS 15	
		RPE 14	REST 2 MINS	
3	Push up Balance Narrow	SETS 3	REPS 12	
		RPE 14	REST 2 MINS	
4	Triceps Push up Balance 	SETS 3	REPS 10	
		RPE 15	REST 2 MINS	
5	Shoulder Push up Balance 	SETS 3	REPS 12	
		RPE 12	REST 2 MINS	

 See chapter Exercise executions

Exercise








6	Shoulder Press 	SETS 5	REPS 15	
		RPE 14	REST 1 MINS	
7	Front Shoulder Lift 	SETS 3	REPS 15	
		RPE 13	REST 2 MINS	
8	Shoulder Front Pull 	SETS 3	REPS 12	
		RPE 13	REST 2 MINS	
9	Pre-bent Rowing 	SETS 3	REPS 20	
		RPE 13	REST 2 MINS	
10	Abdominals Planking	SETS 3	2 MINS	
		RPE 12	REST 2 MINS	

 See chapter Exercise executions

muscle building
full body

muscle building
lower body

Exercise

11	Balancing 	SETS 3	3 MINS	
		RPE 7	REST 1 MINS	
12	Calf Raise	SETS 3	REPS 12	
		RPE 11	REST 1 MINS	
13	Balance Squats 	SETS 3	REPS 15	
		RPE 12	REST 2 MINS	
14	Squats with Band	SETS 3	REPS 20	
		RPE 13	REST 2 MINS	
15	Deadlifts	SETS 3	REPS 15	
		RPE 11	REST 2 MINS	

 See chapter Exercise executions

exercise execution



Follow the descriptions on the SPORTBOARD to target the correct muscle group for your workout.

5 top rules for a more effective training.



1. Pause for approximately 1 - 2 minutes between exercises
2. Do not unload during the exercise. Always keep your muscles in tension.
3. Always perform exercises in a controlled manner, swinging along is a no-go!
4. Tense the lower back during the execution and remain stable.
5. Lower body and leg training is a MUST-DO since these muscle parts are elementary for your metabolism and muscle building!



Biceps Curls

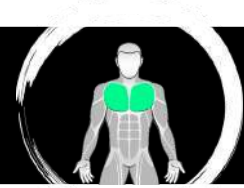
START

- Fitness resistance band guided into the recess on the back side of the SPORTBOARD
- Hands shoulder width apart and under tension
- Fitness resistance band under tension
- Attention: Please ensure a firm footing so that the board does not slip.



END

- Body erect
- Knee slightly bent
- Forearm to upper arm at acute angle
- Elbow tightly fixed to the body



Balance Push ups Wide I

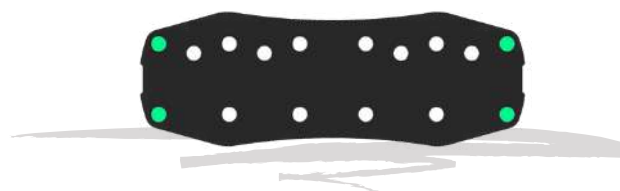
START

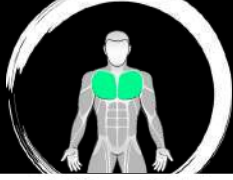
- Cork roll positioned under SPORTBOARD
- Push-up position assumed
- Back, head and heels in a straight line
- Buttocks tense and hips pressed forward



END

- Elbows pointing outwards
- Body under tension and straight
- Keep balance





Balance Push-ups Wide II

START

- Cork roll positioned under SPORTBOARD
- Push-up position assumed
- Back, head and heels in a straight line
- Buttocks tense and hips pressed forward



END

- Elbows pointing outwards
- Body under tension and straight
- Keep balance



Balance Push-ups Triceps

START

- Cork roll positioned under SPORTBOARD
- Push-up position assumed for triceps muscle group
- Elbows fixed tightly to the body
- Body straight and under tension



END

- Body led straight down and under tension
- buttocks tense and hips stretched forward
- Elbows fixed close to body
- Keep balance





Balance Push-ups Shoulders I

START

- Push-up position assumed for the shoulder muscle group (wide).
- Elbows pointing outwards and buttocks stretched upwards
- Hips form a line with upper body



END

- Body bent and under tension
- Nose pointing towards the floor
- Keep balance



Shoulder Press

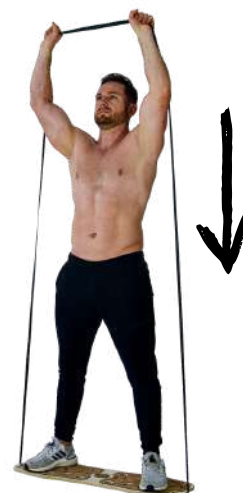
START

- Fitness resistance band guided into the recess on the back side of the SPORTBOARD
- Hands shoulder width apart and under tension
- Fitness resistance band under tension in front of the body
- Attention: Please ensure a firm footing so that the board does not slip



END

- Body erect
- Knees slightly bent
- Fitness resistance band pressed upwards in a controlled manner
- Hip pressed forward





Front Shoulder Lift

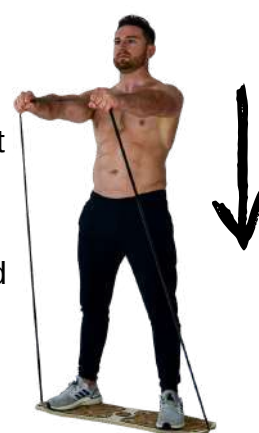
START

- Fitness resistance band guided into the recess on the back side of the SPORTBOARD
- Hands shoulder width apart and under tension
- Fitness resistance band under tension in front of the body
- Attention: Please ensure a firm footing so that the board does not slip



END

- Body erect and under tension
- Knees slightly bent
- arms form a straight line with shoulder forward
- Hip pressed forward



Shoulder Front Pull

START

- Fitness resistance band guided into the recess on the back side of the SPORTBOARD
- Hands shoulder width apart and under tension
- Fitness resistance band under tension in front of the body
- Attention: Please ensure a firm footing so that the board does not slip



END

- Body straightened
- Knees slightly bent and body slightly bent forward
- Upper arm and shoulder form a straight line





Bent Rowing

START

- Fitness resistance band guided into the recess on the back side of the SPORTBOARD
- Hands shoulder width apart and under tension
- Knees bent and body bent forward
- Fitness band under tension
- Attention: Please ensure a firm footing so that the board does not slip



END

- Body bent and under tension
- Head straight out
- Elbows pulled back in a controlled manner
- Neck,- trapezius muscle pressed downwards



Balancing

START

- Balance position assumed
- Sprint on the board with fast right, left change of body weight
- Head straight ahead



END

- Balance position assumed
- Sprint on the board with fast right, left change of body weight
- Head straight ahead





Balance Squats

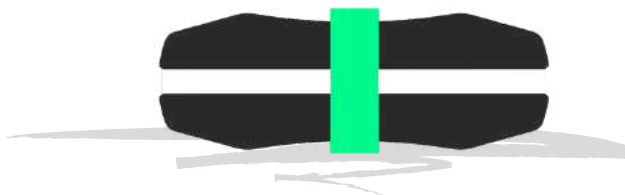
START

- Abdomen tense and shoulder blades back
- Chest out and knees slightly out
- Outstretched arms help maintain form
- Hips pressed forward



END

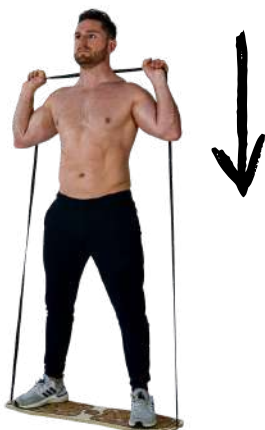
- Arms outstretched and head straight ahead
- Buttocks stretched backwards with a slight hollow back
- Knees point outward
- Body strongly bent and heels loaded



Standard Squats

START

- Abdomen tense and shoulder blades back
- Chest out and knees slightly out
- Fitness resistance bend held at neck
- Hips pressed forward
- Attention: Please make sure that you have a firm footing, so that the board does not slip



END

- Head straight ahead
- Buttocks stretched backwards with a slight hollow back
- Knees point outward
- Body strongly bent and heels loaded



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POWERBOARD

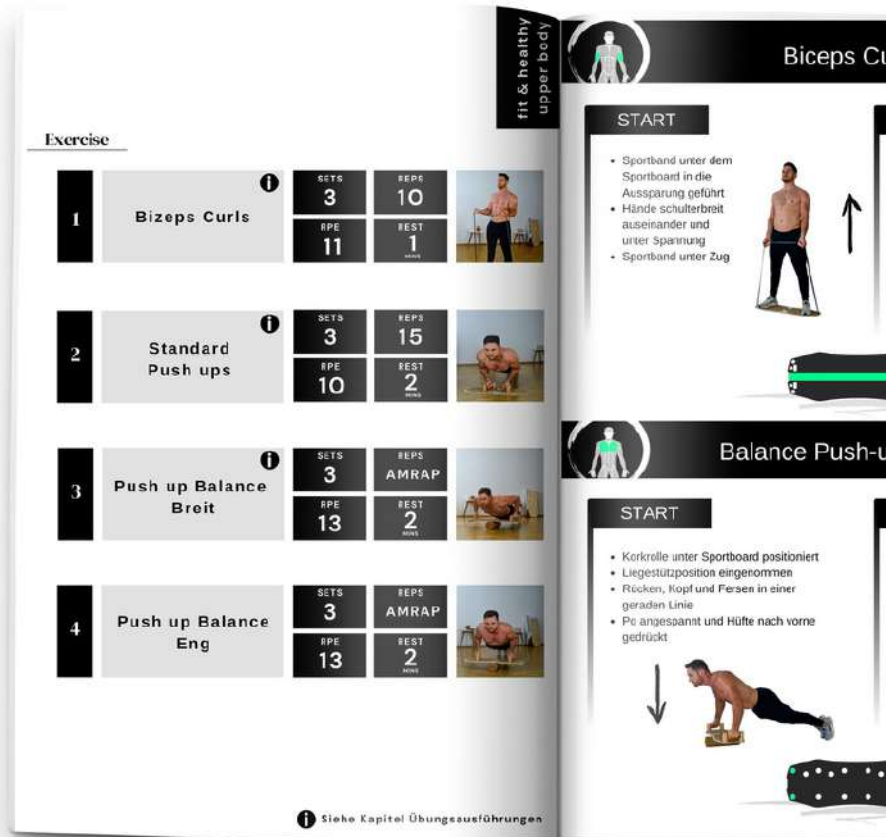
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Your othersports Team