

INSTRUCTION MANUAL



WARNING!

- Participating in exercise can be potentially dangerous .
- There is risk of falling or serious/fatal injury.
- Consult your doctor before beginning any exercise program.
- All Vew-Do equipment and accessories are intended to be used by adults only in the manner shown / illustrated / described. Anyone under the age of 18 should have adult supervision.
- Pets and children should be kept away from equipment.
- Always follow instructions (when provided).
- When using a balance board proper techniques and common sense should be used.
- Always check your equipment thoroughly for worn or damaged parts before using. If any defects are found do not use this product.

SAFETY TIPS

1. Beware not to exceed you bodies limits. Cease use of the board if pain, heart and/or breathing issues, light-headed/dizzy or nauseous feelings begin. See your doctor if any of these or other symptoms are experienced.
2. Dress in appropriate and safe clothing for use with a balance board and exercise.
3. Warning! Always use a balance board on a textured surface such as a carpet or exercise mat. Any other smooth surfaces may cause the board to slip out from under the user.

REGULAR USE OF VEW-DO BALANCE BOARDS PROVIDES:

- Gain stability in every day activities.
- Increase your balance and coordination.
- Increased injury prevention through range of motion.
- Core and lower body stability and strength improvement.
- Range of motion gains for legs and ankles.
- Better core and upper body strength through balance board exercises.
- Improved posture and a better balance with Vew-Do Balance Boards.



WHY VEW-DO BALANCE BOARD?

Vew-Do is the only balance board on the market that can do more than just go back and forth. If you've mastered other balance boards, then switch to a Vew-Do and begin a whole new level of training.

TOE & HEEL - Why settle for just going back and forth? Get that board up on edge & take your training to the next level.

100% HARD MAPLE - Built from wood grown in the U.S., our boards are designed to last decades, not years.

USA MADE - Made in our Salt Lake City Factory. We are proud to hand-make every board right here in the USA.

ROTATIONAL BALANCE - Our patented I-Beam rail system ensures our boards will really get you moving, so you can enjoy a true full-body workout.



CORE BALANCE BASIC EXERCISES



- While sitting down, place the Vew-Do board under your feet and slowly rotate a number of times in each direction.
- The most common exercise done is to stand on the core board and move from front to back without the sides touching the ground, or move from side to side without the front and back touching the ground. Stand on the Vew-Do board with feet shoulder width apart. Hold on to a chair for support if needed and rock the board forwards and backwards, then side to side. Do this for 2 to 3 minutes. Once you feel comfortable you can perform this exercise without the use of the chair for support.
- Balance on the Vew-do board for as long as you can without the edges touching the floor. Aim for over 2 minutes without touching the floor.
- Rotate the Vew-Do board in a circle, but do not allow the edge of the board to touch the floor. Aim for 2 minutes.

ATHLETIC / FITNESS TRAINING

Athletes who regularly train with balance boards develop proprioceptor reaction and ankle strength decreasing the risk of ankle injury during play, while improving coordination and overall athletic ability.

- Train to maintain balance on the boards for at least 30 seconds.
- Pass a medicine balls back and forth.
- Stand on balance boards with one foot. With the other foot, have them draw numbers, letters and shapes in the air.
- Perform “balanced push-ups” with your hands gripping each end of the balance board.
- Sit on the balance board and do crunches.
- One-leg lunges. Be sure to position your foot arch on the center of the board and move slowly.
- Squats - very advanced, but very effective.
- Yoga poses can even be done. Try the plank, raising one leg up slowly and holding.

