



# Rolling With It

## Rocker Board Tutorial

*\*Please be sure to consult a physician before attempting these exercises.*

Fitness experts and enthusiasts agree that when it comes to staying in shape and building a strong, toned core, low-impact exercises are the most effective way to achieve your goals. Adding a rocker board to your routine is a great way to improve core strength. The rocker board has grown from a sport-specific balance training tool to a versatile piece of fitness equipment that provides support in rehabilitation, post-rehab conditioning, posture, flexibility, stability, agility, core strength, neuromuscular integration, increased reaction time, plyometrics, and overall fitness.

When standing on a rocker board, the board continuously disrupts your center of balance, forcing the use of dynamic and multi-directional planes of motion. This puts you in "balance recovery" mode and forces you to use and develop all three of your body's balance systems in all three planes of motion (frontal, sagittal and transverse planes).

As you achieve a higher skill progression, your body will store this information as muscle memory and use the stored information in a balance recovery situation when it is recreated in another environment. In addition to improving balance recovery skills, proprioception and other benefits, rocker boards also add physical conditioning, strengthening of muscles, tendons and ligaments, calorie burning and enjoyment to your training routine.

Rolling With It Rocker Boards, as well as our other products, are used in gyms, training centers, physical therapy clinics, hospitals, homes, rehab centers, and more. Our users are comprised of almost every age, gender, and physical capability and include trainers, coaches, dancers, gymnasts, professional and amateur athletes, persons with learning and physical disabilities, recreational users, weekend warriors, and anyone simply trying to get in shape!

# **Rocker Board Exercises**

## **How to Use the Rocker Board**

These exercises are best performed in bare feet or athletic socks and on a soft floor such as a carpet (not plush) or rug or mat, rather than a hard floor such as wood. The board is liable to slip on a hard surface. If you are new to this, ensure there is a wall or something close by that you can reach for if you lose your balance. For those who need extra help with balance, get a friend to spot you or put your rocker board in a doorway so you can steady yourself. Maintain good posture while doing your exercises. It's better to do fewer reps well than to execute many poorly.

Simply balancing on the board can be an effective exercise as it strengthens the muscles of your lower legs and thus is particularly useful for those with weak ankles. With your feet shoulder width apart, stand on top of the balance board with your hands resting loosely at your sides. Try to balance on top of the board, keeping it steady and level for as long as you can. We recommend practicing this a few times until it becomes easy before progressing to additional exercises.

## **Single Leg Exercises**

Once you get a feel for standing on your rocker board with both feet, you can progress to single leg stances. Stand with your right foot in the middle of your rocker board. Raise your left knee so your left leg is at a 90-degree angle. Hold for 15 seconds. Repeat on the other side. Once this is easy, progress to longer holds. You can also try straightening the lifted leg or balancing with it held out to the side or reaching out behind you. For an added challenge, try closing your eyes.



## **Throwing and Kicking**

Once you've mastered a static hold, make things interesting by adding movement to your balancing. Try standing on one leg while tossing a tennis ball up and catching it in the same hand. Then try throwing hand to hand. Or stand on one leg while kicking the other forward. If you play a particular sport, try sport-specific movements. For example, tennis players can hold a racket and pretend they're hitting forehand and backhand shots.

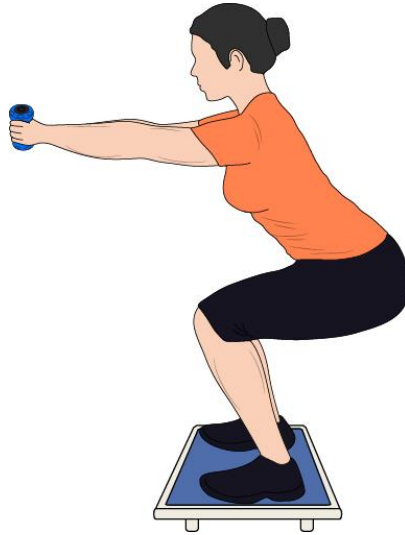
## **Core Strengthening**

To strengthen your core -- and for a whole different approach to proprioception -- try sitting on your rocker board. Keep your chest lifted, your back straight, and your shoulders relaxed. With your knees bent, lift your toes off the floor and balance on your buttocks. If this is easy, lift your shins until they're parallel to the floor. For extra credit, close your eyes.



## **Use Your Core to Maintain Balance While Squatting**

Take your squats to the next level. Try performing your squats while positioned on the balance board. With your arms in a vertical line with your head and shoulders, slowly lower yourself into a squatting position while maintaining your balance. This will force you to use the muscles in both your lower legs and abdomen as you lower and raise yourself back to your original standing position. If you are looking for a higher degree of difficulty, use small weights to give you additional resistance.



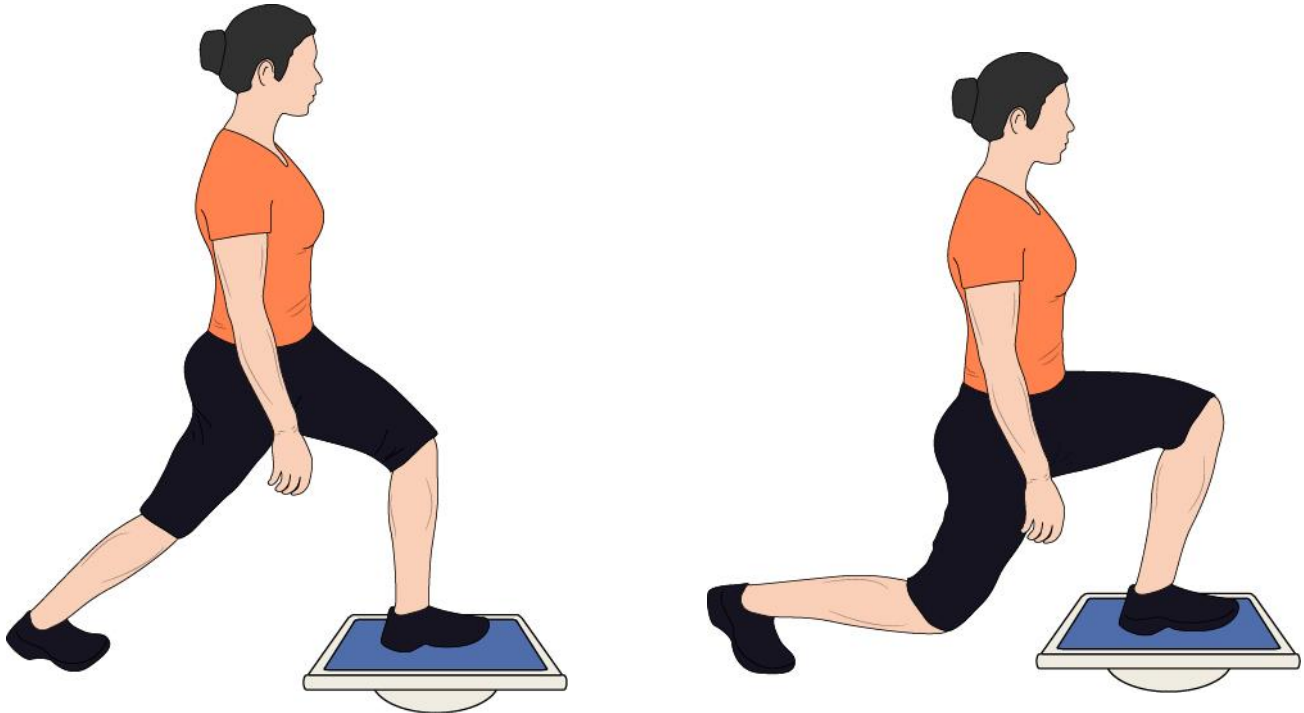
## **Exercise Your Oblique Muscles**

Once you have completed your squats, grab a medicine ball and reposition yourself on the balance board. Hold the ball in front of you in your hands. You may also choose to use a light free weight as a substitute in performing this exercise. Next, twist your torso while tightening the muscles in your back, hips, and abs. Turn first to the left as far as possible, then return to your starting position. Then repeat, this time rotating to the right. This balance board workout helps to strengthen the muscles in your core, as well as those hard to reach side abdominal muscles.



## Performing Balance Board Lunges

Lunges are a great core exercise for increasing abdominal strength. They can be performed with or without free weights, depending on the level of resistance or difficulty you wish to add to the exercise. The key is to position yourself carefully on the device, establishing and maintaining balance. Once this is accomplished and you feel stable, slowly lunge forward with either your right or left leg. You want to make sure to bend until your thigh and calf are at a 90-degree angle. Once you have reached your lunge position, slowly raise your body to your starting position and repeat your lunge with the opposite leg. The more comfortable you become with this exercise, or any of the exercises mentioned, you can increase your number of reps to continually challenge your body.



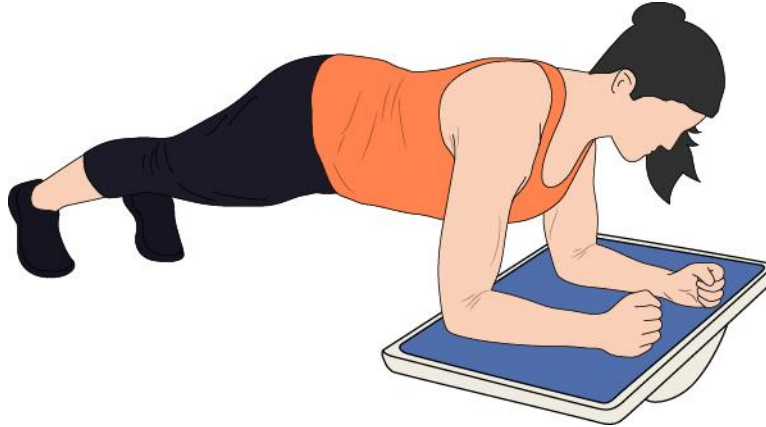
## Push-Ups

Start in high plank position, with feet wider than hip-width, shoulders stacked over wrists, and hands gripping the sides of the balance board. Slowly lower your chest down to board, while keeping your hips lifted and core tight. Be careful not to pinch fingers between the board and the floor. Do 3 sets of 8 reps. When initially using the balance board for this exercise, you may want to perform push-ups while on your knees and then you can advance to full push-ups for an even greater challenge.



## **Elbow Plank**

Start in low forearm plank position with shoulders stacked over elbows and forearms resting on the rocker board. You may want to lay something (like a towel or old t-shirt) over the board to protect forearms from the non-slip surface. Try tilting side to side to engage and challenge the abs and obliques. Do 3 sets of 30-second holds.



## **Calf Stretch**

This exercise is beneficial for stretching out the calf muscles to help you gain better stability. To perform this exercise, place one foot on the board. Keep the heel of this foot flat on the board and your other leg flat on the floor. Now lean forward until you can feel your calf muscle stretch.



## **Dumbbell Curls**

You can perform simple dumbbell arm exercises while balancing. Stand on rocker board with your spine erect, chest up, feet shoulder width apart, and a dumbbell in each hand. With your knees slightly bent, curl one dumbbell up to your shoulder and then back down next to your hip. Alternate each arm for the desired amount of repetitions. Keep abs engaged. Be sure to exhale as you curl the dumbbell. Face your palms inward to focus on your forearms, or your palms out for the traditional curl, focusing on the biceps.



## Standard Tree Pose

This is a classic yoga pose incorporating balance. The one-legged tree pose is performed by balancing on one leg and placing the sole of your other foot on the inner thigh above your knee cap. Place the arch of your foot in the center of the board for balance before you begin. When balance is achieved, this pose can be done by balancing the foot that is the “root of the tree” in the center of the wobble board.

