



Half Balls

Elysia Tsai, M.Ed., ATC introduces our Urethane Half Balls. These are a great starting point for any beginner on our Balance Training System. The Half Balls are durable, high-quality, and allow for a wide variety of board combinations. Whether you're just getting started or practicing more advanced moves, the Half Balls are a perfect addition to your Si Board Balance Training System.

(0:01) Elysia here with Si Boards and I'm here to introduce our line of Urethane Half Balls.

Urethane Half Balls (0:06)

These are a great starting point for any beginner on our Balance Training Systems and we can also create a very unique advanced combination for advanced training.

Half Ball Material (0:21)

Our Half Balls are made out of Urethane which is an extremely high quality material. Urethane resists friction, damage from any UV or heat sources, and is odor-free. These have no smell or off gas like rubber or plastic.

Board Combinations (0:45)

- 1) When you're using the Half Balls with our Balance Training System, you can place two underneath the board and create a Rocker Board that's going to tilt in only one direction. This is a great beginner movement for anyone starting a Balance Training System.
- 2) If you're just using one Half Ball underneath the board you're going to create a Wobble Board which will tilt 360 degrees for a more advanced skill. Because our Half Balls are not fixed to the board, you have the unique ability to get a central weight distribution by placing the Half Ball underneath the center of the board, or you can place it to the side of the board and get an off-balance weight distribution. This is perfect for anyone recovering from an injury who has a weaker side to place the Half Ball underneath that leg that needs to be strengthened. You will feel the weight distribution and you will feel that leg engage more. These are great tools for rehab, Sports Performance Training and for anybody who wants to progress their Balance Training System.

Half Ball Sizes (1:57)

- 1) The first of our sizes is a 3" Half Ball which is 3" in diameter and only 1 1/2" in height. This is actually only suited for the Kick Start Board, which is a mini board suited for toddlers.

- 2) Our next Half Ball is a small 5" diameter Half Ball which is solid as well. It is 2 ½" in height. This is a perfect starting point for all of the Starter Boards. At this height it's going to keep you close to the ground but you'll still get a great amount of motion to get started on our Balance Training Systems.
- 3) Our next Half Ball is 6 ½" in diameter and 3 ¼" in height. This is a perfect advanced Half Ball on all of our Starter Boards. On our Original Boards, this is a great beginner Half Ball because it keeps you low to the ground and it still gives you a great starting point. You'll notice that this Half Ball has a recessed area and that's because we can add Balls in here to give you an advanced option.

When you're riding on our Balls on our Balance Training System, the movement is absolutely beautiful. It's smooth, controlled, and transfers your weight from foot to foot beautifully.

- a. The first Unpredictable Combination is to add a small Ball inside of the Half Ball cavity. We added a 3" Ball inside a 6 ½" Half Ball, and you can see that there is motion. This combination is called the Thrasher and just like it sounds, it will thrash you around underneath the Board.
 - b. The second Unpredictable option is to add a larger Ball inside the cavity of the Half Ball. If I add a 5" Ball inside a 6 ½" Half Ball, we get the combination called the Big Drop. Just like the name sounds, when you're riding, you're balancing on the edge and all of a sudden it will turn on you, just like a Big Drop.
- 4) The last Half Ball is 8 ½" in diameter which is 4 ¼" in height. It is a perfect Half Ball suited for our Original Boards. It's gets you up nice and high and gives you plenty of movement for your skills.
 - a. To advance your Half Ball and get those Unpredictable Combos you're going to add a smaller Ball into the 8 ½" Half Ball. If I had the 5" Ball inside of the 8 ½" Half Ball, this again is the Thrasher Combo, perfect for Original Boards.
 - b. The Second Unpredictable Combo is called the Big Drop. We're going to add the 6 ½" Ball inside of the 8 ½" Half Ball. Again, you have two different sizes of pivot points which makes for a very unique balance challenge.

(4:50) Our Half Balls are designed to get you started with any Balance Training System, but they also give you the ability to train on complex motions. If you wanted to do something challenging on the upper body but you didn't want the challenge on the lower body riding a Ball, then you can definitely place your Board on a Half Ball and be able to work in complex, full body motions.

(5:15) I invite you to Jump Into the Next Generation and start your Sports Performance Training with our Half Balls.

Elysia Tsai, M.Ed, ATC is a Certified Athletic Trainer and the developer of Si Boards balance boards, unbreakable med balls and power rope balls. Our balance boards are the most versatile and progressive multi-direction training system. Our high performance products are made in the USA with superior function, quality and lasting value. We are always available to answer your questions.

For more information check us out at:

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