



## Surf Original Board

Elysia Tsai, M.Ed., ATC introduces the Surf Original Board. Stay 100% surf-fit with this perfect dry land training combo. With the Surf Original, you can create 16 boards in 1 with this amazing balance training system. Jump on board! Read the full video transcript below.

(0:18) Elysia here with Si Boards and I'm here to introduce our Surf Original.

### Key Features (0:37)

The Surf Original is a specialty board shape. It actually features a shaved nose so it's pointed. What this means is that the ride on the front side is very quick to turn. The backside has a fishtail which makes it a stable surface on the backside. It does ride differently than our normal elliptical- shape boards, and has a directional feel to it. As with all of our boards, it features two layers of grip on the top and a layer of grip on the bottom. If you're grabbing the board from the side or underneath, you can have a consistent feel and texture.

### Ideal User Height (1:21)

This is a Medium-sized board which is best suited for a wide variety of users. For somebody who is 5' 4" (1.6 meters) all the way up to 6' (1.8 meters), this is a great board that's going to give you a speed and strength combination without overtiring your legs or feeling like you don't have enough of a challenge. It will feel very comfortable when you're standing.

### Board Specifications (1:48)

This board is 42" tall (106 cm) by 18" wide (45 cm). The weight is 12 lbs. (5.5 kg) so it is a heavy, substantial board. When you're moving this around with your legs it does take leg strength to get this board moving.

(2:12) The Surf Original features solid urethane blocks which hold the steel rail system off of the board about 2". The rail itself is 28" long (71 cm) by 14" wide (35.5 cm). The board stance when you're riding on one ball would be about 28" wide.

### Endless Surf Combo (2:44)

The Surf Original Endless Wave is designed to give you the ultimate training package and exercise variety. It is going to come with two of the 8 ½" Half Balls. If you put two underneath the board you can have a Rocker Board. If you place just one, you'll have a Wobble Board. Again, because our Half Balls are not fixed, if you place it on the backside of the board that back leg is going to fire up. For surf training, people really like being able to place a Half Ball on the backside.

(3:16) This package is going to come with two of the 5" Balls. This is a great starting point to learn how to ride on one ball without being too high off the ground. If you were to use the ball on one side and a Half Ball on the other side, you would have a Single Pivot System. For advanced combos, you can place the ball inside of the half ball for the Thrasher Combo. You're getting two of the 5" balls and two of the 8 ½" Half Balls, so if you place the 5" Ball inside of each of the half balls you have a combination called the Rock and Roll, in which each end would be very unstable. It's a great advanced combination.

(3:58) Your Intermediate Ball would be the 6 ½" Medium Ball which is a great ball for riding, learning your turns, and weight distribution from foot to foot.

(4:11) The best ball that rides with the Surf Original, I think, is the 8 ½" Large Ball because you get up there nice and high. You've got turning as well as the ability to get a really big sweeping motion, and you can turn and stay up without the board touching the ground. It is a great weight transfer because the weight of this ball really gets you going with momentum. It's a great amount of leg control to be able to hang on that edge and then transfer your weight back. These are great training tools designed for your surf training.

(4:48) Lastly, you're going to add the Resistance Bands to the rail system and expand your training options. You'll be able to create 16 different training combinations using the variety of Balls, Half Balls, and the Bands. It's truly a remarkable system.

(5:09) And now my favorite, let's get ready to ride.

(7:17) The Surf Original Training Package is a perfect way for you to stay 100% surf-fit year round. I invite you to Jump Into the Next Generation with us. Jump on a Si Board today and start your training.

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.

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Surf Original Board Product Information Video Transcript

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