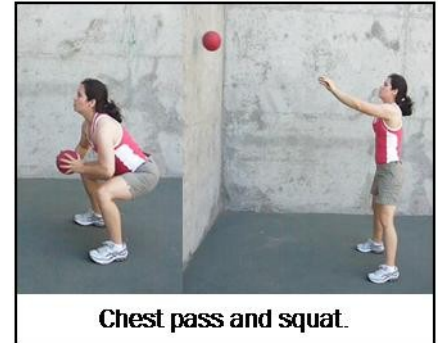
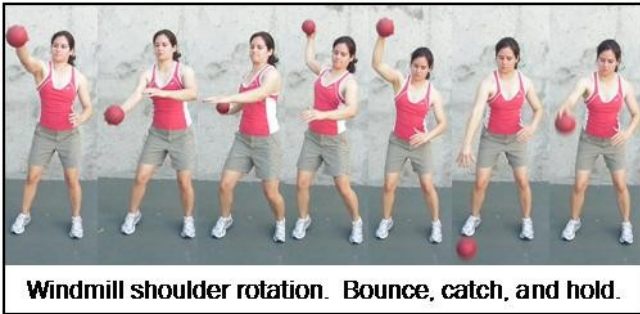


Si Boards Medicine Ball Exercises

Si Boards offers a fantastic line of medicine balls. Our balls are solid and will never warp, deflate, flatten or burst. No air, sand or gel filling. Just a solid ball that will bounce with unreal return. The energy packed into each throw rebounds to you with lightening speed for one powerful punch. Throw on the ground, rebound off the wall and catch overhead with little effort. Great for weighted repetitive exercises with quick sequencing.

Currently available

5" diameter = 2.5 lbs
6.5" diameter = 6 lbs
8.5" diameter = 12 lbs



Unique Increases

Reflexes

Plyometric power

Speed of skill

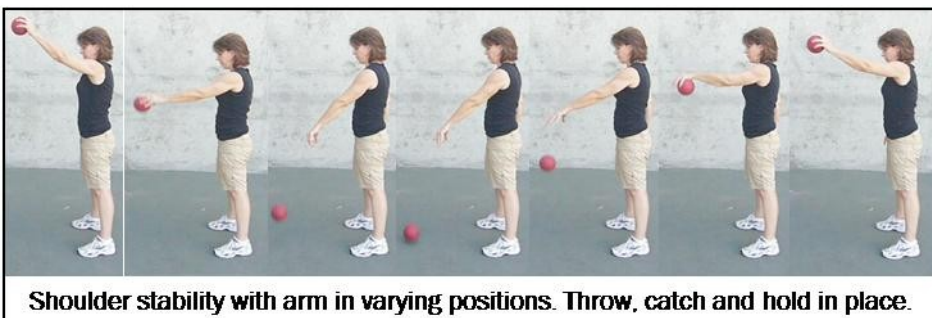
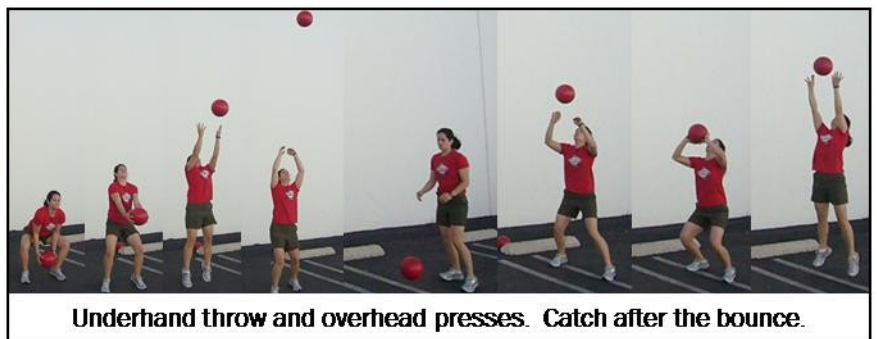
One armed coordination

Functional stability

Grip strength

Endurance

Fast position change



Si Boards Sport and Strength Training

Sport movements are dynamic. Take your training off the ground and to a shaky surface. Get sport specific and work complex movements. Work skill progression with Si Board half balls and balls. Create a rocker board with two half balls or a wobble board with one half ball. Then progress to two solid balls and finally to one ball. Increase your endurance, balance and strength and sharpen your reflexes.



Take your traditional sports up a notch and get sport specific.



Medicine ball throwing and squats on one and two balls.



Abdominal rolling forward, backward, sideways and circles.



Riding on hands and feet while on two balls.



Bodyblade with one and two blades.



Repetitive motion and hand eye coordination.



One foot clock squats and super squat.



Board dips and handstands with functional movement.



Pop Shuv-It push-up. Push up, rotate the board 180 and land.



Back bends with presses, dips and hamstring curls, and one foot bridging with hamstring curls. Move board in clock motions.



Functional shoulder clock movements and push-ups with clappers, stability ball, chest slaps and board rows.

Si Boards Trick List

If you can ride and land your tricks on a solid ball... imagine what you can do in real time. Take your tricks to the next level, sharpen your balance and be the talk of the town.



Hot Foot: jump and rotate 180 while on two balls.



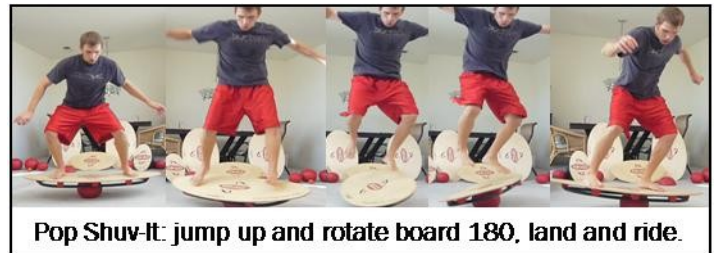
Lateral Jump: jump from left to right as the ball rolls close the center.



Pop-Up: push from the chest, jump from your feet, land, stand and ride.



Quantum Leap: ride and leap from various balance boards.



Pop Shuv-It: jump up and rotate board 180, land and ride.



Going Crabbin: position change from front to back with leg lifts.



Worm Hole: ride and jump from all Si-Board sizes.



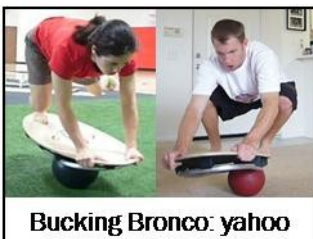
Helicopter: using the ground or a stable object, push yourself and freely rotate 360 or more.



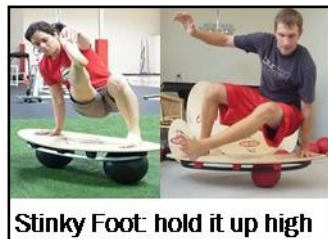
Plank Walking



Kick the Habit: rotate from two balls to one. **Fall Off the Wagon:** capture the loose ball by rotating and landing the board.



Bucking Bronco: yahoo



Stinky Foot: hold it up high



Shuffle Board: zig zag across the room.



Plumber Cracks

Si Boards Half Ball Exercises

Si Boards is changing the function of the traditional balance board. Independent half balls are free for you to place anywhere along the undersurface of the board. Place one to wobble in all directions or two to rock back and forth. Experiment with off center placement to change the weight distribution and work leg dominance.



Side placement creates uneven weight distribution and the leg closer to half ball works harder. Muscles opposite of board work harder.



Going Crabbin with position change from front to back with alternating legs.



Bucking Bronco on one half ball



Seated Bodyblade with arm and body position change.



Plank position with leg lifts and super cobra bending in half.



Dead bug with alternating arms and legs keeping lower back flat against board. Balance on one or two.



Jumping progression



Leg lifts with hips high or back flat. Straight leg, hip drive and short pumps.



Lunges and lunge jumps.



Power ball



Slow down and refine your movements while in your wide sport stance.



Handstand positions with movement.



Quadruped with alternating arms and legs.



Plank walking with foot crossovers and heel to toe tightrope walking.