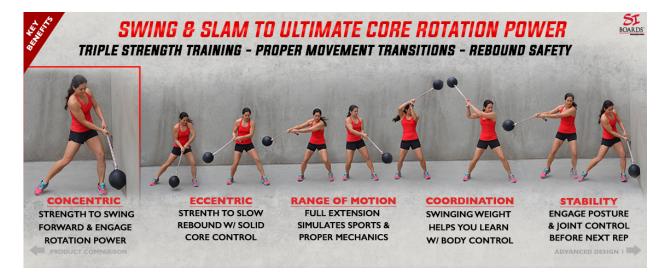


Dynamic Power Rope Balls Designed For Slamming Perfection



Welcome To Si Boards

You are about to Jump Into The Next Generation with us. We thank you for your support and sincerely hope you enjoy our training products. Please take a few moments to become familiar with your new Power Rope Ball before use to ensure safety and great training.

Power Rope Ball Precautions

Si Boards Power Rope Balls have superior bounce and are not intended as toys. The Power Rope Balls are intended as training devices for sports, fitness and rehab. Follow these safety precautions.

- · Children should always be supervised.
- Use the Power Rope Ball on a solid and smooth surface such as concrete. Avoid loose gravel and jagged brick or rock walls.
- Do not use the Power Rope Ball against walls made from drywall, plaster, glass or other fragile material.

- Do not use where people or property may be damaged. If you let go of the rope while using
 the Power Rope Ball it will continue to project into the air and will roll. Do not use in direct
 line of people, windows or other unprotected items.
- Keep your focus on the Power Rope Ball. Do not use to the point of hand fatigue or bad form.
 Stop when you cannot keep a firm grip on the rope.
- Do not use in positions where you may get injured. These include being in direct line of the Power Rope Ball rebound and trajectory from the rope.
- Ensure you have a proper standing surface and will not slip.
- The Power Rope Ball is made of solid urethane and does not compress like an air filled ball.
 These Power Rope Balls may be more difficult to control for beginners.
- Keep a tight grip on the rope at all times. Wearing gloves will help provide grip traction. The further the Ball is from your body the more control is required.
- The Power Rope Ball should be bounced off the middle of the Ball and not on the top rope cap.
- Ensure the top rope cap is secured into the top of the Ball and the rope is fully protected. The top of the rope should not come in contact with the ground.
- Check all knots and secure the rope before using. The Ball should be secure within the rope before using. Ensure all parts are in proper condition and well maintained before starting.

Power Rope Ball Care And Maintenance

Follow these guidelines before using your Power Rope Ball.

- When you first receive your Power Rope Ball the texture may feel slippery and appear shiny. This
 is the silicone mold release used during manufacturing.
- You may wash the silicone mold release off with dish soap and dry well with a towel. It may take
 several washings to completely remove any silicone. This is not a mandatory process. Mold
 release will come off during first use.
- Once the silicone is removed the Power Rope Balls will not look shiny and will have a naturally tacky feel.
- Check your Power Rope Ball for any damage, including cracks or splits. Damaged items should not be used. Minor scuffmarks are ok.
- Store your Power Rope Ball indoors and out of the elements, such as rain, extreme heat and cold and sunlight exposure. Do not store your items in contact with water, oils or solvents.

- Check the rope caps for splits, tears and any other signs of damage. The caps should have a secure fit into the Ball.
- With continued use, periodically take the top rope cap out of the top of the Ball and inspect all surfaces. Pull the rope out of the top cap and inspect the inner core for solid construction. A damaged top cap should not be used.
- Check the bottom rope cap for a secure fit into the bottom of the Ball.
- Check the rope for any signs of abrasion due to excessive friction, glazing or melting of
 the fibers giving it a hard glassy surface, any increase or decrease in rope diameter,
 discoloration from exposure to chemicals, loss of flexibility, core fiber exposure or kinking
 / twisting of the rope. These are signs of excessive abrasion, heat wear, broken fibers or
 exposure to outside agents. These conditions will weaken rope and can cause serious
 injury.
- Check all knots for a tight and secure fit. The knot at the bottom of the rope should have enough space to avoid coming loose.
- With continued use we suggest replacing the rope and caps on a yearly basis





Get the Right Rope Length For Your Needs and Skill Level

The longer the rope the farther the weight is from your body. This creates greater force on your joints and can be difficult to control for beginners. A shorter rope may be a better starting point for beginners and those learning shoulder control. Longer ropes give you the ability to slam the Rope Balls on the ground and have more body clearance on the rebound.

How To Measure

A general rule is to have the rope end at the inside of your elbow crease. This allows you to have ground clearance if doing big shoulder swings. You will have enough rope length for extra grip knots and hand wraps. Measure from the ground to the inside of your elbow. Advanced users may want a longer rope for added hand wraps or behind the back swings.

User Height Suggestions

• Up to 5'4" / 1.6 m: Short Rope Length

• 5'4" / 1.6 m to 6' / 1.8 m: Medium Rope Length

Over 6' / 1.8 m: Long Rope

Rope Lengths

• Short Rope: 42" / 1 m - Black Cap

Medium Rope: 51" / 1.3 m – Red Cap

• Long Rope: 60" / 1.5 m - Blue Cap

How To Change Your Rope Cap Assembly

The rope and urethane rope cap are designed to be changed together. The black heat sealed rope ends prevent you from taking the rope out of the mushroom shaped cap. Replace the entire assembly as one unit.

How To Remove Your Old Rope And Rope Cap



1) Untie all knots



2) Pull top mushroom shaped cap out from the Rope Ball



 Stagger the rope ends to allow one to pass through at a time from the bottom flat plug



4) Pull the remaining rope through

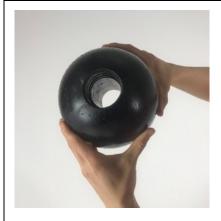


5) Use a cardboard tube and slide the Rope Ball over the tube



6) Turn the Rope Ball over and slide firmly over a pipe or broom handle to "pop" the cap out

How To Assemble Your Rope Ball



1) Your Rope Ball has ridges inside to help secure the bottom plug. This is the plug that has one hole versus two



2) Pass your chosen rope length through the Rope Ball. The cap assembly goes inside the smooth surface of the Rope Ball



3) Thread one rope end through the bottom plug



4) Wedge the second rope end into the bottom plug



5) Then pull the longer rope and the second rope end will follow



6) Even out the rope ends. Slide the bottom flat plug to the Rope Ball







7) Make sure the rope is not twisted inside the Rope Ball. Push the bottom flat plug to secure it into place. The bottom plug goes into the Rope Ball end with the inside ridges. It may be difficult to push it in







8) Gently bounce your Rope Ball on the ground to tighten the rope in the top plug and reduce slack







9) Make sure the ropes do not twist. Tie the bottom knot to secure the flat plug

Si Boards, Inc PO Box 61272 Irvine, CA 92602 si-boards.com 714-809-5109 elysia@si-boards.com Made in California, USA US Patent #7,357,767











10) Ensure rope top is protected and does not extend past the top rope cap. The bottom knot will secure the bottom cap. Check all surfaces for damage before and after each use

How To Hold The Power Rope Ball

There are several handholds that give you variety and allow you to fine tune your training.

Single Hand: Firmly grasp the rope and touch the bottom knot at the base of your hand. This single hand position allows one-handed transfer moves using both hands independently. This is the most difficult hold to secure if you do not have a strong grip or your hand fatigues.

Single Hand Wrap: With the single handhold, wrap the rope around the palm of your hand for added security. This allows you to swing with an open hand. Place knot on pinky side of palm to wrap toward thumb, then back of the hand. Finish by securing bottom rope under the top layer.

Two Handed: The two handed grip allows you to coordinate both arms at the same time. This two handed grip may also be wrapped around the bottom hand. Both hands can be face up / down in this position.

Two Handed Split: The two-handed split grip allows you to keep your hands apart. You may place a second knot in the rope to give you something to hold onto or keep your hand from sliding down. This grip allows you to change hand positions and is also a difficult hold to secure if you do not have a strong grip. Use our 3" rope grip for large hands.

Split Rope Grip: Until the bottom knot and use each rope independently. Use the single hand position on each rope and then wrap the rope around the palm of your hand. This position allows you to keep your hands apart and work your wrists independently. Rope can be even spaced or offset with one shorter than the other.

Interlace Finger Grip: You can use the 3" Rope Grip or a knot at the bottom of the rope. Interlace your fingers and grasp the sides of the knot or Rope Grip. This position relaxes your grip and keeps your hands open.

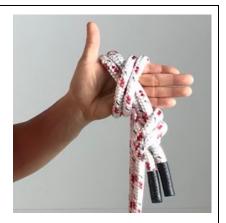
Caution: Some users prefer to secure the rope around the back of the wrist and thumb and through the palm of the hand. Take caution in this position, as it can be very dynamic on your wrist and thumb. Due to the rebound of the Power Rope Ball it will be more force compared to an air-filled ball and may cause joint damage to your wrist or thumb.



1) **Single hand wrap grip.** Place the knot on the pinky side of the palm. Wrap the rope in the palm to the backside of the hand. The rope should be close to the thumb side



2) Wrap the rope over the first rope layer, over the palm of the hand and close to the index finger side. The ropes should form an "X" in the palm of your hand



3) The first rope layer is now secured under the second layer.This allows you to open your hand with the rope secured



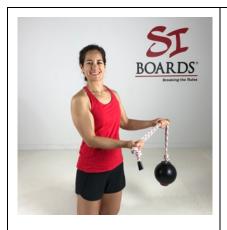
Two handed Grip at the bottom of the rope knot



Split hand alternating Grip



Split hand overhand Grip



Split hand underhand Grip



Split rope hand wrap Grip



Split rope offset length Grip

How To Attach The 3" Rope Grip

The 3" Rope Grip is a great size for large hands if the rope feels too small. It's also great for increasing your grip strength. You can place the Rope Grip at the end of the rope and use a Single, Two Handed, Split Rope Grip or Interlace Finger Grip. If you place it in the middle, secured the Rope Grip with an additional knot. This position will simulate a split hand sledgehammer hold and will allow you to catch the Rope Grip, cradle it in your hand and power through the next rep. You may want to get a longer rope to account for the extra knot.

Our Rope Grips have a silicone spray on them to help the rope slide. If the Rope Grip has been use a lot and the rope is slightly thicker from use it will be difficult to continually take the Rope Grip off and on. You

can spray the inside of the Rope Grip with silicone spray to help reduce friction. We also suggest keeping the Rope Grip on permanently rather than continually taking it off and on the rope.



1) Untie bottom knot to separate the two rope ends



2) Thread one rope end through the Rope Grip



3) Wedge the second rope end into the 3" Rope Grip



4) Pull the long rope through and the second one will follow



5) Tie off knots where desired



6) You can add a second 3" Rope Grip if desired





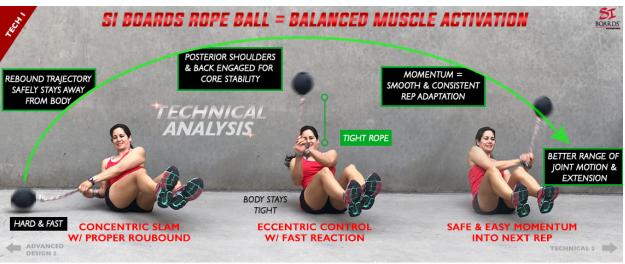


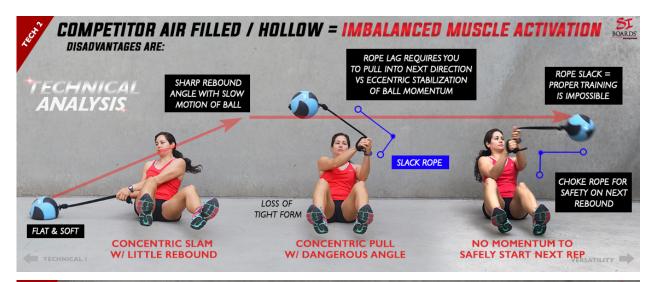
Interlace finger Grip



Interlace finger Grip









Getting The Most of Our Superior Rebound

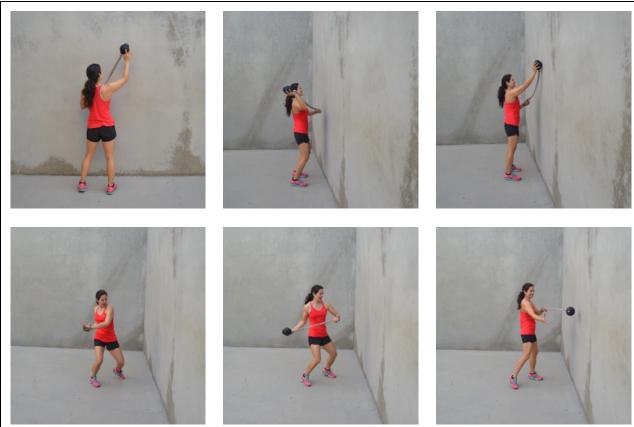
Our Power Rope Balls rebound unlike any other and creates tremendous reaction energy. The harder you slam against the wall the greater the fast rebound and eccentric muscle control needed with shoulder stability. To properly bounce against the wall you need full joint range of motion and to get your hand close to the wall. Your hand will be just a few inches from the wall upon proper contact of the Rope Ball against the wall. Limited range of motion prevents the middle of the ball from hitting the wall and prevents a direct opposite rebound. Limited range of motion results in the top of the Rope Ball cap hitting the wall and creating an unpredictable rebound angle.

Si Boards Power Rope Balls have superior bounce and are not intended as toys. The Power Rope Balls are intended as training devices for sports, fitness and rehab. Follow the safety precautions and care and maintenance guidelines before use.

Please Note: If you or your athletes have any hesitation in performing a movement series - do not attempt the move.

In my experience with beginners, if they do not have the confidence in completing the movement or have concern with being hit with the Rope Ball- I never push them to attempt the movement. Any break in form or improper mechanics with mental concern for injury can be risky. Allow patience and progression in learning new skills- our Power Rope Balls demand high performance training, focus and good movement mechanics.

Shoulder Warm Ups



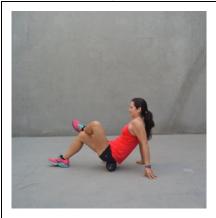
Warm-Up: Get your training session started with a shoulder warm-up using our Rope Ball similar to our Medicine Balls. Secure the rope in one hand. Cup the Rope Ball in the other hand and face the wall. Using small internal and external shoulder rotations, lightly bounce against the wall. Move in a clock pattern for shoulder position awareness. Progress with standing to the side of the wall and throwing the Rope Ball against the wall. Keep your hand craddled to catch and re-throw.







Pre-Training And Post-Training Tissue Warm-Up







Warm-Up / Recovery: Ahhh... One of the best phases of your training session is a hard earned self-care recovery. Use your Power Rope Ball and roll your muscles for deep trigger point relese, active release techniqe and reduce tension in your myofascia. We have a great 3" Mini Ball Trigger Point Release guide at www.Si-Boards.com for your reference. Our Balls will work deeper than a foam roller because of the round/tube shape. Smaller Rope Balls feel more focused while the larger Rope Balls give you a more diffuse tissue stretch. Find the area of tension, breathe and relax into the pressure. Then add joint motion to further mobilize the tissues under the pressure. Pre-training should incorporate faster movements with less time in tissue holds. This ensures you increase blood flow and avoid muscle relaxation and loss of power output from a relaxed state. Post-training should incorporate longer holds with relaxing breathing techniques. Have fun!

Swinging The Power Rope Ball Without A Wall

Step 1: The superior rebound of the Power Rope Ball can be difficult for beginners to handle. Always try a new move without the Rope Ball. This helps your body learn the movement pattern first, and allows you notice your proper range of motion, mobility and flexibility. The first step is to swing the Ball left and right lightly. Do not bounce against a wall yet.

Step 2: Get into a comfortable <u>squat stance and contract your abdominal muscles for stability</u>. Stand with good posture for shoulder stability.

Step 3: Using the two-handed grip keep your hands at arms length and let the Power Rope Ball hang in front of you. <u>Always keep your hands at arms length and with relaxed arms</u>. This helps guide the Ball in a path away from your body.

Step 4: Gently swing the Power Rope Ball to the right. As the ball loses momentum it will feel still. At this moment gently guide the Ball in the opposite direction. **Always avoid abrupt direction changes or pulling the rope off balance.**

Step 5: Once you are comfortable going back and forth swing the Ball overhead in a circular motion. There is natural rhythm of force and relax. Gently guide the Ball in the intended direction.

Step 6: To stop the Power Rope Ball allow it to slow down then gently guide the Ball back to the ground. Avoid stopping abruptly or pulling the Ball into your body. This will change the path of the Ball and may hit your body.

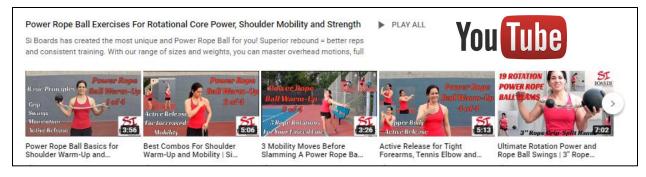
Step 7: Try other swinging motions such as figure 8 wood chops and reverse wood chops. When you are confident in the Ball movement try one handed holds while swinging the ball above your head and in figure 8's.

Step 8: Further advance the swing by changing hand positions. Using a one handed hold, swing the Ball around your body at waist level and change hands. You can do the same for figure 8's.

Step 9: Remember to keep your hands at arms length. Guide the ball in the path around your body in smooth controlled rhythm. Use double handed grip to swing the Ball side to side then with overhead rotations.

YouTube Tutorials- The Best Way To See Us In Action

Watch our YouTube videos for visual instructions on how to get started, key moves and tutorials. We highlight a few popular moves below. Each section is separated by Power Rope Ball sizes. Many exercises can be done with each size and some are better with a specific size.



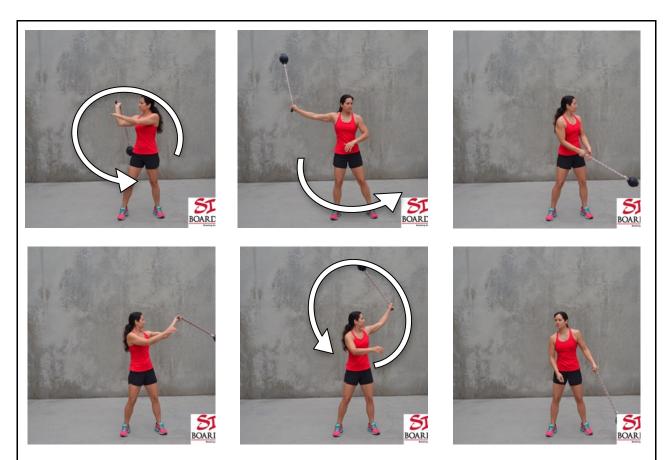
5" Small Power Rope Ball



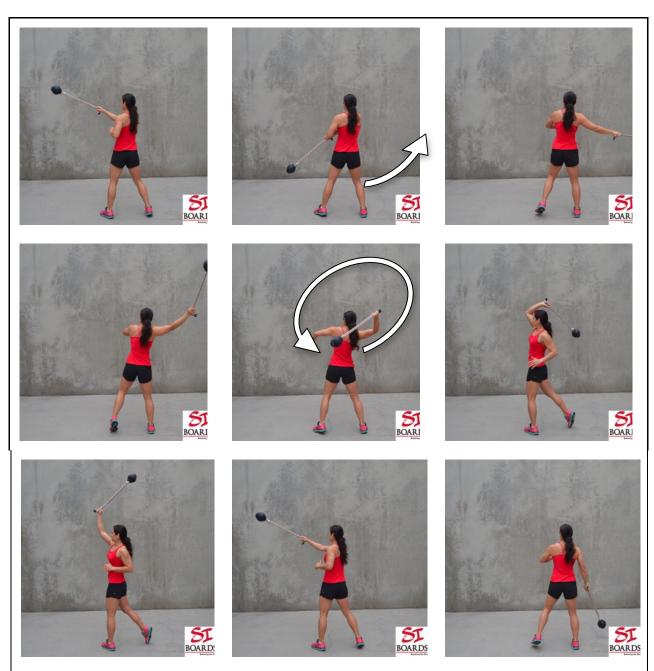




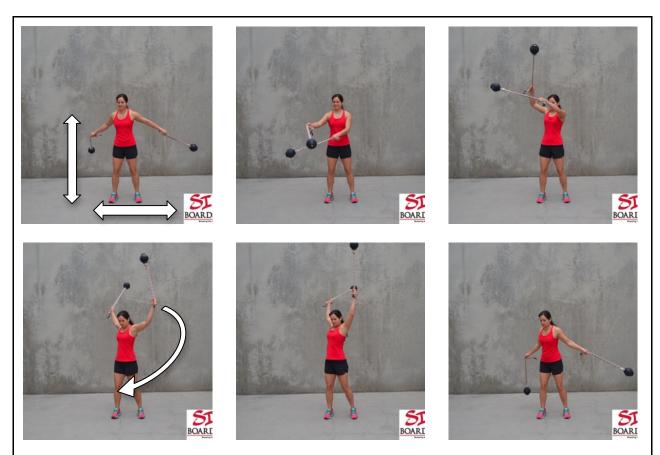
Switch Hand Around the World Body Swings and Under the Leg Swings: Use single hand grip and swing ball around the body. Keep an open hand to catch the rope. Progress onto one leg for more balance challenge. Try passing the Rope Ball below your leg as you do high kicks for warm-up. Use two hands and then progress to one hand for Figure 8's and Above the Head Rotation in clockwise and counterclockwise directions. Progress with agility side steps, squats or lunges for overhead swings.



Behind the Back Wrist Mobility: Use a half swing in front of your body and get comfortable switching hands. Once you gain enough momentum and the Rope Ball is above your head and arm is extended, reverse your wrist and elbow and bring it inward into flexion. The Rope Ball will change direction and rotate behind your back and elbow. Snap your wrist and elbow forward into extension to complete the rotation and then half swing to the opposite arm. You can do this move with clockwise and counterclockwise rotations in front of your body or behind your body. You can switch hands in front or behind your body. Create a fun combination of movements.



Behind the Back Throw: Caution with this advanced move- do not attempt unless you have a great understanding of swinging your Si Boards Rope Ball. Practice first without the Rope Ball and understand your hip and trunk rotation. Then try to swing in a big circle in front of your body in clockwise and counterclockwise motions for warm-up. Use a half swing backward and once the Rope Ball and your arm is in a cocked throwing position, rotate your body to a forward throw. The Rope Ball will change momentum and direction as you gently guide it behind your back with a high elbow. Finish your trunk rotation and arm throw to give the Rope Ball back the forward momentum.



Back Stroke / Butterfly Stroke / Freestyle Stroke Double Swings: Use 2 5" Rope Balls for this move and ensure you can complete each swing properly with each arm before attempting 2 at the same time. Start with half swings front to back with the right hand and a half swing left and right with the left hand. Let the Rope Balls cross over the right foot. Once you find the rhythm and gain enough momentum for the Rope Balls to swing to shoulder level, try one full swing by starting your backstroke pull. Control the momentum with a half swing in front of you until you are ready for another full swing. Use the same sequence for a front stroke. This movement can be done with both Rope Balls crossing the front at the same time or in an off beat rhythm more like a swimming freestyle stroke.

8.5" Large Power Rope Ball



Around The World with 360 Spin: Allow the weight carry your momentum as you swing around your body, Start with 90 degree quarter turns, then progress to 180 half turns and 270 three-quarter turns. When ready pivot on the opposite foot and complete a 360 spin. Try a forward spin on opposite hand and foot, backward spin on same hand and foot or a combination of both.

Bouncing The Power Rope Ball Against A Wall

Step 1: The superior rebound of the Power Rope Ball can be difficult for beginners to handle. First try the motion without the Power Rope Ball. This helps your body learn correct positions. The first step is to swing the Ball left and right with light contact against a wall.

Step 2: Get into a comfortable squat stance and stand with your back towards the wall. Contract your abdominal muscles for stability. Stand with good posture for shoulder stability.

Step 3: Using the two-handed grip keep your hands at arms length and let the Power Rope Ball hang in front of you. <u>Always keep your hands at arms length and with relaxed arms</u>. This helps guide the Ball in a path away from your body.

Step 4: To properly bounce the Power Rope Ball off of the wall you must follow your swing all the way towards the wall. If you give the Ball slight momentum and then stop your swing too soon before the Ball hits the wall, you will disrupt the natural trajectory. The Ball may not hit the wall properly or rebound in a predictable and consistent path.

Step 5: Lightly swing the Power Rope Ball to the right and follow through towards the wall. Allow the Ball to bounce against the wall and let it rebound back in the opposite direction. Then guide the Ball to the left and bounce it off the wall. Your hand will be very close to the wall: (a few inches when you bounce the Ball off the wall. This is the proper range of motion.

Step 6: Continue until you are comfortable with the amount of force needed to consistently and rhythmically bounce the Power Rope Ball off the wall. <u>Avoid abrupt direction changes or pulling the rope</u> off balance.

Step 7: To stop the Ball let it rebound off the wall and gently guide it to stop. It may take several deceleration movements if you have considerable momentum and speed built up.

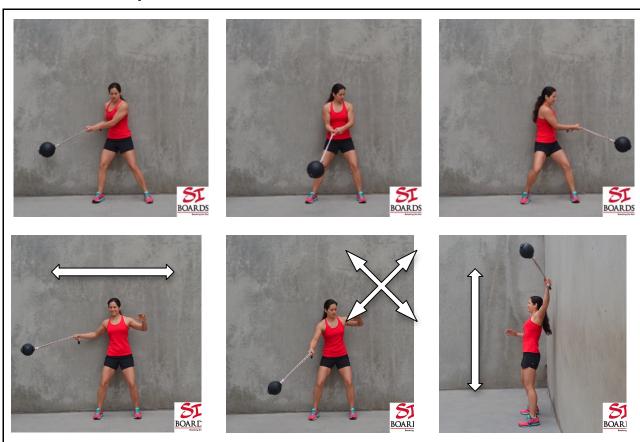
Step 8: When you are confident in the Ball movement increase the speed. Try other two handed motions such diagonal chops, up and down, left and right.

Step 9: Advance these moves by using a one handed grip and bouncing the Power Rope Ball off of the wall with one hand from left to right, diagonal, straight backwards, straight forward or from side facing in a lunge or squat position. Try these same moves with your non-dominant hand.

Step 10: Once you are comfortable with the one handed grip and swinging both arms independently, you can hand transfer the rope. Allow the Power Rope Ball to rebound off the wall to the right. Transfer the ball towards the left with your left hand open to receive the rope keep your hand open and wide to safely receive the rope. Continue back and forth.

Step 11: Add agility to these moves by turning to the side of the wall. Complete a clock circle swing and guide the Power Rope Ball towards the wall. The Ball will rebound off the wall and in front of your shins. Side step away from the wall as the Ball rebounds.

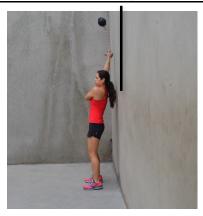
6.5" Power Rope Ball



4 Way Shoulder: This is the most important to master and is the basis for all wall movements.

Beginners should wrap the rope around one hand for added security. Use a two handed grip, steady your squat stance, contract your abdominal muscles for core stability, relax your shoulders and slightly squeeze your shoulder blades for posture stability. Start with low and non-powerful bounces. Proper rebound requires your hands to be 2-3 inches from the wall upon Ball contact with the wall. Allow the rebound to naturally reverse its path with momentum. You will feel an endpoint to the momentum and a stillness in the Ball. At this point, continue to guide the Ball in the proper direction with a small amount of force until you contact the wall again. Learn this rebound, momentum, stillness, guiding, power and rebound rhythm. Once you master this you can use more force with each direction toward the wall. Continue with 1 hand moves and in left/right, diagonal 1 and 2 and the up/down.

Understanding Rope Ball Momentum And Hand Placement

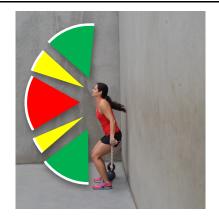


Contract / Pull Phase

Guide Phase

Still Phase

Guide Phase



Contract / Pull Phase

Si Boards solid urethane Power Rope Balls are made to rebound strongly and perform different from an air filled ball. You only need to give your Rope Ball increased momentum at the end ranges and close to the wall. The strong rebound will carry momentum in an arc away from your body. The middle of your swing will have a stillness. Avoid pulling into the next direction at this point. Allow the natural contract and relax rhythm. Proper rebound requires your hand to be close to the wall upon contact and a slight flick of the wrist to finish full the momentum with extension.

5" Small Power Rope Ball







Big Serve: Wrap the rope once or twice around your hand. A longer rope is more difficult on shoulder stability. Keep a high elbow and let the Rope Ball hang behind your back. Rotate your shoulder and wrist forward to give the Rope Ball momentum. Keep your elbow high and arm away from your body. Contract your trunk and front shoulder to control the rebound. Remember your hand needs to be close to the wall. Progress this move with 2 Rope Balls, add mini squats or a semi lunge positon. Progress by bouncing in clock positions of 12, 2, 4 and then return to 12 position. Add agility side stepping.







Forehand / Chest Fly: Stand a few inches from the wall and initiate the Rope Ball motion with your trunk rotation. Upon rebound, contract your trunk to slow the ball momentum and then stabilize and hold at the open position away from the wall. Control the rebound instead of it rotating too far behind your back. Hand position variations include the split hand and 3" Mini Rope Grip, Progress with 2 Rope Balls and sequence your movements for a dynamic Chest Fly motion. Add agility side stepping or squats.







Double Shoulder Extension: Use 2 Rope Balls and ensure you have proper mobility with each arm. Start low and only bounce off the wall with your arms low. Bounce with enough rebound to naturally reach hip height. Progress with rhythms of simultaneous or alternating bounces. Progress with the overhead movement by driving your hips forward, contracting your back and posterior shoulder and raising your arms overhead. The back of your hand must be close to the wall. The end range of motion is where you increase momentum. Keep your arms straight and move from your shoulders and not your elbows. Beginners should do 2-3 low bounces and 1 overhead. Progress with agility side stepping or a jumping jack sequence.







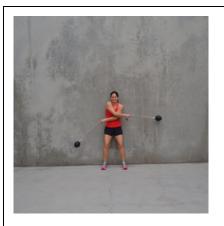
Double Diagonals / 4 Way Shoulder: Practice this move without Rope Balls first. Use one Rope Ball and learn the movements for each arm. Always keep your hands about 12" apart and guide each Rope Ball in the correct path. Start with a few low bounces and then one overhead cross once Rope Ball momentum naturally reaches hip height. Keep your hands apart the entire time. This move can be done in both diagonal directions and left and right keeping the left arm on top. Do a simultaneous bounce and then an off pattern 1-2 rhythm. Add agility side stepping.







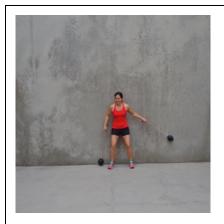
Steering Wheel: This side to side motion requires the arms to cross in the middle. The Rope Balls are bounced off the wall with the outside arm on top and the arm across your body in the low position. As you come through the middle guide the bottom rope into the top position faster. The outside arms are always in the top positions. You can reverse this move by keeping the outside arms in the bottom position.

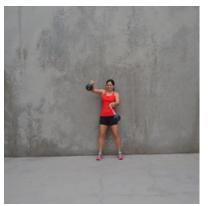






Chest Opener: This high performance move requires you to have full range of motion of your chest and thorax with shoulder stability and position awareness. You must be able to open your shoulder wide enough for you to touch the back of your hands to the wall. Perfect this move with a Rope Ball in one hand and simulate the movement with the other arm until you are ready for both Rope Balls. One shoulder and hand always stays on the top plane of motion- this rope should be a longer length. The bottom shoulder and hand stays on the lower plane of motion with a rope length shortened by wrapping it around your hand. Start with arms crossed and guide the Rope Balls to your open chest position. Increase the Rope Ball speed as you get close to the wall and provide sufficient rebound to smoothly cross your arms. The Rope Balls will bounce off the walls with your arms crossed.







High Cross Digonal: This complex sequence involves each arm moving in a different pattern. Ensure you can do each pattern with proper form for each arm. Start with your arms to each side and with small bounces against the wall to start momentum. When you naturally reach shoulder height try to complete one movement repetition overhead and across the body. Return to starting position and repeat small bounces until ready for another repetition.

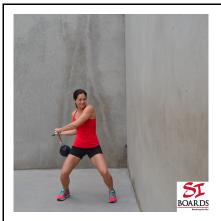
6.5" Medium Power Rope Ball







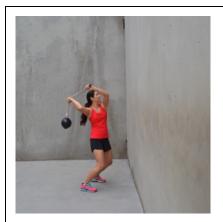
Lunge Forehand / Backhand: This move requires significant shoulder and elbow stability. Drive your trunk and hips towards the wall as you lunge. This creates momentum to complete your forehand Rope Ball slam against the wall. You can reverse this move and do a backhand with the arm closest to the wall. Lunge before the rebound or after the rebound. As you increase strength you will be able to slam the Rope Ball against the wall behind you. Progress with lunge jumps.

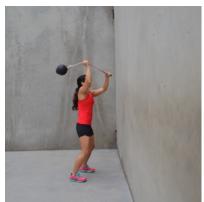


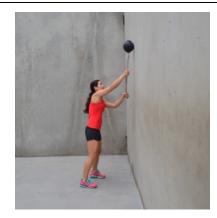




Split Hand Sledgehammer: Beginners start this position facing the wall for greater rebound control. Use the split hand hold and start with the Rope Ball to your side. Drive your hips and trunk to create momentum and get your hands close to the wall upon contact. Control rebound by actively contracting and holding your initial wind-up position. Avoid the Rope Ball from moving too far past you.







High Elbow: This movement requires a lot of abdominal strength and mobility. The weight and rebound of the Power Rope Ball behind your head is very abrupt. Start with both elbows in high position and with a split hand grip. Bounce the Rope Ball high overhead and keep your upper arm extended. Control the rebound by slowing the momentum down and holding your position steady with your hands behind your head. Always keep your elbows high and with some abdominal tension to prevent you from hyperextension. Progress this move with side stepping and bounces against the wall.



Switch Hitter: This baseball style move lets your slam from the right and left sides and involves a 180 pivot. First swing the Rope Ball above your head and hit the wall. Control the rebound to a stop and then swing overhead and hit the wall. Do this until both sides are equally coordinated. Next add an Around The World swing around your hips, go straight into an overhead swing and finish with a slam against the wall. Next, incorporate a 180 pivot as you control the rebound from a right handed hit. Strike the wall and allow the rebound to spin you around and you set your feet into position. Complete the Around The World, overhead swing and complete your left handed hit.

8.5" Large Power Rope Ball







Split Rope Steering Wheel: Split the rope and wrap it around your hand for security. Keep your hands 12" apart at all times. Keep the outside arm on the topside and the arm crossing your body on the low side. As the Rope Ball rebounds rotate your hands and switch positions so the outside arm is on top again, You can do the opposite reverse and keep the outside arm low and the arm crossing your body high. Do these moves first without the Rope Ball to understand the hand position change.







Split Rope 4 Way Shoulder: Split the rope and wrap around your hands for security. Stand wide and bounce against the wall between your legs. Start with low half swings until the rebound naturally reaches hip level. Progress to an overhead movement by driving your hips forward and upward for increased momentum. This move can be done facing the wall with half swings between your legs. Stand with your back to the wall and complete a left/right, diagonal 1 and 2 and the up/down movments.



Lateral Hop with Low Hockey Slam: Stay close to the wall and start with low and slow half bounces. Next, stay one step away from the wall and then side step into the wall as the Rope Ball is extended away from you. Finish your swing as your hips drive the momentum. Next, try a full overhead swing, step and bounce off of the wall. Your foot must be close to the wall for this move to be safe. Hop or side step away from wall with the rebound. Keep the Rope Ball in front of body and legs and hit the wall to the front of body. Keep the natural rebound directly off the wall and avoid pulling the rope into your body- this will cause the Rope Ball to come towards your body. Progress with 2 steps away from the wall and dynamically lateral hop towards wall right before you hit the wall. Brace yourself and hop away from the wall to control rebound.

Bouncing the Power Rope Ball On The Ground

Bouncing and slamming on the ground requires the same familiarity with the rebound, guide, stillness, guide and contract/pull phase.

Step 1: You must be able to fully squat, lunge or get deep towards the ground. You must be able to get your hand close to the ground upon the Rope Ball contacting the ground.

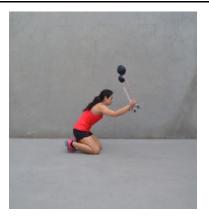
Step 2: Always keep a fully extended arms distance and slam/bounce straight downward. Right before the Rope Ball hits the ground your wrist should snap forward and have a relaxed arm. This ensures the rebound goes straight back upward.

Step 3: Do not pull the rope towards you before or after the rebound. This will cause the rope cap to hit the ground and the Rope Ball will bounce back into your body.

Step 4: Always stay low until the rebound is at shoulder height or above your head. At this time you can stand back up and guide the Rope Ball in the proper direction.

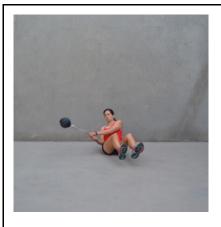
5" Small Power Rope Balls







Double Kneeling Hammer: Ensure you can do each arm with coordination and ability to sit upright after bending forward. Wrap the rope around your hand for stability. Hold your arms above your head and allow the Rope Balls to stay behind your back. Start momentum by bending forward and bring your hands forward. The Rope Balls must hit the ground with your arms extended straight. Stay low until the Rope Balls are at your shoulder height. Sit straight and guide the Rope Balls behind your head and back to the starting position. Contract your abdominals, posture and shoulder stability and to prevent the Rope Balls from hitting your back. This movement has a pause between each repetition. This can be progressed to alternating arms and standing to a squat position.







Seated Rotations: Sit backward slightly and contract your trunk for stability. Relax your shoulders and slightly squeeze your shoulder blades for posture control. Start slow with side-to-side bounces and ensure you can rotate your hands all the way to the ground. This move can be done left/right and diagonals. Progress this movement with single arm rotations and hand switching.







Forward and Backward Windmill: Ensure you can lunge to the ground and get your hand close to the ground. Keep your arm straight for proper Rope Ball distance away from your body. Start with half swings and complete a full rotation when the momentum naturally rises to shoulder level. As your arm comes over the top, start to lunge toward the ground. Keep your arm extended and slam the Rope Ball on the ground. Stay low and with a relaxed arm until the rebound is at your shoulder and head level. A proper bounce will rebound straight upward. Then stand and guide the Rope Ball in the natural trajectory behind your head. Complete a backstroke to a forward half swing. Then complete another forward windmill. Progress this sequence by completing your backstroke swing, turning 180 and completing a backward windmill behind you. This move can be completed with hand switches by adding and extra rotation after the rebound.

8.5" Power Rope Ball



Ground Sledgehammer Slam: Ensure you can fully squat to the ground and get your hands close to the ground. Start with a two hand half swing to gain momentum. Bring the Rope Ball around the back and start your squat once your hands are above your head. Squat down, keep your arms fully extended and strike the ground. Stay low until the Rope Ball rebound is past your shoulders and head. Avoid pulling the rope into the body. Stand and control the rebound by guiding the Rope Ball in a backward swing behind you. Complete half swings until you are ready to slam again. Progress with grand slams from the right shoulder and then the left shoulder. This move can be done kneeling.

Warranty

Si Boards products are guaranteed against manufacturing defects and flaws. This does not include damage caused by using the products for anything other than its intended purpose. Any alteration to the product will void the warranty. All Balance Boards, Power Rope Balls, Creator Kits and Resistance Band Systems have a 1 year limited warranty. All Medicine Balls and Half Balls have a 5 year limited warranty. Please contact us if you have questions.

About Us

Si Boards, Inc was created by Elysia Tsai, M.Ed., ATC. Elysia is a Certified Athletic Trainer and helps athletes compete at their best. As a sports medicine professional she knows the importance of versatile and well built equipment. Our product line of Balance training systems, unbreakable Medicine Balls and Power Rope Balls are the most unique in function because they allow skill progression for all levels and are multi-purpose.

Si Boards is located in beautiful southern California where our products are handmade. All materials and vendors are from the USA. Our vision is to help all people become active, compete with vigor and age with healthy and strong bodies. We believe in exceptional customer service, quality material and fine details, continued education for all and giving back to the community. We love what we do and being able to share the world of balance training and sports performance with you.

Connect With Us

Stay connected with our newsletter and share your story on Facebook, Twitter, Instagram and YouTube. #siboards and @siboards is where you can find us. We have a ton of instructional videos on YouTube and a few kookie ones as well). We love hearing your stories and look forward to expanding the Si Boarder community.

Thanks for jumping into the next generation with us!

Si Boards, Inc.
PO Box 61272
Irvine, CA 92602
www.si-boards.com
info@si-boards.com
(714) 809-5109

Si Boards, Inc si-boards.com
PO Box 61272 714-809-5109
Irvine, CA 92602 elysia@si-boards.com



Power Rope Balls and Replacement Ropes

Advanced design with a protected rope cap prevents rope damage. Unique split rope training for variety of hand holds. High rebound and responsive urethane allows you to easily complete complex motion and movement sequences.

3" Mini Grip	5" Small	6.5" Medium	8.5" Large	Mobility
\$25	\$150	\$250	\$450	\$300
0.6 lbs/0.27 kg	2.5 lbs/ 1.13 kg	5.5 lbs/2.5 kg	12.5 lb/5.7 kg	
Perfect for large hands	Great for complex	Perfect strong and fast	Strong powerful reps	• 5" Small (2)
to avoid excessive	shoulder moves,	swinging moves, one	for athletes with great	
rope grip. Train grip	precise positions and	handed transfers and	core strength and	
strength for one	young athletes.	agilty. Complex flow	posture control.	
handed moves.	Double moves for	movement sequences.	Slower movements	
	shoulder mobility.		with strong rebound.	

Stamina	Explosive	Short Rope	Medium Rope	Long Rope
\$550	\$1,000	\$30	\$31.50	\$33.00
		• 42" / 1 m length	• 51" / 1.3 m length	• 60" / 1.5 m length
	• 3" Mini Balls (2)	• Users 5'4" / 1.65m	• Users 5'4" / 1.65m	• Users 6' / 1.82 m
• 5" Small (2)	• 5" Small (2)	and under	to 6' / 1.82 m	and over
• 6.5" Medium (1)	• 6.5" Medium (1)	Black cap	Red cap	Blue cap
	• 8.5" Large (1)	Change yearly	Change yearly	Change yearly