



Individual Item Spec and Price List

Original Boards - Industrial model with Steel rail, weight limit 400 lbs, create 16 in 1 system						
Style	Rider Height	Board Size	Rail Size	Ride Stance	Weight	Price
Turbo	4' - 5'4" Small	27" x 15"	20" x 11"	17" - 25"	7 lbs	\$320
Freestyle	5'4" - 6' Medium	36" x 18"	28" x 14"	28" - 34"	12 lbs	\$360
Powder	4' - 6' Small/Medium	41" x 15"	20" x 11"	17" - 38"	10 lbs	\$340
Surf	5'4" - 6' Medium	42" x 18"	28" x 14"	28" - 38"	12 lbs	\$365
Commando	> 6' Large	45" x 19"	36" x 14"	36" - 43"	15 lbs	\$390

Starter Boards - Economy model w/ Urethane adjustable rail, weight limit 220 lbs, create 8 in 1 system						
Style	Rider Height	Board Size	Rail Size	Ride Stance	Weight	Price
Kick Start	< 4' Mini	18" x 10"	12" x 6"	10" - 16"	4 lbs	\$95
Turbo Starter	4' - 5'4" Small	27" x 15"	16" x 9"	15" - 26"	7 lbs	\$155
Freestyle Starter	4' - 6' Small/Medium	36" x 18"	20" x 9"	20" - 34"	10.6 lbs	\$190
Powder Starter	4' - 6' Small/Medium	41" x 15"	16" x 9"	16" - 38"	10 lbs	\$190
Surf Starter	4" - 6' Small/Medium	42" x 18"	20" x 9"	20" - 38"	11 lbs	\$195

Perfect Combos - Original Boards , Everything you need to fully utilize your board and the 16 in 1 system			
Style	Board	Products	Price
Light and Quick	Turbo Original	(2) 5" Balls, (2) 6.5" Half Balls, (1) Resistance Bands	\$800
Speed & Strength	Freestyle Original	(2) 5" Balls, (1) 6.5" Ball, (2) 8.5" Half Balls, (1) Resistance Bands	\$1,100
Endless Snow	Powder Original	(1) 3" Ball (2) 5" Balls, (1) 6.5" Ball, (2) 6.5" Half Balls, (1) Resistance Bands	\$1,000
Endless Surf	Surf Original	(2) 5" Balls, (1) 6.5" Ball, (1) 8.5" Ball, (2) 8.5" Half Balls, (1) Resistance Bands	\$1,500
Powerhouse	Commando	(1) 5" Ball, (2) 6.5" Balls, (1) 8.5" Ball, (2) 8.5" Half Balls (1) Resistance Bands	\$1,600

Perfect Combos - Starter Boards , Create 5 in 1 or 7 in 1 systems for versatile beginner board training			
Style	Board	Products	Price
Turbo 5 in 1	Turbo Starter	(2) 3" Balls, (2) 5" Half Balls	\$295
Freestyle 5 in 1	Freestyle Starter	(2) 3" Balls, (1) 5" Ball, (2) 5" Half Balls	\$425
Power 7 in 1	Powder Starter	(2) 3" Balls, (1) 5" Ball, (2) 5" Half Balls, (1) 6.5" Half Ball	\$495
Surf 7 in 1	Surf Starter	(2) 3" Balls, (1) 5" Ball, (2) 5" Half Balls, (1) 6.5" Half Ball	\$495

Basic Combos - Original Boards , Get familiar with basic training and create 4, 5 or 6 in 1 systems			
Style	Board	Products	Price
Turbo Basic	Turbo Original 4 in 1	(1) 5" Ball, (1) 6.5" Half Ball	\$490
Freestyle Basic	Freestyle Original 4 in 1	(1) 5" Ball, (1) 8.5" Half Ball	\$580
Powder Basic	Powder Original 6 in 1	(1) 3" Ball, (2) 5" Balls, (1) 6.5" Half Ball	\$635
Surf Basic	Surf Original 5 in 1	(2) 5" Balls, (1) 8.5" Half Ball	\$685
Commando Basic	Commando 4 in 1	(1) 6.5" Ball, (1) 8.5" Half Ball	\$710


Basic Combos - Starter Boards, Beginner combos allow you to create 3 in 1 or 4 in 1 systems

Style	Board	Products	Price
Turbo Starter 3 in 1	Turbo Starter	(1) 3" Ball, (1) 5" Half Ball	\$230
Freestyle Starter 3 in 1	Freestyle Starter	(1) 3" Ball, (1) 5" Half Ball	\$264
Powder Starter 4 in 1	Powder Starter	(2) 3" Balls, (1) 6.5" Half Ball	\$310
Surf Starter 4 in 1	Surf Starter	(2) 3" Balls, (1) 6.5" Half Ball	\$315

Balls - Unbreakable solid urethane balls designed for superb rebound and repetitive slams

Diameter	Best Uses	Comp. Size	Weight	Price
3" Mini	Starter Boards, trigger points, juggling, throwing	Baseball	0.6 lbs / 0.27 kg	\$25
5" Small	Starter and Turbo Boards, tissue release, one hand throws, one hand rotations	Hand Held	2.5 lbs / 1.13 kg	\$100
6.5" Medium	Freestyle and Surf Original boards, two handed rotation, agility, overhead throws	Dodgeball	5.5 lbs / 2.5 kg	\$200
8.5" Large	Surf Original and Commando boards, two handed slams, strong powerful reps	Soccer Ball	12.5 lbs / 5.7 kg	\$400
10" Extra Large	Commando Board, powerhouse slams, presses and elite athletes	Men's Basketball	20.5 lbs / 9.3 kg	\$600

Half Balls - Create your own unique rocker or wobble board with our un-attached pivots

Size	Best Uses	Height	Weight	Price
3" Mini	Kick Start board, toddlers and limited motions	1.5"	0.3 lbs	\$12.95
5" Small	Starter Boards, limited motions, beginners, rehab	2.5"	1.25 lbs	\$50
6.5" Medium	Starter, Turbo and Powder boards, intermediate	3.25"	2.5 lbs	\$70
8.5" Large	Freestyle, Surf, Commando Boards, advanced	4.25"	4.2 lbs	\$120

Power Rope Balls - Solid urethane construction with protective rope cap for responsive training

Diameter	Best Uses	Comp. Size	Weight	Price
5" Small	Single arm motions, warm-up, beginners	Hand Held	2.5 lbs / 1.13 kg	\$150
6.5" Medium	Complex sequences, agility, fast rotations	Dodgeball	5.5 lbs / 2.5 kg	\$250
8.5" Large	Powerhouse slams, two hands, slower reps	Soccer Ball	12.5 lbs / 5.7 kg	\$450

Creator Kits - Design your balance board with our kits and board blanks or expand your Starter rail

Kits and Parts	Kit Includes	Size	Weight	Price
Skate Kit	Rail ends, 4" Ext, 3" Ball, (8) bolts & nuts	12"/16" x 6" x 1"	2.5 lbs	\$90
Starter Kit	Rail ends, 4" Ext, 3" Ball, (8) bolts & nuts	16"/20" x 9.5" x 1"	3 lbs	\$110
4" Extension	(2) 4" extension, (2) bolts, (2) nuts	4" x 1"	0.5 lb	\$15
8" Extension	(2) 8" extension, (4) bolts, (4) nuts	8" x 1"	1 lb	\$30
Turbo Blank	Sanded smooth, edges rounded	27" x 15" x 5/8"	5 lbs	\$60
Freestyle Blank	Sanded smooth, edges rounded	36" x 18" x 5/8"	8 lbs	\$80
Surf Blank	Sanded smooth, edges rounded	42" x 18" x 5/8"	9 lbs	\$80

Ultimate Fitness System - Use Half Balls and Resistance Bands for your own rocker or wobble board

Special Features	Size	Weight	Price
8 perimeter holes for band attachment, carry handle, no rail	45" x 19" x 5/8"	9 lbs	\$200

Resistance Band System - For Original & Ultimate Fitness boards, chain fences and 5" diameter posts

Gym In A Bag - Contents	Weight	Price
(2) Cushion Handles, 15" Long Loops, Foot Straps, (6) 16" Latex bands & 12" Bag	2 lbs	\$150



✓ Beginner ✓✓ Intermediate ✓✓✓ Advanced ✗ Not Recommended

Original Boards

Find the perfect **Ball**

Original Boards - Industrial model 10 in 1 System with Steel rail with weight limit 400 lbs					
Style	3" Ball	5" Ball	6.5" Ball	8.5" Ball	10" Ball
Turbo (27" x 15") SMALL	✗	✓	✓✓✓	✗	✗
Freestyle (36" x 18") MEDIUM	✗	✓	✓✓	✓✓✓	✗
Powder (41" x 15") SMALL	✗	✓	✓✓✓	✗	✗
Surf (42" x 18") MEDIUM	✗	✓	✓✓	✓✓✓	✗
Commando (45" x 19") LARGE	✗	✗	✓	✓✓	✓✓✓

Find the perfect **Half Ball**

Original Boards - 10 in 1 System with Steel rail, industrial model with weight limit 400 lbs				
Style	3" Half Ball	5" Half Ball	6.5" Half Ball	8.5" Half Ball
Turbo (27" x 15") SMALL	✗	✗	✓	✗
Freestyle (36" x 18") MEDIUM	✗	✗	✓	✓✓
Powder (41" x 15") SMALL	✗	✗	✓	✓✓
Surf (42" x 18") MEDIUM	✗	✗	✓	✓✓
Commando (45" x 19") LARGE	✗	✗	✗	✓

Starter Boards

Find the perfect **Ball**

Starter Boards - 5 in 1 System with Urethane adjustable rail, economy model with weight limit 220 lbs					
Style	3" Ball	5" Ball	6.5" Ball	8.5" Ball	10" Ball
Kick Start (18" x 10") MINI	✓✓	✗	✗	✗	✗
Turbo (27" x 15") SMALL	✓	✓✓✓	✗	✗	✗
Freestyle (36" x 18") MEDIUM	✓	✓✓	✗	✗	✗
Powder (41" x 15") SMALL	✓	✓✓	✗	✗	✗
Surf (42" x 18") MEDIUM	✓	✓✓	✗	✗	✗

Find the perfect **Half Ball**

Starter Boards - 5 in 1 System with Urethane adjustable rail, economy model with weight limit 220 lbs				
Style	3" Half Ball	5" Half Ball	6.5" Half Ball	8.5" Half Ball
Kick Start (18" x 10") MINI	✓	✗	✗	✗
Turbo (27" x 15") SMALL	✗	✓	✓✓✓	✗
Freestyle (36" x 18") MEDIUM	✗	✓	✓✓	✗
Powder (41" x 15") SMALL	✗	✓	✓✓	✗
Surf (42" x 18") MEDIUM	✗	✓	✓✓	✗

Ultimate Fitness Board

Find the perfect **Half Ball**











Ultimate Fitness System - Use Half Balls and Resistance Band System to create your own rocker or wobble board				
Style	3" Half Ball	5" Half Ball	6.5" Half Ball	8.5" Half Ball
Ultimate Fitness Board	✗	✓	✓✓	✓✓✓



Perfect Combos- Original Boards

Complete training systems designed to create 16 unique balance platforms. Great for skill progression and endless training potential. Easily create a rocker board, wobble board, single pivot, double pivot and multi-direction board. Add the bands to the rail to advance these options.

16 in 1 Ultimate Combo Packages- Versatile Original Boards

<i>Light & Quick</i>	<i>Speed & Strength</i>	<i>Endless Snow</i>	<i>Endless Surf</i>	<i>Powerhouse</i>
\$800	\$1,100	1,000	\$1,500	\$1,600
 <p>Turbo Original (27" x 15")</p> <ul style="list-style-type: none"> • 5" Ball (2) • 6.5" Half Ball (2) • Resistance Bands <p>Small board is great for small riders, travel, and quick training moves that don't require a lot of leg strength. Fast and whippy for quick coordination. Ride all day long. Perfect for complex full body movements with added resistance bands. A great board for narrow stances and small controllable motions.</p> 	 <p>Freestyle Original (36" x 18")</p> <ul style="list-style-type: none"> • 5" Ball (2) • 6.5" Ball (1) • 8.5" Half Ball (2) • Resistance Bands <p>Medium board is our most popular model and a perfect combo of speed and strength training. Versatile for upper and lower body training, multiple users and training centers. Use half balls for full body training. Size will not overtire your legs while constantly challenging you.</p> 	 <p>Powder Original (41" x 15")</p> <ul style="list-style-type: none"> • 3" Ball (1) • 5" Ball (2) • 6.5" Ball (1) • 6.5" Half Ball (2) • Resistance Bands <p>Unique long board with a small rail allows you to stand narrow and grab in different locations. Extreme tilt with narrow middle and balanced ends. Perfect for spins or full body moves to get you stretched out. Add the bands for upper body control and simulate aerial posture control.</p> 	 <p>Surf Original (43" x 18")</p> <ul style="list-style-type: none"> • 5"l Ball (2) • 6.5" Ball (1) • 8.5" Ball (1) • 8.5" Half Ball (2) • Resistance Bands <p>Medium board with a directional ride, fast nose and stable base. Perfect combo accessories for complete training of pop-ups, switch foot, pumping, big wave balance, duck dive control, rough water, fancy footwork, SUP stance and big carving. Stay 100% surf fit year round.</p> 	 <p>Commando (45" x 19")</p> <ul style="list-style-type: none"> • 5" Ball (1) • 6.5" Ball (2) • 8.5" Ball (1) • 8.5" Half Ball (2) • Resistance Bands <p>Large board is perfect for tall riders and a natural wide stance. Demanding on leg strength and great for full body moves. Extremely versatile for complex training moves in sport specific stances and full body control. Balls add weighted upper body moves.</p> 











Combos have a multi-item discount to full retail price.



Basic Combos- Original Boards

Basic Packages allow you to get started with balance training and create 4 to 5 different board options. Start at the beginner level and progress to larger Balls when ready. Easily create a wobble board, single pivot, multi-direction board, thrasher or big drop combo.

Basic Combo Packages- Versatile Original Boards

Turbo Basic	Freestyle Basic	Powder Basic	Surf Basic	Commando Basic
\$490	\$580	\$635	\$685	\$710
 <p>Turbo Original (27" x 15")</p> <ul style="list-style-type: none"> • 5" Ball (1) • 6.5" Half Ball (1) • 4 in 1 Options <p>Create 4 combos and get started with a small, light and controllable board. Perfect for fast coordination without over-tiring your legs. Designed for smaller riders and a small ride area. Easy to travel with and store if using at the office. Great for a quick warm up and body activation before your regular sport activity.</p> 	 <p>Freestyle Original (36" x 18")</p> <ul style="list-style-type: none"> • 5" Ball (1) • 8.5" Half Ball (1) • 4 in 1 Options <p>Great starting point for a well rounded training program. Full body training is comfortable for a variety of user heights and ride stances. Easily progress traditional exercises from a wobble board and single pivot to a multi-direction board. Use the thrasher combo to confine the movement for added skills.</p> 	 <p>Powder Original (41" x 15")</p> <ul style="list-style-type: none"> • 3" Ball (1) • 5" Ball (2) • 8.5" Half Ball (1) • 6 in 1 Options <p>Create 6 boards in 1 and progress from basic wobble moves, deep stances, board grabs, spins, heel to toe control and weight transfer to unpredictable big drops. Additional ball can be thrown to add upper body exercises and posture control when riding. Great for staying fit during the off season.</p> 	 <p>Surf Original (42" x 18")</p> <ul style="list-style-type: none"> • 5" Ball (2) • 8.5" Half Ball (1) • 5 in 1 Options <p>Great combinations for a variety of basic surf training for pop-ups, back foot control, push up strength, and rough waters. Progress to larger balls for great foot to foot weight transfer and big carves. Create 5 boards in 1 as you learn body control for surf sports. Large surface is great for being on your belly.</p> 	 <p>Commando (45" x 19")</p> <ul style="list-style-type: none"> • 6.5" Ball (1) • 8.5" Half Ball (1) • 4 in 1 Options <p>Create 4 combos and get started with the most versatile large sized board. Naturally fits tall riders and leg dominating for smaller riders. Challenging full body moves give you room for a lot of motion. Added ball weight is great for upper body moves while using as a wobble board. Perfect for exercise variety.</p> 














Perfect Combos- Starter Boards

Create 5 to 7 unique balance training systems with these combos. Our economy line gives you the same great board size as Original boards. The smaller rail fits beginners and smaller feet. Lengthen the rail with 4" or 8" extensions when you are ready to progress to a larger ride space. These Starter boards are perfect for beginners, growing kids, training on the go and outdoor use.

Best Combo Packages- Our Economy Starter Boards

Kick Start	Turbo 5 in 1	Freestyle 5 in 1	Powder 7 in 1	Surf 7 in 1
\$95	\$295	\$425	\$495	\$495
 <p>Kick Start (18" x 10")</p> <ul style="list-style-type: none"> • 2.5" Micro Ball (1) • 3" Half Ball (1) <p>Mini board is perfect for toddlers and small kids. Great for balance progression for child development. A perfect way to have fun with the kids as they learn core control. Rail can be placed on larger board as kids grow.</p>	 <p>Turbo Starter (27" x 15")</p> <ul style="list-style-type: none"> • 3" Ball (2) • 5" Half Ball (2) <p>Small board is perfect for young riders, travel, outdoor training and staying active at the office. A great board to learn to ride on a ball and add something new to your exercise routine. Rail can extend 4" for a larger ride space. Popular board for young kids and stand up desks.</p> 	 <p>Freestyle Starter (36" x 18")</p> <ul style="list-style-type: none"> • 3" Ball (2) • 5" Ball (1) • 5" Half Ball (2) • 4" or 8" Rail Extension Options <p>Medium board is our most popular size for teenage riders, travel surf bags and multiple family users. Progress in skill with the larger 5" ball. 8" rail extension is the best option. Great for staying active.</p> 	 <p>Powder Starter (41" x 15")</p> <ul style="list-style-type: none"> • 3" Ball (2) • 5" Ball (1) • 5" Half Ball (2) • 6.5" Half Ball (1) • 4" or 8" Rail Extension Options <p>Snow inspired shape rides fast through the middle and is stable on the ends. Unique for spin moves and narrow to wide stance range. Extreme tilt challenges your ankles.</p> 	 <p>Surf Starter (42" x 18")</p> <ul style="list-style-type: none"> • 3" Ball (2) • 5" Ball (1) • 5" Half Ball (2) • 6.5" Half Ball (1) • 4" or 8" Rail Extension Options <p>Surf inspired shape easily allows pop-up and rotational training. Fast nose and stable tail shape. Work skill progression with larger ball and half ball. 8" rail extension is the best option.</p> 











Combos have a multi-item discount to full retail price.



Basic Combos- Starter Boards

Create 3 to 4 different board type for a great starting point before progressing to larger Balls and Half Balls. The smaller rail fits beginners and smaller feet. Lengthen the rail with 4" or 8" extensions when you are ready to progress to a larger ride space. These Starter boards are perfect for beginners, growing kids, training on the go and outdoor use. Basic combos start at the beginner skill level.








Basic Packages- Our Economy Starter Boards

<i>Kick Start</i>	<i>Turbo 3 in 1</i>	<i>Freestyle 3 in 1</i>	<i>Powder 4 in 1</i>	<i>Surf 4 in 1</i>
\$95	\$230	\$265	\$310	\$315
 <p>Kick Start (18" x 10")</p> <ul style="list-style-type: none"> • 2.5" Micro Ball (1) • 3" Half Ball (1) <p>Mini board is perfect for toddlers and small kids. Great for balance progression for child development. A perfect way to have fun with the kids as they learn core control. Rail can be placed on larger board as kids grow.</p>	 <p>Turbo Starter (27" x 15")</p> <ul style="list-style-type: none"> • 3" Ball (1) • 5" Half Ball (1) • 4" Rail Extensions Options <p>Perfect small board for travel and small moves. Quick and fast coordination on a wobble board, single pivot and multi-direction movements. Great for outdoor training and small riders.</p>	 <p>Freestyle Starter (36" x 18")</p> <ul style="list-style-type: none"> • 3" Ball (1) • 5" Half Ball (1) • 4" or 8" Rail Extension Options <p>Great medium board with lots of standing space. Create a wobble board, single pivot and multi-direction board for skill progression. Perfect for multiple users.</p>	 <p>Powder Starter (41" x 15")</p> <ul style="list-style-type: none"> • 3" Ball (2) • 6.5" Half Ball (1) • 4" or 8" Rail Extension Options <p>Create 4 boards in one and work on your rail grabs, foot to foot control, spins and unpredictable ride challenges. Train for special tricks, rough conditions and aerial lands.</p>	 <p>Surf Starter (42" x 18")</p> <ul style="list-style-type: none"> • 3" Ball (2) • 6.5" Half Ball (1) • 4" or 8" Rail Extension Options <p>Perfect for pop-ups, switch foot, pumping rail to rail, back foot strength, rotation and unpredictable rough water training. A great starting point if you are new to surf training and learning.</p>
				



DIY Creator Kits

Create your own destiny and your own work of art. Use our urethane rail kits and build your own board. We offer raw blank boards that are smoothly sanded and ready for you. Add a sealer coat, your art work, another sealer coat and grip. You'll be riding in no time on your own custom Si Board!

Skate Kit	Starter Kit	Turbo Blank	Freestyle Blank	Surf Blank
\$90	\$110	\$60	\$80	\$80
 <p>Skate Kit</p> <ul style="list-style-type: none"> 12.25" or 16.25" Length 6.25" Width 4" Extensions Hardware 3" Mini Ball (1) <p>Designed to fit under your skateboard deck. A fun challenging ride on any board. Flat boards are easier to ride. Expand with additional extensions to 20" or 24".</p>	 <p>Starter Kit</p> <ul style="list-style-type: none"> 16" or 20" Length 9.5" Width 4" Extensions Hardware 3" Mini Ball (1) <p>The rail system we use on all of our Starter boards. Comes with two available length sizes. All parts are interchangeable. Expand with additional extensions to 24" or 28".</p>	 <p>Turbo Blank</p> <ul style="list-style-type: none"> 27" x 15" x 5/8" Routed edges All surfaces sanded smooth Drill your own rail holes Use your own paint and sealer colors Weight limit 220 lb Max rail 20"- No additional extensions needed 	 <p>Freestyle Blank</p> <ul style="list-style-type: none"> 36" x 18" x 5/8" Routed edges All surfaces sanded smooth Drill your own rail holes Use your own paint and sealer colors Weight limit 220 lb Max rail 28"- Add an 8" extension to your Starter Kit 	 <p>Surf Blank</p> <ul style="list-style-type: none"> 42" x 18" x 5/8" Routed edges All surfaces sanded smooth Drill your own rail holes Use your own paint and sealer colors Weight limit 220 lb Max rail 28"- Add an 8" extension to your Starter Kit
4" Extension	8" Extension			
\$15	\$30			
				








Power Rope Balls and Resistance Bands

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. Resistance Bands add exercise variety to your Original Si Boards and are a great Gym In The Bag when you travel or workout outdoors.

3" Mini	5" Small	6.5" Medium	8.5" Large	10" XL
\$25	\$150	\$250	\$450	
 <p>0.6 lbs/0.27 kg Perfect for large hands from excessive rope grip when used for split hands. Train grip strength for one handed moves.</p>	 <p>2.5 lbs/ 1.13 kg Great for complex shoulder moves, precise positions and young athletes. Double moves for shoulder mobility.</p>	 <p>5.5 lbs/2.5 kg Perfect strong and fast swinging moves, one handed transfers and agility. Complex flow movement sequences.</p>	 <p>12.5 lb/5.7 kg Strong powerful reps for athletes with great core strength and posture control. Slower movements with strong rebound.</p>	<p>Not available at this time but I am considering a powerhouse size for the big guys! Ask if interested.</p>

	Mobility	Stamina	Explosive	
	\$300	\$550	\$1,000	
	 <ul style="list-style-type: none"> • 5" Small (2) 	 <ul style="list-style-type: none"> • 5" Small (2) • 6.5" Medium (1) 	 <ul style="list-style-type: none"> • 3" Mini Balls (2) • 5" Small (2) • 6.5" Medium (1) • 8.5" Large (1) 	

Short Rope	Medium Rope	Long Rope	Resistance Band	Additional Bands
\$30	\$31.50	\$33.00	\$150	\$25
 <ul style="list-style-type: none"> • 42" / 1 m length • Users 5'4" / 1.65m and under • Change yearly 	 <ul style="list-style-type: none"> • 51" / 1.3 m length • Users 5'4" / 1.65m to 6' / 1.82 m • Change yearly 	 <ul style="list-style-type: none"> • 60" / 1.5 m length • Users 6' / 1.82 m and over • Change yearly 	 <ul style="list-style-type: none"> • Grip Handles (2) • Long Loop (2) • Foot Strap (2) • Resistance Bands 	 <ul style="list-style-type: none"> • Light- Yellow (2) • Medium- Black (2) • Heavy-Red (2)



Unbreakable Medicine Balls and Half Balls

Cast as one solid urethane ball and made to last a lifetime with our unbreakable guarantee. Superior rebound for complex full body training and agility movements. Unique solid and responsive ride for your Si Board. Great for added trigger point therapy. Three products in one! Use Half Balls for complex training full body training or when riding a ball is too advanced.

3" Mini	5" Small	6.5" Medium	8.5" Large	10" XL
\$25	\$100	\$200	\$400	\$600
 <p>0.6 lbs/ 0.27 kg Perfect for baseball and softball training drills, trigger point release and all Starter Boards.</p>	 <p>2.5 lbs/ 1.13 kg Easily grip for one hand strength, work single arm rotation and overhead shoulder stability.</p>	 <p>5.5 lbs/2.5 kg Great size and weight for speed and strength combo, agility moves and full body training.</p>	 <p>12.5 lb/5.7 kg Perfect for explosive full body moves for strong athletes who have great core control.</p>	 <p>20.5 lbs/ 9.3 kg Powerhouse slams and presses for elite athletes who can control heavy weight and fast rebound.</p>

DoublePlay	Agility	Plyometric	Endless Slam
\$50	\$450	\$850	\$1,400
 <ul style="list-style-type: none"> • 3" Mini (2) 	 <ul style="list-style-type: none"> • 3" Mini (2) • 5" Small (2) • 6.5" Medium (1) 	 <ul style="list-style-type: none"> • 3" Mini (2) • 5" Small (2) • 6.5" Medium (1) • 8.5" Large (1) 	 <ul style="list-style-type: none"> • 3" Mini (2) • 5" Small (2) • 6.5" Medium (1) • 8.5" Large (1) • 10" XL (1)

3" Mini	5" Small	6.5" Medium	8.5" Large	10" XL
\$12.95	\$50	\$70	\$120	
 <p>1.5" Height Kick Start boards for toddlers and very limited motions.</p>	 <p>2.5" Height Beginner level for all Starter Boards. Great for push up hand holds.</p>	 <p>3.25" Height Great for all Starter Boards. Beginner level on medium and large Original Boards.</p>	 <p>4.25" Height Best size for all Original Boards. Extremely advanced for Starter boards.</p>	<p>Not available at this time but I can create one for you. Ask if interested.</p>