



10" Super Deluxe Ball...

Exercises to get you going!

Diameter: 10 in/ 25.4 cm

Circumference: 31.4 in/ 79.8 cm

Weight: 20.5 lbs/ 9.32 kg

Breaking the Rules 10" Super Deluxe Ball for powerhouse athletes.

* Warning *

Si Boards balls bounce with extreme energy and pick up speed on the second bounce. Take caution in throwing and catching Si Boards balls. Use protective equipment. Children should always be supervised. Throw and bounce against a solid surface. Do not throw where other people may get injured or property may be damaged.



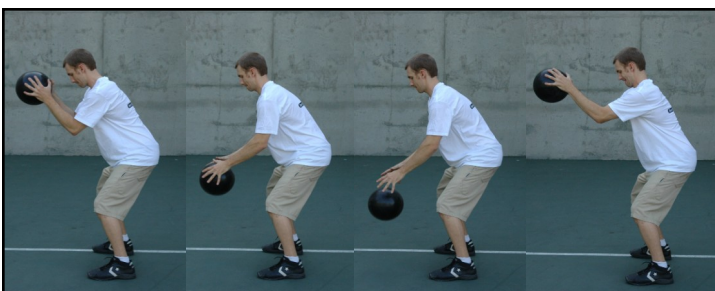
Dribbling:

Try this one handed exercise for a great basketball movement. Dribble the ball and switch hands. Try dribbling between your legs and shuffling left and right. This is a super challenging exercise to keep dribbling with enough ball rebound.



Ultra Wide Dribble:

Dribble the ball from side to side. Get enough speed and strength to fully extend your arms. Try shuffling forward and backward while dribbling.



Slam and Hold:

Slam the ball on the ground and hold your position as the ball rebounds back to your hands. Work your shoulder stability and strength to keep your position until you slam the ball again. Work in different arm angles.



Jackhammer:

Keeping your arms in toward your chest, quickly bounce the ball on the ground. Gradually extend your arms in front of you. Let the ball bounce higher and higher. Fully extend your body and throw on the ground to keep your momentum.



8.5" Bigs Ball... Exercises to get you going!

Diameter: 8.5 in/ 21.6 cm
Circumference: 26.7 in/ 67.8 cm
Weight: 12.5 lbs/ 5.68 kg

Breaking the Rules 8.5" Bigs ball is great for strong athletes and heavy movements.

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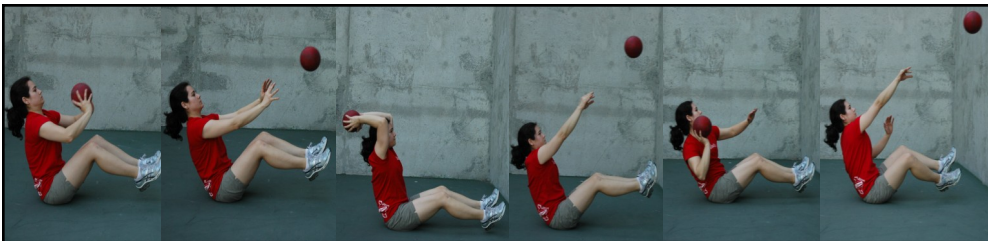
Clean and Jerks:

Underhand thrust the ball as high as you can. Let the ball bounce on the ground and rebound overhead. Squat under the ball catch it at your chest. Thrust upward from shoulder height. Repeat sequence.



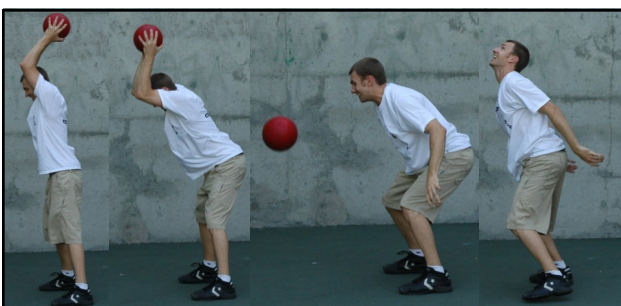
Standing and Seated Rotations:

Get into a stable stance and throw the ball sideways while rotating your trunk. Sit on the ground and rotate while throwing.



Seated Chest Pass:

With your feet on the ground or in the air, keep your torso straight. Throw the ball off the wall and catch. Try different arm angles or one arm passes.



Slams:

Slam the ball on the ground and see how high you can get it to bounce. Be careful not to hit yourself in the face. You can walk a step or two after the bounce. Catch in the air after the bounce and slam again.



6.5" Medium Ball... Exercises to get you going!

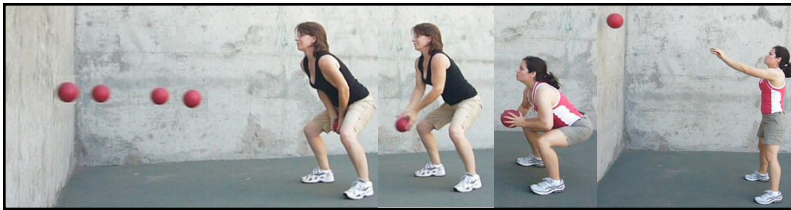
Diameter: 6.5 in/ 16.5 cm
Circumference: 20.4 in/ 51.8 cm
Weight: 5.5 lbs/ 2.5 kg

Breaking the Rules

6.5' Medium ball is great for two armed exercises and high reps.

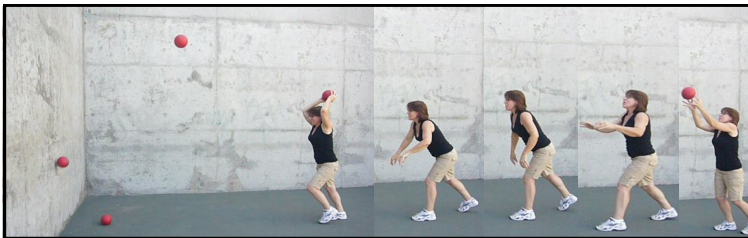
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Underhand/Overhand Throws with Squats:

Hold your position and strengthen your core. Throw straight at the wall and add squats with this underhand move. Add overhand throws.



Step and Throw Double Bounce:

Throw the ball on the ground and near the wall. The ball will rebound high enough to catch overhead. Add an extra step or skip for very high rebound. This will rebound 15 feet over your head and off a back wall.



Rebounds and Blocking:

Get into a hop sequence and work shoulder stability for overhead movements. Throw high enough to catch with your arms extended. Add jumps with your throws and jumps when you catch. You can add another hop between throws and catches.



Backward Thrusters:

Stand with your back facing the wall and thrust the ball backward and over your head. Turn around quickly and catch the ball as it rebounds off the wall and back toward you. Turn your back to the wall and throw again.



5" Tiny Ball...

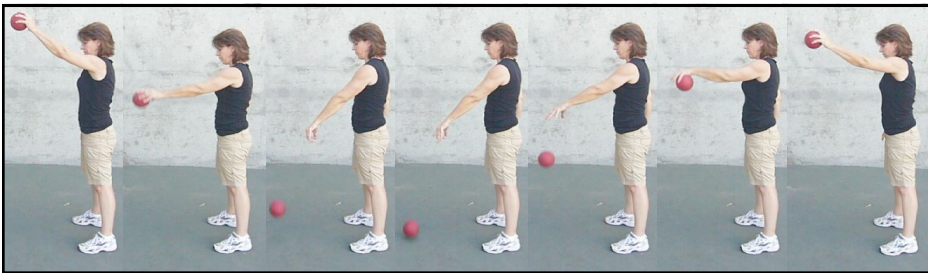
Exercises to get you going!

Diameter: 5 in/ 12.7 cm
Circumference: 15.7 in/ 39.87 cm
Weight: 2.5 lbs/ 1.13 kg

Breaking the Rules 5" Tiny ball is great for one armed exercises and grip strength.

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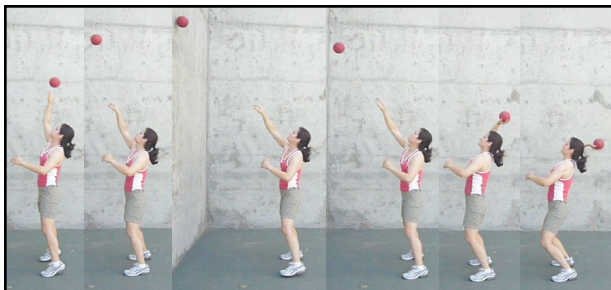
General Warm-Up:

Holding your arm in various positions, bounce the ball on the ground and catch. Hold your position as you catch the ball and repeat with faster ball throws.



Shoulder Windmills:

Work shoulder and arm rotations. Strengthen your grip as you catch the ball and hold your arm position. Alternate windmills with each arm. Rotate your arm backwards and throw the ball against a wall similar to a softball pitch.



Overhead Throws:

Great for shoulder stability with your arm externally rotated. Throw forward and high enough for the ball to return to your outstretched arm. Work in clock movements and throw the ball to 12, 1, 2, 3...o'clock positions.



Wall Punches:

Standing at an angle to the wall, throw the ball in a sequence of three angles. Work in hip rotation for more power. Punch to the ground, forward and upward overhead.