

Level 1: "Getting Off the Ground"

Assisted Balancing - This is the very first step to getting up off the ground and beginning to balance. Hold onto a chair, a table, or anything stationary as you step onto the balance boards. Keep holding while you start to balance and let go when you feel comfortable enough to balance unassisted. Even a few seconds without support is progress!



Ankle Circles - While standing on the boards, roll one foot in a circular motion and then the other. This will get you comfortable with the different angles of the boards and start to build the tiny muscles involved in each direction. Roll forward/back and left/right.



Unassisted Balancing - This will be the foundation for your strength, coordination, and balance. Step onto the boards and balance while minimizing the amount of times the boards touch the ground. Some users have balanced for over two minutes without touching!



Twists - While standing on your boards, rotate your feet to the right or to the left while twisting your hips. This will start to incorporate all of the stabilizer muscles in your feet and calves and prepare you for 'hip rotations' and 'slacklining'.



Level 2: "Advanced Movements"

Hip Rotations - While standing on your boards, rotate your feet outward and then inward as far as you can, stretching your hips open and closed. You can do this balancing or not balancing. Of course, while balancing will require more strength and balance.



One-Footed - Once you feel comfortable balancing unassisted, try lifting one foot up off of the board so all of your weight is on one foot, and balance. This significantly increases the challenge of balancing and requires a high degree of strength and coordination.



Slacklining - While standing on your boards, rotate both feet to one side as if you were standing on a straight line. This will challenge all of the interior and anterior muscles in your feet and calves like no other device out there. Try spinning from one side to the other for an added challenge.



Squats - Perform a squat while standing on your boards and try to not allow the boards to contact the ground. The cool thing about doing this on two boards is that you are able to open your hips and rotate your feet outward for a more natural movement.



Level 3: "Mastering the Body"

Pistol Squats - While balancing on one foot, perform a one-legged squat. This is next level and will require tremendous strength and balance.



Holding Weights - While balancing on either one foot or both feet, holding weight will make balancing much more difficult and really test your feet, calves, and core muscles.



Rocker-On-Rocker

- Flip one board upside down so that the grip is facing down on the ground, place your other board on top so that the rockers are balancing on top of each other, and try to balance. The added height and added range of movement make this extremely difficult to balance and puts a huge demand on your stabilizer muscles.

