



Wobble Board

Fitness Guide

INSTRUCTIONS

- For increased muscular strength, all exercises may be repeated 8 to 15 times, depending on your fitness level. As fitness increases, hold each exercise for longer periods of time to improve muscular endurance.
- Always move slowly and with control and remember to breathe deeply while exercising.

BASIC BALANCE



Stand with feet in the center of the Wobble Board. Feet are a few inches apart and parallel. Arms may be at your sides or out in front of you, shoulder height. Attempt to maintain balance without letting the sides of the board touch the floor.

Muscles Utilized: Quadriceps, Gluteus Medius, Ankles and Improves Balance.

MOVING BALANCE



1 START

Stand with feet in the center of the Wobble Board. Feet are a few inches apart and parallel.



2 END

Move your weight forward. Then come back to center. Move your weight backwards. Come back to center.

Muscles Utilized: Quadriceps, Gluteus Medius, Ankles and Improves Balance.

SEATED BALANCE



1 START

Sit on center of the Wobble Board. Knees are bent with feet several inches off the floor. Arms reach forward.



2 END

Slowly straighten legs so that body is in a "V" position.

Muscles Utilized: Abdominals and Improves Balance

PUSH-UPS



1 START

Start on knees with Wobble Board in front of you. Bring hands to outside of board. Straighten legs out behind you.



2 END

Slowly bend the elbows until chest touches the board. Slowly straighten the arms to come back up to starting position.

Muscles Utilized: Rhomboids, Latissimus Dorsi and Triceps

BRIDGE



1 START

Lie on back with feet on the Wobble Board, hip width apart, arms at sides.



2 END

Lift hips up as high as you can, keeping abdominal muscles contracted.

Muscles Utilized: Hamstrings, Gluteus Medius and Erector Spinae

SIDE PLANK (advanced)



1 START

Place left hand on center of the Wobble Board, fingers pointing away from you. Right arm is straight up. Straighten legs out to side with right leg bent and in front of left leg.



2 END

Straighten right leg out on top of left leg, pressing legs together. Keep abdominal muscles contracted

Muscles Utilized: Triceps and Abdominals