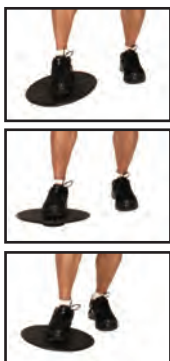




### 2-LEG HIP/KNEE CIRCLES (warm-up)

**Start:** Stand and position feet flat on top of board, hip width apart. Straighten legs and point toes directly forward. Stand tall with shoulders and hips directly over boards.

**Finish:** Slowly rotate on to outside edge of board in a circular, clockwise manner. Keep toes pointing forward with legs straight while rotating from the hips 10 times in a clockwise direction, then 10 times in a counterclockwise direction.



### 1-LEG ANKLE CIRCLES (warm-up)

**Start:** Stand and position one foot flat on top of center of board. Straighten leg and point toes directly forward. Straighten opposite leg and position foot on floor slightly behind and to side of board.

**Finish:** Slowly rotate on to outside edge of board in a circular, clockwise manner. Keep toes pointing forward with knee and hip stationary while rotating ankle and lower leg 10 times in a clockwise direction, then 10 times in a counterclockwise direction. Switch legs and repeat.

## Exercise Instruction

- As a warm up before each exercise session, perform each selected exercise without the Wobble Board.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- Perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete (8) exercise repetitions through a full range of motion, increase rest time between exercise sets.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Wobble Board exercise session.

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# SPRI®

## Wobble Board

### IMPORTANT!

Please read the instructions below before using the Wobble Board.

- Before each workout, check for possible wear of the Wobble Board.
- Always perform general warm-up activities prior to performing Wobble Board exercises.
- Perform only the exercises as shown in this chart or other SPRI® produced informational resources.
- Avoid placing the Wobble Board on slick or slippery surfaces.
- Wear appropriate footwear while using the Wobble Board.
- Make sure feet are in full contact with the top of the Wobble Board while performing exercises.
- Perform exercises in a slow and controlled manner. If necessary, place hand(s) on wall for added support and stability.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding your breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.





### STRAIGHT LEG BALANCE (2-leg)

**Start:** Stand and position feet flat on top of board, hip width apart. Straighten legs and point toes directly forward. Stand tall with shoulders and hips directly over board.

**Finish:** Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor for 30 seconds.



### BENT LEG BALANCE (2-leg)

**Start:** Stand and position feet flat on top of board, hip width apart. Bend legs slightly, sit back and point toes directly forward.

**Finish:** Stand tall with head and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor for 30 seconds.



### BALANCE SQUAT (2-leg)

**Start:** Stand and position feet flat on top of board, hip width apart. Straighten legs and point toes directly forward. Stand tall with shoulders and hips directly over board.

**Finish:** Bend balance legs and sit back with head and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor. Continue to balance, straighten legs and return to start position. Perform 10 times.



### STRAIGHT LEG BALANCE (1-leg)

**Start:** Stand and position one foot flat on top of center of board. Straighten leg and point toes directly forward. Bend opposite leg and lift foot off floor slightly in front of body.

**Finish:** Stand tall with hips and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor for 30 seconds. Switch legs and repeat for 30 seconds on opposite leg.



### BENT LEG BALANCE (1-leg)

**Start:** Stand and position one foot flat on top of center of board. Bend leg slightly, sit back and point toes directly forward. Bend opposite leg, sit back and lift foot off floor slightly in front of body.

**Finish:** Stand tall with head and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor for 30 seconds. Switch legs and repeat for 30 seconds on opposite leg.



### BALANCE SQUAT (1-leg)

**Start:** Stand and position one foot flat on top of center of board. Straighten leg and point toes directly forward. Bend opposite leg and lift foot off floor slightly in front of body.

**Finish:** Bend balance leg and sit back with head and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor. Continue to balance, straighten balance leg and return to start position. Perform 10 times, then switch legs and repeat.