



BALANCE BOARD



FRONT OF BALANCE BOARD

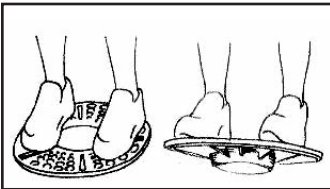
10-1745



BACK OF BALANCE BOARD

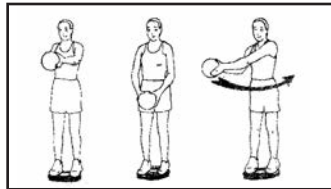
SOME SUGGESTED EXERCISES

FORWARD / BACKWARD ROCK



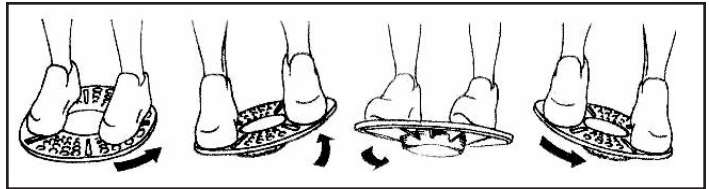
1. Position feet on either side of center. Put weight on toes and lean forward. Hold for 2 seconds.
2. Put weight on heels and lean backward. Hold for 2 seconds.
3. Repeat for desired repetitions.

WHOLE BODY BALANCE



1. Hold a Cando® Wate™ ball. Try to lower it and raise it again while maintaining balance.
2. Try holding Wate™ ball outstretched in front of you and swing to either side maintaining balance.
3. Repeat for desired repetitions.

CLOCKWISE / COUNTER-CLOCKWISE TWIST



1. Position feet on either side of center. Put weight on toes, lean forward and twist. Shift weight to side and twist.
2. Put weight on heels, lean backward and twist in opposite direction. Shift weight to opposite side and twist.
3. Repeat for desired repetitions.

PUSH-UP EXERCISE FOR UPPER BODY

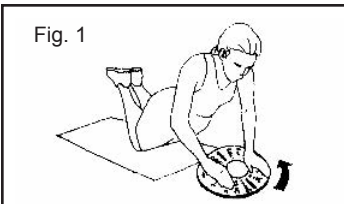


FIGURE 1
Kneel on the floor and position Balance Board in front of you. Place hands on board, shoulder width apart, back straight and do a modified push-up while twisting the board left or right. Repeat twisting in opposite direction.

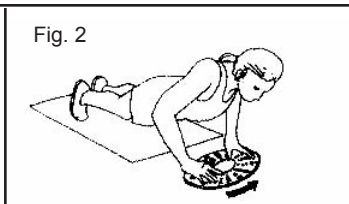
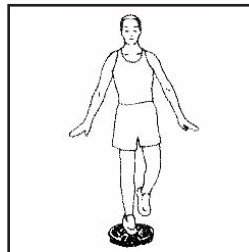


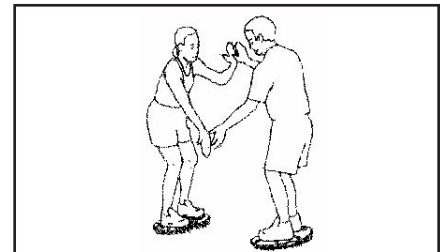
FIGURE 2
Same procedure as figure 1, but instead of bending knees, keep legs and back straight while doing push-up. Repeat for desired repetitions.

ONE FOOT BALANCE



Place foot on center of board and time how long you can balance on one foot. Repeat with other foot, trying to increase balance times with each try.

MIRROR IMAGE EXERCISE



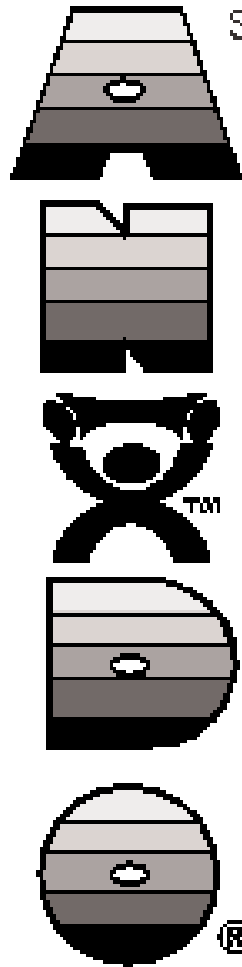
Stand on board, face to face with a partner. One person does hand, arm and leg movements and the other person mimics the movements while maintaining balance on board.

WARNING

- Always check with your doctor or therapist before starting or changing any exercise regime.
- Avoid using Can-Do® balance board in areas where you could fall into something and hurt yourself or others.
- Read directions and carefully follow exercise instructions at all times.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).
- Please check balance board before each use for cracks or causes for instability.
- The balance board is not a toy. Not for children's use.

CAN DO[®]

Simple, Cost Effective, Portable Exercise Products



1. CanDo[®] exercise band with adjustable handle
2. AeroForm[™] band
3. Tubing with Handles[™]
4. TBS[™] bar
5. Exercise web
6. Opti-Extend[™]
7. Opti-Flex[™]
8. Therapy[™] material
9. Waist[™] bar
10. Chairball
11. Chair weight
12. Heavy ball
13. Medicine ball
14. Balance pad
15. Closed cell fitness mat
16. Open cell fitness mat
17. Junior[™] foam roller
18. MVP[™] balance board
19. Vestibular disc
20. Instable ball

Visit us at

www.CanDoProducts.net

for more exercise products

Authorized GE representative:

RMS UK Ltd.

28 Trinity Road

Nailsea, Somerset BS48 4NU (UK)

