

# Fear not – the CoolBoard Start-Up Guide

## Balancing on the Ball

Fear not - Most mortals find the Ball a shock to begin with, but its amazing just how quickly people of all ages pick it up. Don't expect to be a hero in one session! 5 – 10 mins, once or twice a day, and you'll have it in a few days. It takes the body and mind some downtime to absorb new skills, and if something is to do you good - and be fun - there needs to be an element of challenge.

The most important thing I always say is – used with a sensible head CoolBoard can do you a lot of good, but try to do too much when you're not ready and it may bite! Just like riding a bike...

### Set-Up

Having a solid support at the right height is the most important aspect. If you have to stoop or bend at all to reach your support then you're already off balance – no good! Your support should be about chest height when you are stood on the floor as you'll be higher on the CoolBoard.

Next, get the correct distance from your support – too far away and you'll be leaning over again, too close and it will feel claustrophobic and won't give you enough room to play.

If your support is narrow, start off to one side such that when you pull yourself up onto the Ball the support is in front of you.

Place the Ball on the floor in your chosen spot. Place the CoolBoard on the Ball, with the Ball at one end of the Ring and the other end of the CoolBoard on the floor.

If you can, start on nice thick carpet as this will slow the movement down. An exercise mat also works well. The thicker and squidgier the floor is the slower it will go – a nice helping hand for your fist few goes.

### Beginning

Once ready, place your foot at the lower end of the CoolBoard, then keeping your weight on the lower foot position your other foot on the higher end. Place both hands firmly on your support. Now gently shift your weight from your lower foot to the higher foot until the CoolBoard is level and centred. Try to make your legs do the work rather than your hands.

Posture is important - knees slightly soft (bent) and your back straight and upright. Your hands are there to help you balance, NOT to take your weight. A physiotherapist will tell you to have your head upright. I do now, but I must confess I found it easier to learn looking at the CoolBoard?! Imagine a straight line going from the crown of your head, through the centre of your pelvis, down between your feet and finally though the centre of the Ball.

To begin with it will feel like it is moving of its own accord. So just try to react to the movements to bring yourself back to centred balance. You will never stop it from moving – and that's why it works so well!

Don't try any big movements yet, just start to feel out the balance. You'll realise when you're getting it as your grip will naturally loosen on your support.

After a couple of 5 – 10 minute sessions you should find you're getting to this point quite easily, and that you now feel in control of the Ball rather than the other way around!

Many people always like to use a support, using it to 'pop-up' and get settled, and maybe keeping just one or two fingers on it which helps balance immensely. For some this is as far as they go, and CoolBoard will be doing you a lot of good just like this.

## Progressing

Once you get to this (semi) comfortable point of control, and only then, you can start introducing some deliberate movements. Foot to foot is easier, toe to heel and back is trickier! Being able to carve it in a nice smooth circle is the hardest.

It can be nice to have some music on – you'll find yourself moving to the music and the music will distract you a little, helping your subconscious to learn what its doing. Watching TV is another option.

## Advanced

I have designed the CoolBoard and ring so that it is possible to move the CoolBoard over the Ball in any direction until the Ball meets the ring on the underside (so long as you have the correct sized CoolBoard for your sized foot, and you've learn the skills above). The extremes of toe and heel take the most commitment, and I'd recommend going back to your support when you try for the first few times!

Going down into a squat is also fun... especially if combined with taking it right over one foot.... Maybe try a board grab!

Explore the movement space, see how far over to one side you can go and hold it in control. The ring on the underside is flattened at both ends so once you have slid to the side with the Ball under one foot and that leg doing 95% of the work, you can now try moving it toe to heel and back.

## The Pop-Up

Popping-up unaided is hard to learn. I wouldn't try until you're quite comfortable moving the CoolBoard around in control. When you are and if you want to try – don't try shoving the CoolBoard sideways hoping you'll end up on the Ball – because you'll more than likely overshoot!

Instead see the pop-up as a weight transfer from your lower foot to the higher foot. If you're new to it, or haven't popped up for a while, try some tentative half pops where you push down on your higher leg so the other end of the CoolBoard leaves the floor briefly. This will start getting you accustomed to the movement.

Then add more effort with a bit of confidence and you can push down on your higher leg while lightening your lower leg until the CoolBoard is up and level. Only once the CoolBoard is level and under control you can then centre it with your new balancing skills 😊.

## Sign-off!

I actually wrote this while balancing on my CoolBoard. I have a 4 draw filing cabinet that I put my laptop onto and have a monitor so I can keep my head upright. I then pop up and get working. This is quite advanced, but bear in mind I'm using a Quickness Ball on a solid wood floor so it's as fast as it will go! I'm

not unaided, the palms of my hands assist and if I feel myself going too far I stop typing and grab the cabinet.  
Touch some lovely CoolBoard wood – I've never fallen yet!!

I hope some of that helps, and I look forwards to hearing how you're getting on....

Feel free to email or phone with any questions or comments – I'm here to support for the life of the product...

Keep it steady,

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