

CoolBoard on Disc Challenges

Challenging yourself is very beneficial but also inherently risky, so please go mindfully and understand the risks.

Here's a list of challenges you can try. You can combine these challenges into even more challenging moves and sequences...

...and please let us know if you invent your own! Imagination is the only limit!

1. Balance calmly, remaining as level and unmoving as possible. This ones all about looking casual and fully in control – play it as cool as you can! Up the ante by clasping your hands behind your back and / or try talking so someone with eye contact.
2. Introduce deliberate movements
 - a. Touch the right or left edge to the floor – then re-centre
 - b. Touch the front or back edge to the floor – then re-centre
 - c. Touch a corner to the floor – then re-centre
3. Introduce Squats. Correct form is more important than depth of squat – so start bending you knees a little, making sure your knees don't go past your toes. Go lower when you are ready.
4. While your down there throw in a grab. Challenge yourself to grab different sides and ends of the Board with each grab.
5. Single Leg Work – place one foot in the centre of the CoolBoard and balance. This will place all of the work into that one leg. It is good to balance this out by working the other leg as well.
6. Put the tunes on and get as dynamic as your dare while dancing away. My personal favourite!
7. Play catch with any ball while balancing. Up the ante by using a CoolBoard Ball – they are much heavier so will unsettle your balance more.
8. Balance a distance away from a wall. Have a tennis ball in your hand. Bounce the tennis ball off of the wall and / or floor and catch it. Up the ante by using a CoolBoard Quickness Ball – they bounce well and are much heavier so will unsettle your balance more.
9. Complete mental tasks while balancing, e.g. recite the alphabet backward, read, do some maths.