

### 1&8 Bondi Balance

**Start and finish by centring yourself**  
**Core Strength & Stability, Agility**  
**Spine, Posture, Ankles, Knees**  
**Complete Leg Workout**  
**Calms the brain**

**Beginners:** Preferably start on the Disc. Be careful on the Ball and follow the full instructions - PTO

**Start:** Stand and balance on your CoolBoard. If on the Ball use a support until you are competent.

**Bondi Balance:** Keep balancing. Learn to control CoolBoard rather than it controlling you!

**Progression:** Introduce controlled movements and/or squats. Increase time. **Dance to music!**



### 2 Plank & ...

**Incredible Midriff toner**  
**Spine strengthener**  
**Core buster**

### Sliding Plank

Get the 'V' - 'easily'!



**Start:** On your knees holding CoolBoard in the **middle of the edges**, feet wide. Lift your body into position - chest above CoolBoard - pull belly-button into spine.

**Plank:** Keeping CoolBoard **very flat** hold start position for a count.

**Sliding Plank:** Slide the board to one side **keeping it level** and hold for a count; repeat in other direction. (Ball only)

**Progression:** Move feet closer together. Eventually try to raise one foot.

### 3 Waikiki Lift

**Buns & Thighs of steel**  
**Core & Spine**



**Start:** Tricky but worth it! Ball inside ring centred between where your toes will be. Get your bum as close as possible, place feet on the Board. Arms wide. Push with your feet so the Board balances. Move closer or further to find your ideal position.

**Waikiki Lift:** Raise your bum as high as possible, hold and then slowly lower.

**Progression:** Arms in. Cross arms over chest. Move feet together. Go one-footed!

### 4 Ultimate Push-up

**Arms, Pecs, Shoulders**  
**Core & Spine**

**The most effective push-up ever!**



**Start:** Same as 2 Plank

**Push-up:** Keeping CoolBoard **flat** lower yourself then extend back to the start position. Aim to get as low as possible in a controlled movement. Do not do push-ups on your knees - instead try only lowering a little and build from there.

**Progression:** Move feet together. Add a slide or twist.

### 7 CoolBoard Crunch

**Ab trembling nirvana**



**Start:** Place CoolBoard on the Ball with Ball to one end. Sit on the bottom of the Board with **feet wide**. Lie back and push back with your legs until close to tipping.

**Crunch:** Contract your abs into a **mini 'crunch'**. The movement should be **small** and **your abs should tremble instantly**. If not, roll further back over the Ball until you do.

**Progression:** Gradually move feet together.

This information is provided as guidance only. Use CoolBoard at your own risk. If you are concerned or suffer from any injuries or illness consult a doctor or trained professional before use.

### Prepare to be amazed

- Aim to keep CoolBoard as **level** and **still** as possible for maximum benefits (unless told otherwise)
- Start easy - get it right - then increase.** Exercises can be done as **slow** or **fast repetitions**, or as a **hold** - Start easy, say **2 sets of 5 reps** or **2 holds of 10 seconds** and build up
- All exercises work for **Disc and Ball** - the Ball is even more **effective**
- Perform exercises in a **clear** and **safe** area with plenty of space around you
- Stop** any exercise that does not feel right

### 6 Pro Dips

**Shoulders**  
**Triceps**  
**Core**



**Start:** Sit on floor in front of CoolBoard. Hold CoolBoard in the **middle of the edges**, feet wide.

**Pro Dips:** Take your weight into **arms (not legs)**. Extend your arms lifting your torso. Lower into a classic 'dip' until buttocks almost touch the floor. Repeat.

**Progression:** Move feet together - increases instability. Move feet away - increases arm effort.

### 5 Inclined Squat

**Complete Legs & Glutes. Learn to protect your spine from uneven surfaces. Weights optional**

**Start:** Place CoolBoard on the Ball or Disc as shown.

**Squat:** Stand on the CoolBoard lower foot first. Squat down keeping your **weight evenly balanced**, **shoulders level**, **back straight** and ensure your **knees remain behind the toes**. Return to start position and repeat. After one set move the ball to the other end of the CoolBoard.

**Progression:**

Gradually increase bend of knees until over 90°. Add weights.

