

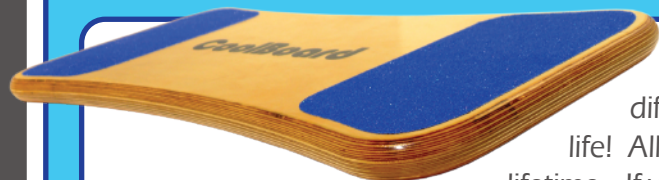
HELLO! You're about to start using the best instability trainer out there... Here's a little note to help you get the most from your CoolBoard...

Before the interesting bit, some things we have to say, don't be scared - its just like riding a bike!

- Use at your own risk
- Use with care
- Consider using protective clothing
- Use on a flat surface
- Nearest obstacle at least 2.5m away
- Recommended for indoor use only
- CoolBoard is not a toy
- If recovering from an injury or have any other fitness concerns consult your doctor before use
- If using CoolBoard on the Ball make sure you have a good support to hold onto until you are competent
- Do not use under the influence of alcohol or drugs
- Do not use at the edge of a tower block or cliff

1 Your CoolBoard Kit

Not all will be included in your package



Your CoolBoard: Different Boards have different personalities – variety is the spice of life! All of our Boards are bombproof and will last a lifetime. If you want to keep it looking tip-top, some care will help – don't use it on rough surfaces, keep it inside and dry, if it needs a clean gently use a damp non-abrasive cloth. Grips can wear over time – we offer replacements.

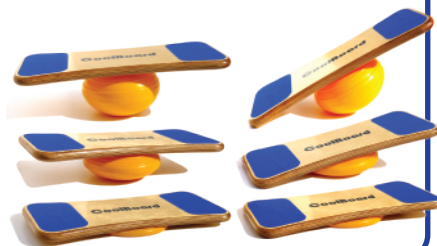


Easy Start Balance Discs: For Standing - Sitting - Exercises

Natural stance - Fully adjustable - The superior wobble board



Inflate using pump or by mouth, less air is easier, more air increases the challenge. Start with the Disc thin and inflate more when you want more movement. Discs open up more training options e.g. one footed work and Sitting Mobility - see Xtra Instructions, How-Tos, Workouts and Videos.



Balls! If it's Burgundy/Red you have our Standard Speed Ball. Orange is a Quickness Ball for more challenge and agility. Purple/Yellow is our Slow Ball for slow and deliberate balancing, ideal for rehabilitation and the elderly.

Any Ball can be slowed by using CoolBoard on a soft surface - exercise mat or bit of thick carpet. Layer up to slow more. Movement can be sped up by using on a hard surface - laminate flooring. Temperature also affects speed, so keep your Ball somewhere warm for faster movement and vice-versa.



2 Keep inspired

Always learning - always sharing

Keep it fresh with new ways to use CoolBoard - Xtra Instructions, How-tos, Videos, New Exercises, Challenges, Inspiration and funnies! All available in the following places...

www.coolboard.co.uk



3 The Exercises

Amazingly effective & zero impact

Exercises are effective on the Disc and even better on the Ball. You will want a good bit of floor space. Take note of the correct form. Exercises are **most effective** when the CoolBoard is as **level as possible** and the movement is as **controlled as possible** (unless stated otherwise). This will become easier as you improve – showing better strength, body awareness and control. **So start easy - get it right - then increase.**



4 Get Balancing

Quickly becomes easier than it first feels!

Almost anyone can start easily on the Disc, where-as balancing on the Ball takes 2 – 5 sessions of about 10 minutes on consecutive days, and a support is highly recommended.

Disc - Inflate Disc, place on the floor and place CoolBoard centred on top. Make sure the edge of Board won't catch the plug. Place one foot on one end, then carefully place the other foot at the other end. The first goal is to be able to level CoolBoard and keep it from touching the floor. Once this is mastered you can introduce controlled movements - touch right toe to floor, re-balance, touch left heel to floor. Progress by adding more air to the Disc.

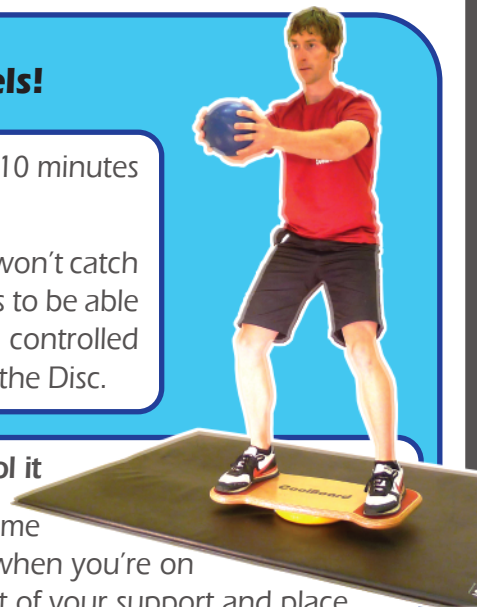


Ball - CoolBoard is always moving, you won't stop it, but you will learn to control it

Find a support to hold onto - CoolBoard Handrail / Banisters / Mantelpiece / Doorframe / Window frame - Ideally chest height when you're standing on the floor so that when you're on CoolBoard you can adopt the correct stance. Place the Ball forearm length in front of your support and place one end of your CoolBoard on the Ball, Ball inside the ring.

Stand on the CoolBoard - lower end first - and hold the support. Pull yourself up until you feel the Ball centred underneath you. **Your stance should feel natural** - knees slightly bent and 'soft', your pelvis over the board, back straight. **Don't stick your bum out or roll your shoulders** – common problems if your support is too low.

While holding on find your natural balance point and try gently moving CoolBoard in various directions. You will start to feel your centre of balance and as you do you can loosen your grip. Continue until you start letting go...



5 More Balance

Oh yeah!

With practice and the right CoolBoard you will be able to take the Ball anywhere within the ring – much fun and a great workout. As your confidence grows try deliberate movements – roll to the side working one leg more. Try bringing the Ball towards your toes or heels. For first timers you'll want your support close to hand. **Try moving to music!** Try a squat or low riding position – even more work and challenge!

The 'pop up' is tricky to learn - many users always use a support to get up. If you wish to try, **don't shove your weight sideways.** You want to **rotate over the ball by applying more weight to your higher foot.** Once CoolBoard is level - centre it with control.



That should have you happily balancing and exercising away and finding muscles you never knew you had! If you have any problems, questions or comments, please email or call us – we are here to help.

Thanks again, and as always
Keep it Steady!

Nic Smith - Founder @ CoolBoard Ltd

Here to help...

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