

## Instructions & Safety

**IMPORTANT** – Before commencing any form of exercise, you should always consult your doctor or therapist.



# 66fit<sup>®</sup> Rocker board



Thank you for purchasing the 66 Fit Rocker Board. This is a quality product that can help you exercise in many different ways, improving balance, core stability, coordination, strength and flexibility.



Rocker Boards are designed to increase your core strength by tilting the board front to back or side to side, depending on how you are positioned on the board.

#### **Balancing**

At first, practice balancing on the board with both feet and then for more advanced training, balance on the board using only one leg. Step onto the rocker board with your feet shoulder width apart. Balance the Rocker Board moving your body weight to keep either side from touching the ground. By standing up straight and looking forward (not at your feet) you will develop good posture.

Use the Rocker Board in the same way for both side to side and front to back balancing. When balancing forward and backwards, ensure that one foot is slightly in front of the other, as if you were going to do a lunge.

#### **Side Taps**

To develop your balancing skills, stand on the board so that you can move the board from side to side. In a controlled manner, slowly lower the board from one side to the other, as you control the board at each side, tap the ground. For advanced exercises, do the same exercise but with the board moving from front to back. You can also try double or triple taps.

#### **Squats**

These exercises train your glutes, quads and hamstrings. Stand on the board with both feet, squat down whilst keeping the board stabilised, stopping the board from rocking either side to side or front and back.

#### **Push-ups**

For your arms, chest, shoulders and core. Place both hands on the Rocker Board, slightly wider than shoulder width apart, balancing your body in a push-up position. Keep your body straight from your head to your feet as you lower your chest down toward the board, then push-up.

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