

Instructions & Safety

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

- Exercise and rehabilitation for feet, ankles, knees and hips.
- Balance training and core stability.
- Whilst carrying out these exercises, please ensure that you avoid any sudden or hasty movements.
- All exercises should be a controlled movement.
- Stop exercising immediately if you start to feel ill or dizzy.

Attachments

A. Wobble Board Attachment (Small)

Designed for beginners to intermediates – using the smallest of the wobble board attachments will give you full wobble board functionality and has a 14 degree tilt angle.

B. Wobble Board Attachment (Large)

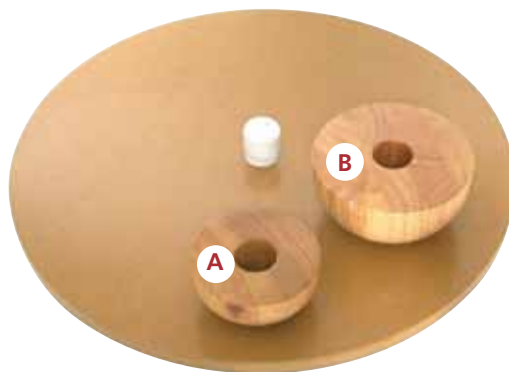
Designed for intermediate to advanced use. Using the largest of the wobble board attachments will increase the tilt angle to 18 degrees. This in-turn makes it more difficult to use.

C. Rocker Board Attachment

The use of the Rocker Board attachment is recommended for beginners, people in very early stages of rehabilitation and for senior citizens. This has a tilt angle of 18 degrees.

66fit[®] Wobble & Rocker Board

Combination Set



- A Wobble Board Attachment (Small)
- B Wobble Board Attachment (Large)
- C Rocker Board Attachment

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



Sitting

- Place the board underneath your feet whilst sitting, slowly rotate in a clockwise/anti-clockwise, and then forwards and backwards. **2 minute exercise**

Standing

- Stand on the Wobble Board with your feet shoulder width apart. Gently tip the board forwards and backwards, then side-to-side. Start by doing this whilst holding onto a chair or table, so that you can get a feel of the degree of board tilt. **3 minutes exercise**
- Place feet shoulder width apart, starting at the 12 o'clock position. Slowly rotate in a clockwise direction (so that the edge of the board is always touching the ground. Once completed, do the same in reverse. **2 minute exercise**
- Feet shoulder width apart, tip the board forwards and then backwards – ensuring that you touch the edge of the board on the floor. **1 minute exercise**
- Tip the board to the left, then the right ensuring that you touch the edge of the board on the floor. **1 minute exercise**
- Feet shoulder width apart, balance the board without any edges touching the ground. **2 minute exercise**
- Rotate the board in a clockwise direction without the edges touching the ground (but as close to the ground as you can get). Then do the same again in an anti-clockwise direction. **2 minute exercise**

Advanced exercises

- Position one foot in the middle of the board, slowly try to move the board front-to-back (controlled) ensuring that the board touches the floor, then do the same side-to-side. **1 minute exercise**
- Again using one foot, rotate the board in a clockwise direction ensuring that the edge of the board is touching the floor at all times. **1 minute exercise on each foot**
- Press ups – Place your body in the press up position but with your knees on the floor and with your hands flat on either side of the board. Keep the board balanced whilst doing press ups. **1 minute exercise**
- Place one foot in the centre of the board and balance without any of the edges touching the ground. **Exercise time – 1 minute exercise on each leg**

Physio Supplies Ltd

The Warehouse, Beck Bank, West Pinchbeck,
Spalding, Lincolnshire, PE11 3QN, UK
physiosupplies.com

Physio Supplies Australia

PO Box 3165, Warner, QLD, 4500, Australia
Tel: (07) 3889 9199
physiosupplies.com.au

