



***The Power Behind Performance***<sup>®</sup>

## **VersaBalance Board**<sup>™</sup>

**IMPORTANT INFORMATION  
PLEASE READ AND KEEP**

### **DISCLAIMER**

The following guidelines should be observed when using VersaBalance Board<sup>™</sup>.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Read all instructions carefully before using.
- This is not a toy! Adult supervision is required whenever a child is near a VersaBalance Board<sup>™</sup>.
- Wear proper footwear and keep fingers from underneath the VersaBalance Board<sup>™</sup>.
- Always use VersaBalance Board<sup>™</sup> on a level surface.
- Use only as instructed. Not recommended for any other use.
- Care should always be taken when getting on and off the VersaBalance Board<sup>™</sup>. Falling on or off could result in injury. Always use a spotter when using the VersaBalance Board<sup>™</sup>.
- Power Systems, Inc. assumes no liability for accidents or damage that may occur with the use of VersaBalance Board<sup>™</sup>.

For more information on the VersaBalance Board<sup>™</sup>  
or any other training products or programming, contact:

Power Systems Inc.  
www.power-systems.com  
1-800-321-6975

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## **VersaBalance Board™**

The VersaBalance Board™ is a versatile training device that develops total body balance. The board without the detachable cup is 1-1/2” high. Attaching the cup elevates the board to 2-1/2” high. It is recommended that all drills listed below be performed first with the board at 1-1/2” and that users are proficient at each drill before attempting drills at an elevation of 2-1/2”.

Starting position for standing exercises: Stand with feet together, contract abdominal muscles and slightly bend knees. **It is recommended that you have a spotter to assist you onto the board and to remain nearby to assist you should you lose your balance.**

### **Two Leg Balance**

Action: Step up on to the board, one foot at a time and stand on it with the feet side by side. Establish and maintain balance.

Variations: One leg balance, two leg balance with eyes closed.

### **Front Lunges**

Action: Place one foot on the board. Step back with the other foot so that the front knee is bent at approximately a 90 degree angle. Knee should stay in a straight line over the ankle. Lift the heel of the back foot and slightly bend that knee. Push off with the back foot and return to the starting position. Keep the foot on the board and do 10 reps. Repeat with the other leg.

Variations: Hold dumbbells while lunging.

### **Side Lunges**

Action: With the board to the side, put one foot on the board. Step out with the other foot. Bend the knees, keeping the knees in line with the ankles. Bending from the waist, sit back into a squat position. This should feel like you’re sitting back into a chair. Step outside foot back to the starting position. Do 10 reps and repeat on the other leg.

### **Squats**

Action: Follow the directions above for a side lunge but keep the foot on the board and squat up and down. Do 10 reps on that side and repeat on the other leg.

Variations: Sit back into the squat position and pulse.

### **Push-ups with One Hand on the Board**

Action: Place one hand in the center of the board and the other on the ground. Hands are about shoulder width apart. Come into a push-up position, either on the knees or fully extended with weight on the toes, military style. Keep hips down and do not arch the back (sway back). Evenly distribute weight between the hands and the knees or the hands and the toes. Lower upper body toward the floor, bending the elbows. Pause, press up and return to the starting position. Repeat on the other side.

### **Push-ups Holding the Sides**

Action: In the pushup position, grasp the board with a hand on each side. Lower into a push-up and return to starting position.

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