











# ROLLERBONE TRAINING GUIDE

## PASSION FOR BALANCE



PASSION

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Anfänger



Fortgeschritten

## TOP 10 FACTS FOR BALANCE TRAINING

1. Training for young and old
2. Suitable for beginners and advanced
3. Holistic training for body and mind
4. Improves coordination, balance & agility
5. Ideal cross training for all sports
6. Perfect training device for all muscle groups and deep muscles
7. Versatile use in physiotherapy
8. From the office worker to the skater freak: „Gym to go“
9. Space saving and expandable at any time
10. Indoor & Outdoor: FUN - FUN - FUN !!!

## ROLLERBONE TRAINING

Balance Training with RollerBone - **Awarded the seal of approval from „Moving Innovation“ - „Bewegte Innovation“**

Here you'll get the fastest and most efficient way to start and complete your personal training with the RollerBone Balance Trainer. With exercises starting simple and continually increasing in difficulty you'll become a seasoned RollerBone Pro. The RollerBone is an all-in-one exercise tool where sport meets fun. Not only does it increase agility, coordination, and balance, but also improves muscle strength, body tension and overall body fitness. After only a few minutes you'll feel results, and with countless different tricks to master and different levels of difficulty to pose new challenges it will never get boring.



An extensive balance training can greatly reduce the risk of injury while doing other sports. Many studies have shown that repetitive balance training can prevent injury to muscles, tendons and ligaments. The preciseness of the movements increases significantly which helps to sharpen the senses. It helps to relax and reactivate tense muscles and can even greatly alleviate back pain. Balance training with the RollerBone gives you more mobility for your everyday life.

Balance boarding with the Rollerbone is particularly well suited to physiotherapy and injury prevention, because almost all muscles groups are addressed and trained.

Children and older individuals benefit greatly from this holistic training for body and mind.

Physical problems from everyday office life are becoming increasingly more important. The SoftPad serves as a therapeutic seat cushion to promote a healthy sitting position while at the same time strengthening the back muscles. Or take a minute for a quick workout to clear your head, relieve your back, and get the blood flowing again.

## WHAT TO NOTE- SAFETY INSTRUCTIONS

- Please make sure that there is enough space available before you begin training
- Clear area of objects that could cause injury
- Do not use device on a slippery surface. For this purpose, you can purchase the RollerBone mat to always have a safe and secure grip while using the RollerBone
- Children should only use the RollerBone under the supervision of a responsible adult

## GETTING STARTED - POSITIONING THE ROLLERBONE

To prevent injury and for faster success it is suggested to start training with the help of a partner. It is recommended at the beginning to practise the body positioning without the Roller. Above all, it is important to have a slightly wider stance on the board. In neutral position it is optimal to have an equal amount of space beside, in front, and behind each foot on the board. Keep knees slightly bent and keep the upper body upright (in an upright position, at a 90 degree angle, perpendicular to the ground). Keep shoulders and hands relaxed.



Body System



!! Board too steep !!



Close to the edge ist ok!



Leading with the hips slowly roll into position



At the beginning all exercises should be carried out while being spotted by a partner. A fixed structure with steady handholds would also be suitable ie. wall bars. Try to keep your balance while slowly rocking back and forth. Jerky movements should be avoided as to not lose balance.



## TRAINING WITH THE SOFTPAD - BASIC EXERCISES

The SoftPad can be easily orally inflated. The fuller the SoftPad is, the more difficult the exercises will be. While training with the SoftPad you are always in movement and it requires the whole body. Usage activates the deep muscles as well as strengthening the core muscles.

Stand with feet evenly apart with knees slightly bent and a straight back. Breathe calmly and evenly.

The best way to perform each exercise is to start with 10 repetitions. A further challenge is to do the exercises with closed eyes.



- Balancing on the board without touching the floor
- Rock from side to side



- Tilt forwards and backwards
- Rock the board in a circle- change directions

*These exercises increase balance, muscle strength, and coordination. If an exercise does not come easily (ie. tilting forward/backward) then you should focus on this exercise in particular to achieve balance and bodily harmony.*

After every activity, especially those involving intense muscle exercises let yourself and your muscles briefly relax.



- Repeat all of the exercises with the SoftPad underneath the centre of the board (with the Softpad no longer as the centre of gravity, to one side of the board, no longer as a fulcrum at the middle of the board)

*Squats are the classic exercise for strengthening the leg muscles. Instability requires the work of more muscles.*

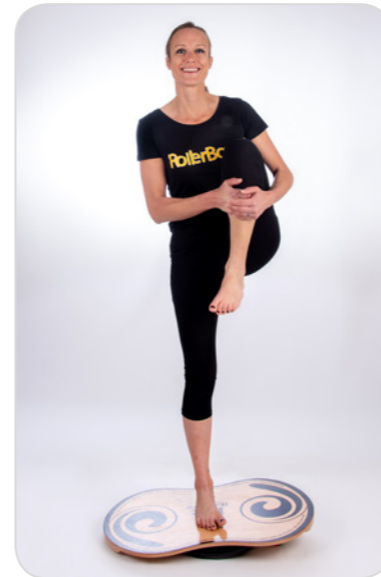
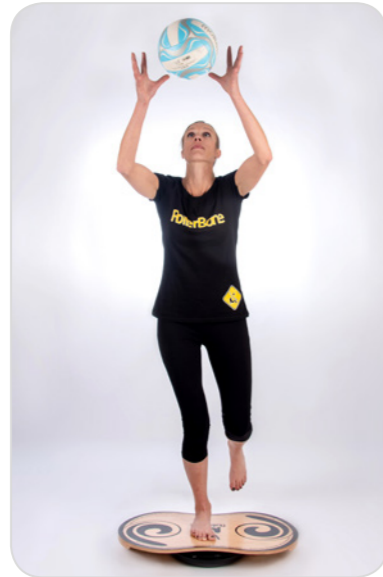


- Squats: feet hip width on the board with weight resting on the heels. Back should be straight and toes pointing forward. Squat/crouch down pulling the buttocks toward the heels until the thighs are parallel to the ground

for the more advanced:

- One-legged squats: Raise 2nd leg to the back, or rest on the other knee





- balancing on one foot- switch feet
- catching and tossing a ball on one foot- switch feet
- draw circles in the air with one foot- switch feet
- draw circles in the air with one leg- switch legs
- stand on one foot and slowly kick the 2nd foot to the front and then to the back- switch feet
- stand on one foot and cross one foot/leg in front of the other- switch

*These exercises are to train coordination and attention, and to strengthen muscles, especially those of the leg*

- While standing on one foot, hold the other foot with the hand on the same side behind your back (It is important to keep the thighs parallel to one another)
- While standing on one foot, pull your other knee to your chest
- On one foot, place your hands on your hips. Raise your other leg to the side, hold, and switch.

*These exercises are for coordination and specialize in the strengthening the leg, abdominal and glut muscles.*



## TRAINING WITH THE SOFTPAD - ADVANCED EXERCISES

This program specializes in building muscle. It is very important to properly warm up before beginning. Training should always include a few balance exercises (pages 4-7). Always remember to periodically relax the muscles!

Hands should be placed at shoulder width on the board with arms straight. Lower the upper body until almost resting on the board. Slowly push yourself up. Make sure that the back stays straight. Knees and hips are raised so the body forms a straight line. Tuck the chin in slightly to the chest so that the head is in-line with the spine. With the chest open, legs and buttocks tight, the tension should be mainly felt in the abdomen, lower back and upper arms. The entire body is tense. Only the power of the arm and chest muscles can get the body into this position (the push-up position) and back.

The best way to perform each exercise is to 10 repetitions.



- Push-ups
- light version: this exercise can also be performed on the knees.
- Push-ups can be done with one hand beside the board

*The classic exercise for the upper body...it stabilizes the muscles of the entire shoulder area and strengthens the chest and arms.*

## ADVANCED EXERCISES

RollerBone®



- Push-ups on the board:
- With both hands on the board, lift one leg and hold briefly
  - Alternate bringing the knees up to the chest, hold briefly
  - Push-ups with the feet resting on the RollerBone

Planking provides ample training for a strong core, for more stability and better posture. The abdominals and back muscles are the main supports. All core muscle groups are worked, especially due to the instability of the board. Always pay attention to your body!

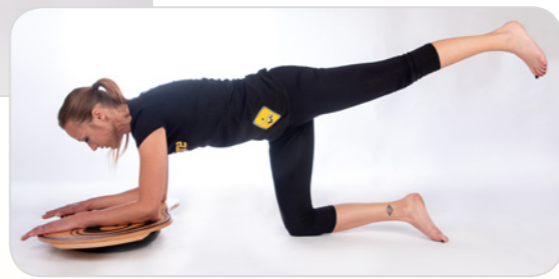
Position: Forearms on the board with shoulders in line with the elbows, knees and hips are stretched out so that the body forms a line. Tuck in the chin slightly to the chest so that the head is in line with the spine. The abdominals and lower back muscles should be flexed. Core should be tense, belly button pulled inwards, legs, buttocks and arms stable.

This exercise should be repeated 10 times.



- Elbow Planking**
- alternate lifting one leg upwards, hold briefly
  - alternate bringing one knee towards the chest and holding

For a strong core more stability and better posture



- Planking: *light version*: rest forearms on the board
- on hands and knees with the forearms on the board - hold
  - while kneeling, alternate lifting and extending one leg and holding

An excellent workout for the core and glut muscles is "bridging"- raising the pelvis and legs. Shoulders should be pressed firmly into the floor. Tighten the abdomen and buttocks. Raise the pelvis slowly upward, one vertebra at a time. Hold briefly. Slowly lower the pelvis, again, vertebra after vertebra. Inhale while flexing and exhale while releasing. Repeat 10 times.



- Lying on the back with the soles of both feet resting on the board
- raise pelvis and hold briefly

- Lying in a supine position with one foot resting in the middle of the board
- lift the pelvis away from the floor
  - raise and lower the second leg

Abdominal, back and glut muscles are at full throttle.



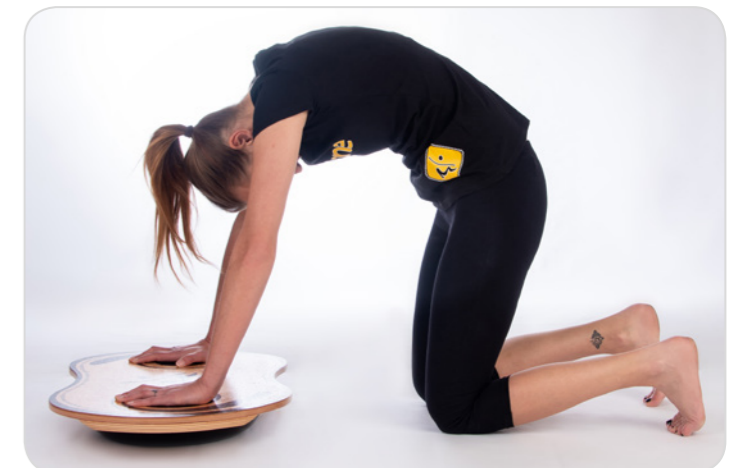
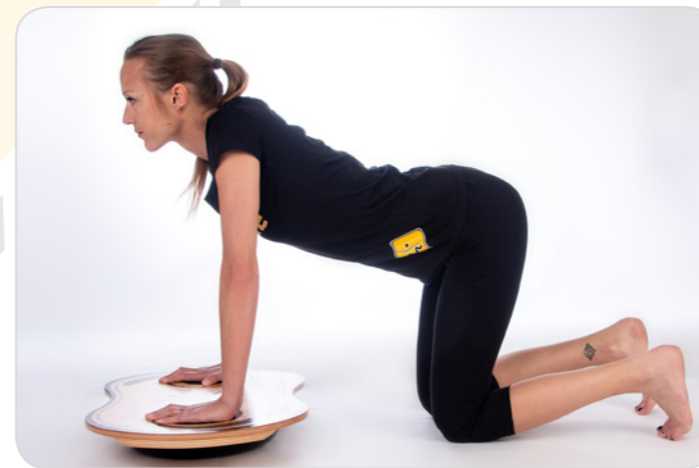




RollerBone®

The hands and knees position is particularly helpful well suited for balance and coordination training.

- Both hands, palms down, on the board- raise and extend one leg at a time- switch
- One palm resting in the middle of the board- raise and extend one arm and the leg on the opposite side diagonally away from the body- hold- switch
- One palm resting on the middle of the board- raise and extend one arm and opposite leg diagonally away from the body - bring knee and elbow back together (under the body) - switch sides



Knee Push-ups for the chest and shoulder muscles, as well as the triceps

- Hands should rest on the board shoulder width apart, soles of feet pointing up with ankles crossed. Using the abdominal and back muscles lower the body until the chest is almost touching the board. Slowly push away from the board.

Cat and Cow Stretch- to stretch and stimulate the spine

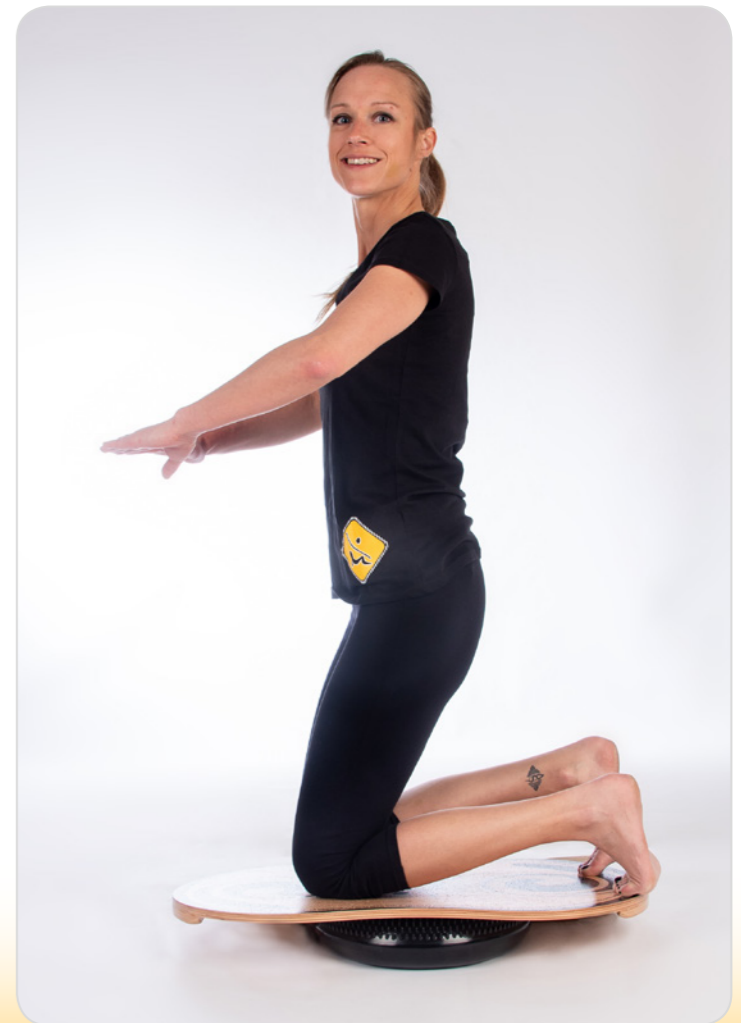
- Knees shoulder width apart, feet flexed, and hands resting on the board shoulder width apart, elbows slightly bent, and buttocks extended pointing upwards. On the exhale roll the vertebrae upwards and lift the lumbar spine, while letting your head sink down. On the inhale slowly lower the lumbar spine, raise and open the ribcage, press shoulder blades together and lift the head.



*Knee Push-ups- palms on board shoulder width apart, straight back*  
 • lift both knees off the ground- hold 30 seconds, rest and repeat  
 • lift one leg at a time with knee bent, until the thigh is at buttocks level, sole of foot pointing up- hold briefly- lower back down- switch legs



Keep your balance while...  
 • lying prone with stomach on the board  
 • on hands and knees on the board  
 • sitting on the board with arms and legs in the air  
 • kneeling on the board - all without touching the ground!







#### Hover Position

- Raise the knees to the chest so that only the buttocks is resting on the board
- Extend arms and legs until they are parallel to the floor (until the body forms an "L") (No rounded or hunched backs allowed!!)

These are probably the most effective Balance Board exercises for the abs

#### Sitting with the RollerBone on a SoftPad - legs extended

- With hands on the board for support
- With hands on the board for support while lifting and lowering the legs
- Shifting your weight from side to side
- Supporting with hands while lifting the body off of the board



- Lunges: one foot in the centre of the board – 2nd leg with knee almost touching the floor - front leg bent at a 90° angle - hands on the hips - upper body straight
- Using the strength of the leg muscles, lift and lower - switch legs

*The hip flexor combines the core and thigh muscles. For most people, this muscle has shortened from sitting too much. This creates an imbalance in the muscular system, which leads to bad posture and back pain. These two exercises are optimal for stretching the hips.*



- Hip flexors: place one foot in the middle/centre of the board - 2nd leg is placed far back - front leg is at a 90° angle - hands on the hips or behind the head - upper body straight
- Tilt pelvis downwards until the shinbone of the back leg is parallel to the floor then return to original position - repeat 10 times - switch legs

RollerBone®



Push-up position with hands palm down on the RollerBone

- While keeping the hands planted on the board, feet making small steps towards the RollerBone, in turn raising the buttocks and the head sinking down
- Shift weight from left to right hand

## YOGA - FOR MIND, BODY AND SPIRIT



Yoga position "Downward Facing Dog" The body forms an inverted "V" with both palms on the board, back straight, and upper arms in line with the ears. Legs should be straight with heels pulling to the ground.

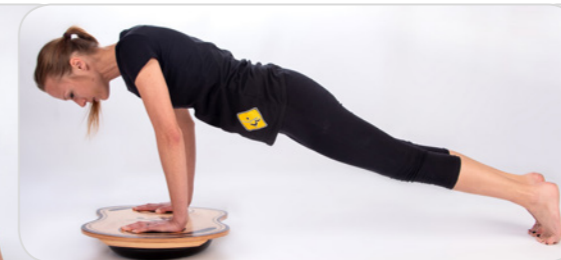
- Alternate raising and lowering each heel.
- Alternate raising and lowering each leg
- Step backwards until in push-up position and back again



Yoga position "the Cobra"

Above all, this position is the remedy for too much sitting. Hands resting on the board shoulder width apart, lie flat on the stomach. Slowly push upwards until the arms are almost straight with the elbows slightly pointed outwards— look upwards, as the head is an extension of the spine - buttocks flexed – belly button pulled inwards

- Push slowly upwards/away and hold



For advanced yogis:

- Start in Downward Facing Dog position, moving into push-up position, then into the Cobra and back into Downward Facing Dog





Yoga position "Standing Scale Pose"

- Stand with one foot in the middle of the board- lean forwards - hands outstretched to the side like wings - 2nd foot is extended and raised backwards
- Straighten up - bring the 2nd foot to the front and rest it on the knee of the 1st leg



Yoga position "the Tree"

- Stand on one foot in the centre of the board - rest the foot of the 2nd leg on the inside of the 1st leg just above the knee - raise hands above head and bring palms together



Yoga position "Warrior Pose"

- Arms extended to the sides at shoulder level – legs are in a wide stance with one foot pointing forward on the board (with knee in line with heel,) and the 2nd foot turned slightly outwards – back straight and upper body centred with tension throughout the entire body – face forward – hold 15 seconds
- Then leaning forward, rest the elbow of the front arm on the knee of the front leg raise 2nd arm over the head (not resting on the ear) – hold for 15 seconds
- Slowly lean backwards reaching with your back hand to the thigh – front hand is extended upwards, perpendicular to the floor – hold 15 seconds

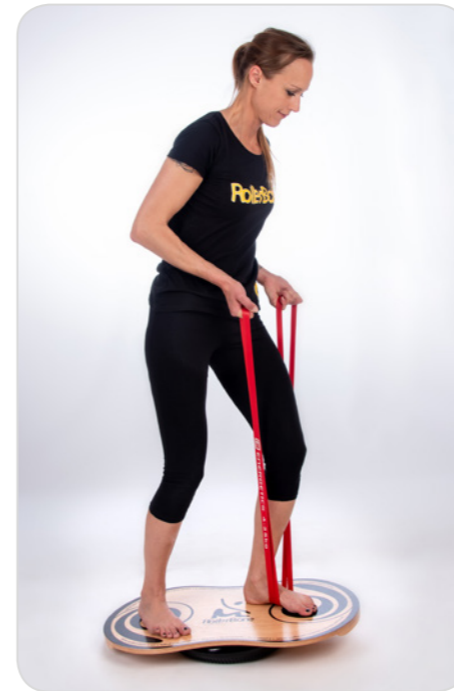




- Hold ball with arms outstretched:
- Raise the ball above your head to the left, then lower the ball to the right hip – 5 reps and change direction
  - Dribble the ball
  - Dribble the ball in a circle around the entire body
  - With arms outstretched, slowly move the ball to the left and right
  - Shake the ball quickly up and down, while increasing then decreasing the height of the ball
  - Throwing and catching a ball
  - Ball over your head play
  - Pass the ball left and right



## BALL COORDINATION



- Feet staggered, facing sideways on the Roller-Bone with the resistance band doubled, with the hands holding each end and the middle under the front foot
- Using upper arm strength, pull the band up towards chest and bring back down

- Feet staggered, facing sideways on the Roller-Bone with the resistance band under the front foot and crossed - elbows positioned out and hands in front of the chest
- Using the shoulder muscles, pull the band upwards and back down

- Facing forward on the RollerBone with feet hip width apart, with the resistance band under both feet
- Using both hands and the strength of all the back muscles, straighten arms above head

- Facing a partner
- Draw diagonally

- Feet staggered on the Rollerbone with the resistance band under the front foot - Elbows in front of body with hands in line above
- Using the shoulders, pull upwards

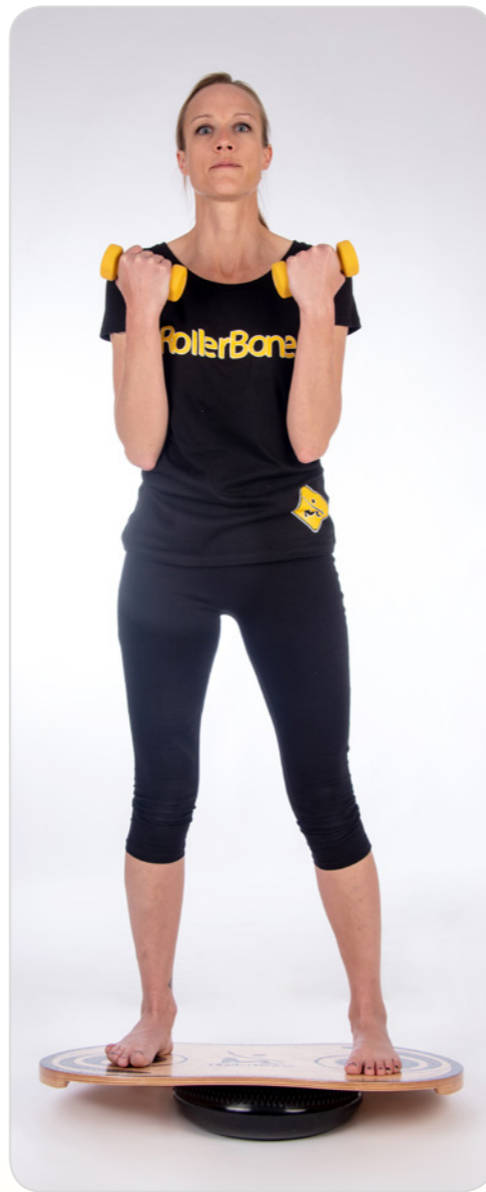


## RESISTANCE

## BANDS



# WEIGHTS FOR MORE MUSCLE STRENGTH

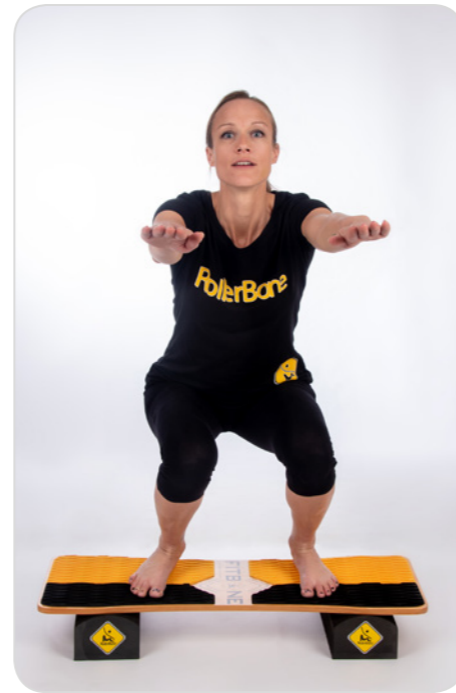


It is important to keep a straight back during all of the exercises!

- Lean forward until the upper body is horizontal with knees slightly bent - cross the dumbbells in front of body then straighten and raise arms until parallel to the floor – hold 3 seconds
- Lean forward/bend over until the upper body is horizontal with knees slightly bent - cross the dumbbells in front of body - raise the straightened arms back entirely behind the body
- Standing up straight on the board raise arms to the side until they are parallel with the floor - draw small circles in the air with the dumbbells - change direction
- Lateral raises: with elbows slightly bent, start with the dumbbells resting at your sides, then raise arms until parallel with the floor - reach to the sides
- Tricep extension: hold a slightly heavier dumbbell just behind the head with two hands - keeping the upper arms perpendicular to the floor and the elbows in line with the ears, slowly lower and raise the dumbbell behind the head



- Military press: (called the overhead press or overhead raise...in this case 'the double arm overhead press) starting with the elbows at shoulder level, straighten arms above head using the shoulders
- Bicep curls: starting with the elbows down in front of the body and hands at the shoulders, alternate between straightening out each arm, downwards towards the ground (palm facing up) while keeping elbows in position

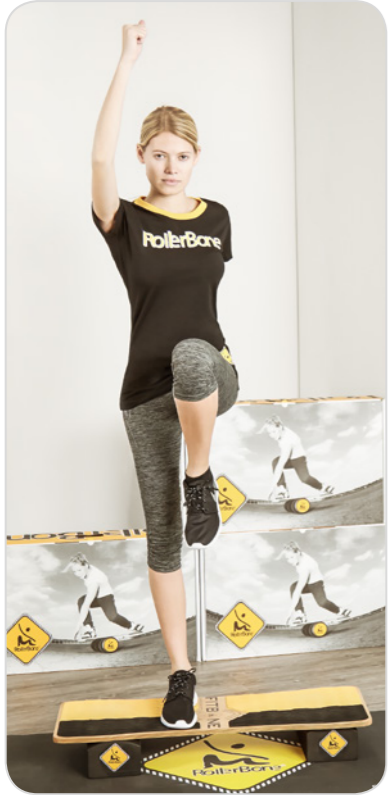


Bricks without board:  
 position bricks on the floor parallel to one another – stand with one foot on each brick – squat and repeat or hold  
 • optimal for ski training and balance

only lay bricks in a row - bow upwards  
 • to balance

Bricks with board:  
 • As an aerobic stepper  
 • For squats  
 • For basic, elbow, and side planks  
 • For upward facing plank (basic or elbow)  
 • For push-ups (either with both hands on board, or one hand beside the board)  
 • For bridges, lunges...





- Board on two bricks:
- Lunges
  - On place running
  - Jumping

- Board balancing on one brick in the centre
- Shifting body weight from one foot to the other (like while running)
  - Squatting with weights held straight out
  - While doing a various assortment of dumbbell presses, raises and extensions

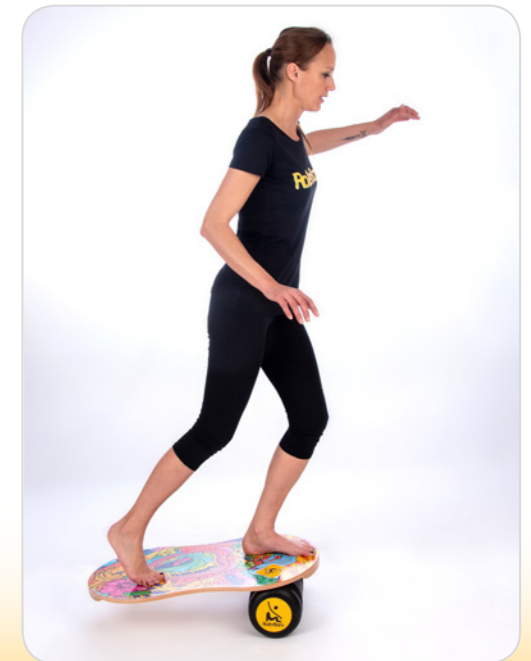
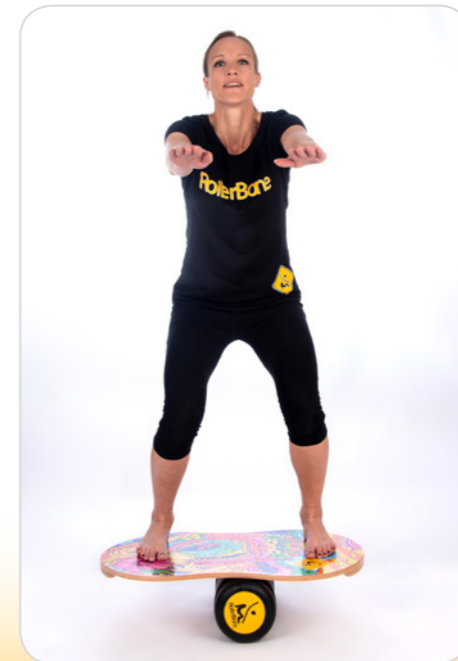
## TRAINING PROGRAM WITH ROLLER - BASIC EXERCISES



## FOR THE MORE ADVANCED

- Standing on the board with one roller:
- Maintain balance while keeping the pelvis in line with the roller
  - Shift the weight of the upper body from side to side
  - Bring the feet closer together on one side of the board and then shift to the other side of the board
  - Bend knees slightly and hold for 15 sec.
  - Squats
  - Squats
  - Shift position 90° until body and feet are pointing to the side - switch directions

- Other exercises:
- Hip Rotations
  - Downhill squat







On hands and knees  
(forearms resting on board and knees on the ground)

- Roll side to side
- Lift each knee and briefly hold



On hands and knees (all 4 limbs on board)

- maintain balance (Attention - no fingers under the board!)

## STRENGTH AND COORDINATION



- Push-up position: hands shoulder width apart on the board with back and legs straight
- alternate lifting each leg- briefly hold
- *lighter version*- stay in kneeling position and lift both knees - hold



Elbow planking: forearms resting on board

- alternate raising each leg - hold
- *lighter version*: do exercise in kneeling position, raising both knees - hold



- Push-up position with feet on the RollerBone and hands on the floor







- Throwing and catching a ball
- Ball over your head play
- Pass the ball left and right
- Dribble the ball
- Dribble the ball in a circle around the entire body

Hold ball with arms outstretched:

- Raise the ball above your head to the left, then lower the ball to the right hip – 5 reps and change direction



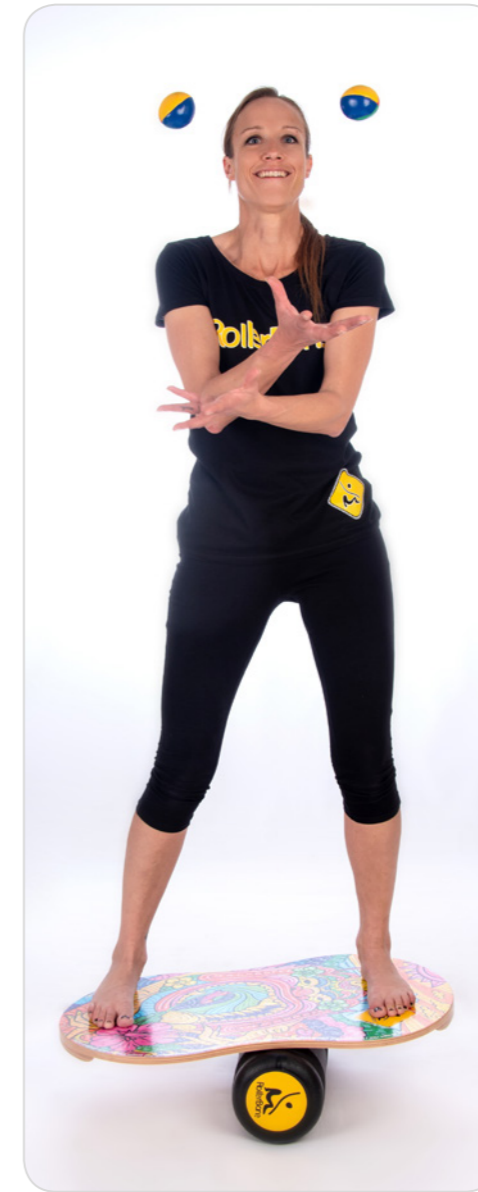
## BALL COORDINATION



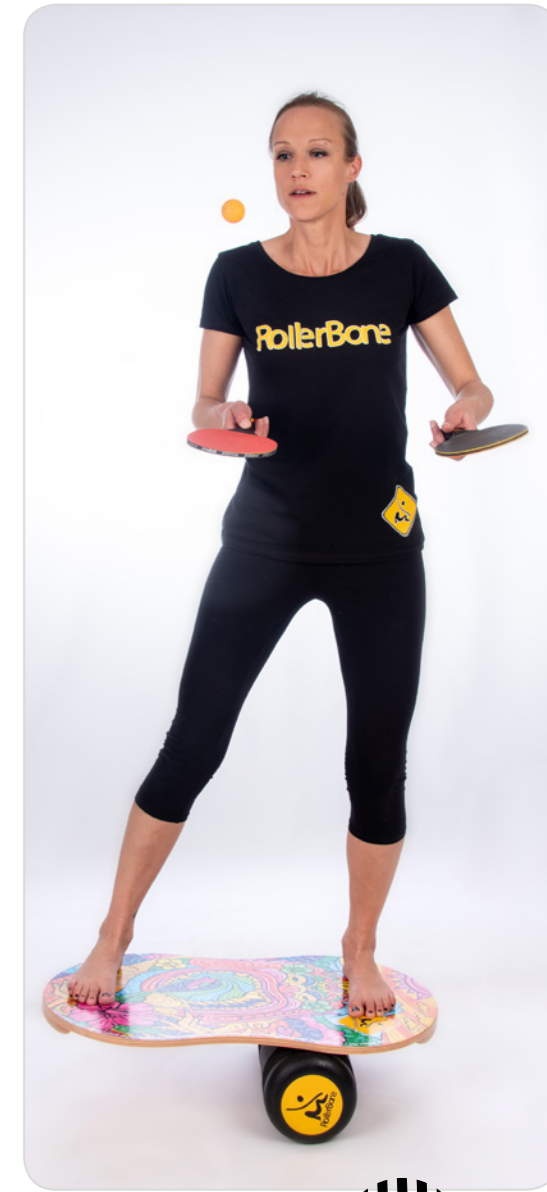
- Holding ball in line with the chest with arms straight, slowly move the ball from left to right
- Quickly shake the ball up and down while increasing the distance between the highest and lowest point

*Very advanced and very effective:*

*Exercises on the board with roller and weights - exercises see p. 24-25*



- Juggle 2 or 3 balls
- Throw 2 balls up high and catch them with the opposite hand
- Throw 2 balls up high and catch them in the same hand





## FASCIA FOCUSED WORKOUT - FOAM KORK ROLLER



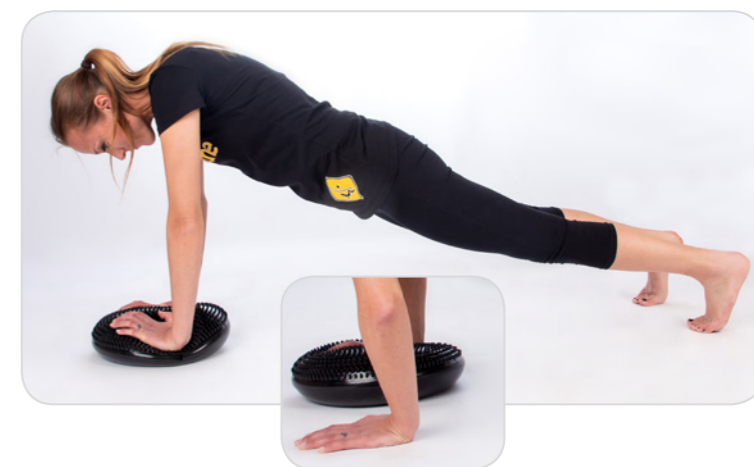
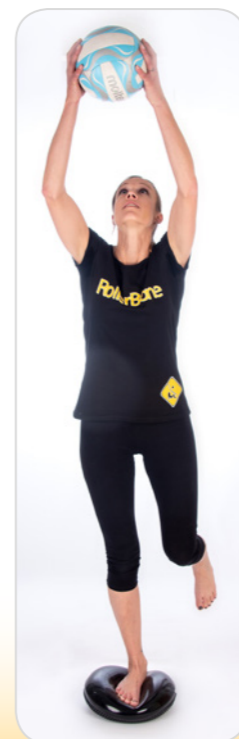
Using the classic or kork roller: The roller should be positioned sideways under the middle of the calves. In reverse push-up position (arms behind the back on the floor, in line with the shoulders.) Straighten the arms so that hips raise up and the body forms a line, with only the hands and calves making any contact. Now roll the calves over the roller back and forth.

Fantastic Fascia: Hips, back, and thighs will thank you!

## TRAINING PROGRAM WITH THE SOFTPAD

The SoftPad can be used as a stand-alone exercise tool/device:

Through a variety of one and two-legged balance exercises while standing as well as doing push-up-like exercises on such a flexible surface, the training sessions will constantly stimulate and challenge the musculature.



With SoftPad only:

- Hover position- sit on SoftPad with knees brought up to the chest and arms straight and parallel to the floor- straighten the legs out until they are also parallel to the floor – keep back straight
- Balance while standing on one leg
- Ball exercises on one foot: throwing and catching ball, passing the ball over the head or side to side, dribbling
- Push-ups with both hands on the SoftPad
- Push-ups with one hand on the SoftPad and the second on the floor
- In push-up position alternate lifting each leg

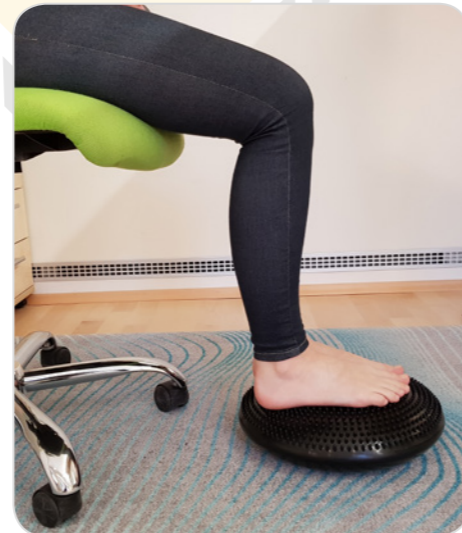


## SOFTPAD AT WORK AS A TOOL FOR YOUR BACK AND WELL-BEING

- Promotion of healthy seating position
- Spine relief & back training
- Improved circulation of the legs
- Leg & Balance Training
- Relief of back and joint pain
- Upper body & fascia training
- Foot reflexology massage

RollerBone®

## FIT AND HEALTHY IN THE OFFICE



- Sitting on the Softpad for the relief of back and joint pain

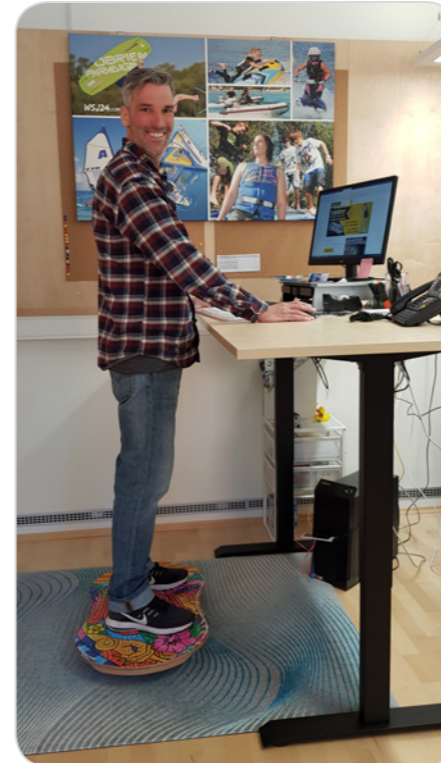
The SoftPad can act as a seat cushion on your office chair to promote a healthy seating position, not unlike sitting on an exercise ball. It simultaneously strengthens the back muscles, while keeping the pelvis and upper body stimulated.

- SoftPad for the feet (nubs up)

Resting the feet on the nubby side of the Softpad can make for a relaxing reflexology massage, while at the same time increasing blood flow and circulation.

## AT WORK AT THE OFFICE - QUICK, EFFECTIVE EXERCISES FOR MENTAL AND PHYSICAL HEALTH

- Physiotherapy exercises during work
- Burning fat and calories
- Space friendly yet whole body workout
- Exercises to increase balance and strength
- Perfect fitness program for the whole body and deep muscle tissue
- Increases leg strength, agility and all-round fitness
- Encourages the body and mind to work as one
- Awarded the seal of approval from „Moving Innovation“ - „Bewegte Innovation“



- Standing on the Softpad with board

Do you have a bar table at the office? If so, this would be the perfect full body workout at work! Mind and body are fully engaged. Never before has working at full efficiency ever been so fun!

- Doing various exercises with the board and Softpad or roller

A few pushups or surfing moves with the roller will shake up your workday and give you fresh momentum!





**Special tricks for the more advanced**

- **Hang Ten:** balance on the very end of the RollerBone and, like the legendary surf trick, hang and curl the toes over the nose of the board. Optional: raise one foot.
- **Cross Stepping:** Very important to balance on one leg. To go left: Position yourself facing sideways with the left foot forward. Cross the right foot over the left, place it down and use it as a foundation before lifting the left foot and placing it beside the right foot. Use this technique to go from tip to tail on the RollerBone.
- **Grabs / Presses:** there is a large variety of grabs and presses from snowboarding, wakeboarding and skateboarding that can be done on the Rollerbone. Just don't try any moves where the finger(s) would get pinched between the board and roller.
- **Ollie:** place the front foot in the centre (or a little further than the centre) of the board (the placement of the front foot changes the height of the jump- the further back the foot means the higher the jump but less control) and the back foot at the very back of the board. Crouch down in preparation and then kick off with your back foot, and while jumping slide your front foot towards the front of the board. At the highest point of an Ollie you should be roughly in the middle of the board. Bend your knees in preparation for the landing.
- **One-Eighty / Three Sixty:** in this move, the body turns either 180° or 360° while jumping, before landing once again on the RollerBone. The turning of the head should trigger the momentum needed to spin, with the body following. It's best to initially practise on the board without the roller.
- **Shov-it:** This move can be done as a 180° or 360° spin. But start with a 180° turn first. It involves using your feet to rotate the board. When you jump from the Rollerbone you let the board spin around underneath you before landing on the board with both feet. Once you have mastered the 180° move on to the 360° turn.



**ROLLERBONE.COM**

**PRODUCT OVERVIEW**



RollerBone 1.0



RollerBone Shabby 1.0



RollerBone Nane 1.0



RollerBone Rizal Dragon 1.0



RollerBone EVA



RollerBone Fitbone



RollerBone Starter Board



Bricks



SoftPad



Kork Roller



Classic Roller



Pro Roller



RollerBone Carpet

**MOST POPULAR PACKAGES**



1.0 + Pro Rolle + Carpet



EVA + Classic Roller + Carpet



Rizal Dragon 1.0 + Classic Roller + Sofpad + Carpet



Rizal Dragon 1.0 + Pro Roller + Softpad + Bricks + Carpet



Starterboard inkl. Kork Roller



Fitbone + Bricks

**BALANCE BONE**

3 different widths for different levels of difficulty and skills  
**6 cm: beginner**  
**4 cm: advanced**  
**2 cm: the slackline without a tree**



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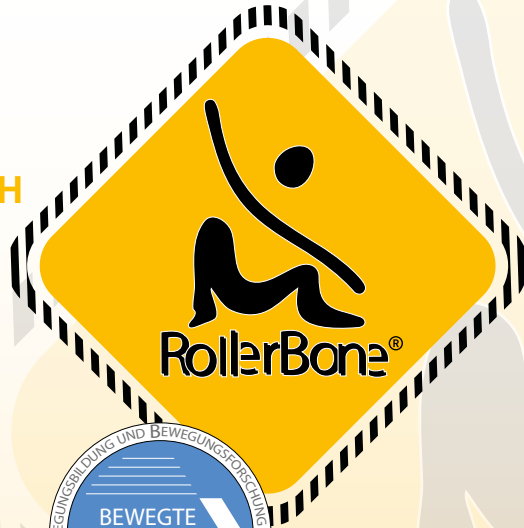
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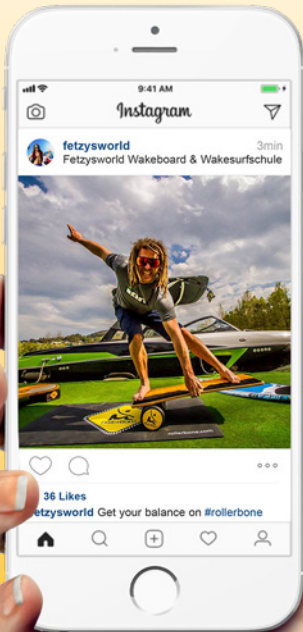
# ROLLERBONE - PASSION FOR BALANCE

## GYM TO-GO:

BALANCE  
COORDINATION  
MUSCLE STRENGTH  
AGILITY  
CROSS TRAINING  
FUN, FUN, FUN



join the community  
#rollerbone



download training guide in other languages:  
<https://www.rollerbone.com/de/balance-board-training>