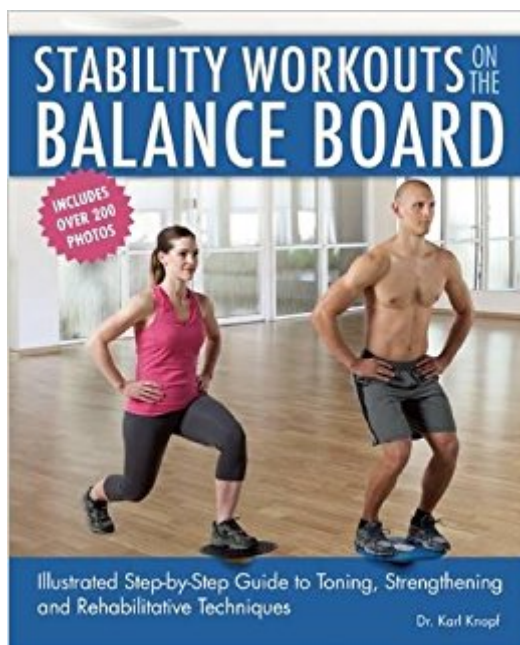


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# Stability Workouts On The Balance Board: Illustrated Step-by-Step Guide To Toning, Strengthening And Rehabilitative Techniques



## Synopsis

THE FIRST BOOK DEDICATED EXCLUSIVELY TO THE BALANCE BOARD FEATURING OVER 200 STEP-BY-STEP PHOTOSUnleashing the power of the balance board, this guide provides highly effective workouts that quickly produce noticeable results. Whether youâ™re looking to sculpt a stunning physique, tone muscles, or improve general fitness, thereâ™s a specifically designed program to address your individual needs.Stability Workouts on the Balance Board offers over 100 safe, straightforward exercises that teach beginners good posture, balance and strength while helping more advanced athletes enhance their sporting lives. With your balance board and this book, youâ™ll quickly learn how to build strength in both primary and secondary muscles throughout the body as well as:

- Increase core strength
- Improve balance
- Tone muscles
- Release tension
- Rehabilitate Injuries

## Book Information

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For those of you who don't know, balance boards are pretty cool things. Imagine a platform with a half-ball on one side. Then you stand on it and improve your physique, balance, and general strength. This book details the many benefits of a balance board, and gives good general advice on how to improve balance, flexibility, and health. I love how the author includes exercises one can do without a balance board, and also talks about the role balance plays in everyday life. If you've ever failed a sobriety test you know what I'm talking about (kidding!!). Moving on, this book's main section, exercises one can perform with a balance board is comprehensive and informative. Each specific exercise includes details on what it strengthens, pictures of it being performed, and step-by-step instructions. There are over 50 different balance-board exercises included, and, although I haven't tried them all, they are all beneficial. A perfect book for those looking for some inner balance.

Karl Knopf's series take the reader from a rehabilitative starting point -- reasonable since he teaches physical therapy. This helps one develop one's abilities to reach the point where more difficult tasks may be safely performed. I appreciate this as I have a disability resulting in slow development, and I am often thinking about how to modify the usual commercial exercise programs. I wish I had read his books earlier since they should help make informed patients able to ask intelligent questions of healthcare professionals, and ask followup questions.

This is a quite useful book if you're trying to regain balance after not working out for a while or is you just want to bring balance your your workouts. The book provides several different routines and moves that you can integrate with your current workout or help you build a workout for yourself. Each of moves and routines has it's own images that allow you to see exactly what you should be doing and provide step by step instructions along side the photos. One of the things I found to be the best in this book is the fact that you don't need to have a balance board many of the moves use chairs and the floors as well.

This summer we have been out on the lake with our new stand-up jets and paddle boards. When watching people doing these activities it looks like you are just standing up, but in reality you need a

tremendous amount of balance and core strength to stay on them. These balance board exercises really focus on balance and core strength. I'm still looking it over but so far I like it. It's very informative, the introduction was concise and easy to understand. It has a list of different programs already designed to help you in your sport. I like how it is setup and pics are very helpful. You can get into these exercises with an inexpensive balance board, I can't wait to get started.

Trying this to help my balance. Very well written and easy to follow.

Nice, easy to follow instructions and well written. One of the best books out there for balance boards/wobble boards.

Great exercises to use the balance board more. Book is broken into exercises which focus on different muscle groups. Directions are clear and pictures are helpful.

Great book for enhancing your balance. Incorporate the balance board in your daily exercise routine to change it up and improve your balance. It is also a good program if you are a downhill or cross-country skier or snowboarder. Continue working on the balance board through out the summer and be ready to go back out on the snow in the winter with no muscle soreness. There are many, many exercises for all parts of your body. Exercises are in the sitting, standing, prone and lying on your back. Weights, bands, kettle balls and the balance board are all used through out the book. There are even yoga poses used on the balance board and a land sports program. So no matter what sport you are interested in, this book is for you. You can be in shape and ready for any adventure.

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