



by **fitterfirst**®

It's Fast. It's Fun. It's Back!

Do You Bongo?



fitterfirst®

balance and fitness for life

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S tability
A gility
M obility

Welcome to the **Bongo Board Team!** Fitterfirst, the leader in FUNctional balance training products, is proud to offer the Bongo Board as one of our unique balance and skill building products. The Bongo Board has seen a re-emergence since the 60's, offering the same old spirit of fun while improving balance, agility and coordination skills for the sports and fitness enthusiast everywhere. The Bongo Board is a quick, maneuverable balance-training device, unlike anything you may have tried before. The innovative safety bumpers and retention cord have been added to this Bongo Board to improve its function and safety.

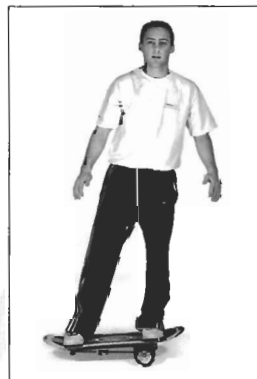
Warning: Falls should be expected when learning and using this product. To ensure your personal safety, please read and follow the instructions before using your bongo board.

1. To install the roller assembly, lift the elastic retention cord and insert the roller between the undercarriage of the deck and cord. The cord should then lay over the silver axle. Proper placement between the roller and the board will allow the roller to track freely while being held to the deck by the cord.
2. To help prevent injuries, we suggest that a bicycle or skate helmet be worn, along with wrist, elbow and knee guards.
3. A spotter is strongly recommended to help you keep your balance when starting out on your Bongo Board. A spotter can assist while you get a feel for the quickness and maneuverability of the board. If a spotter is unavailable use a handrail or wall to steady yourself.
4. Start out on carpet as the Bongo Board will roll much slower and you will have a softer landing should you happen to fall.



5. To Begin

- Position the roller at one end of the board against the bumper. Next place one foot on the opposite (downhill) side of the board, just inside of the kicktail. Your foot should be directly above the bumper which is on the underside of the board. The opposite end of the board should not lift up.
- Place your second foot at the other end of the board just inside the kicktail. Bend your knees, **keep your head up** and gradually shift your trunk until you find your center of gravity above the roller. The board will lift as you center yourself above the roller.
- Adjust your posture; relax your ankles, bend your knees, and **look ahead**, your hands should be in front of your body, palms down.
- By aligning your belly button over the roller, and keeping the board as parallel to the ground as possible, you will soon master the basics of the Bongo Board.
- Your goal is to maintain control and balance while learning to gently rock back and forth in a smooth fashion on your Bongo Board.



The Bongo Board

What is it?

The Bongo Board is the hottest balance training device on the market. It offers a great fitness workout and is fun and challenging. The Bongo Board develops balance and coordination skills essential to almost all sports and activities by toning the muscles used to maintain balance and stability, and by teaching the proper distribution of body weight to achieve constant equilibrium.



Who is it for?

Skiers, snowboarders, in-line skaters, skateboarders, surfers, gymnasts, football players, golfers and anyone who participates in an active lifestyle can all benefit greatly by using the Bongo Board. The Bongo Board is a blast to ride, and takes only a small area either indoors or out. It's a patented design that includes a skate-style deck, independently rotating barrel roller, and an elastic retention cord. From basic moves to advanced tricks, the Bongo Board will challenge and improve your skills, resulting in better performance and agility in your fitness goals.

What can I do with it?

While your own creativity sets the limit, here are a few tips and maneuvers to get you started. They range from basic to advanced, and there are many variations which can be made off these moves. Remember, this board is very quick and maneuverable. Always start out using a spotter or support of some sort (ie. railings, sofa, etc.) until you become accustomed to the movement of the board. Give yourself plenty of open space to move in. Also note that the harder the riding surface, the faster the board moves.

Basic Stance

Place each foot approximately 4" in from the kicktails. Keep your knees bent slightly and stay limber, with your upper body straight. Shift your body weight gradually to one side to move the board. **Avoid drastic weight shifts.** The leg closest to the roller will always need to be bent more to stay balanced. Move the board from one end to the other and try holding position briefly at each end before moving back. Keep at it until you have good command of the motion of the board. This will be the building block for all the other maneuvers. Each time you use the board, "warm up" with this exercise.

History and Benefits of the Bongo Board

The Bongo Board gained popularity in the 1960's as an off-season device for surfers and skiers. Now the Bongo Board has been transformed into an affordable and fun balance/training device that offers a great workout for fitness enthusiasts everywhere. From the original patent, Fitter International Inc. is marketing an updated version of the Bongo Board, manufactured for stability and functional use for a variety of health and fitness needs.

The Bongo Board develops balance and coordination skills essential to most sports and daily activities. The Bongo Board works by conditioning your muscles' core stability and reflexes that act upon the body's sense of equilibrium, allowing proper distribution of body weight. The Bongo Board is one of the fundamental tools used by fitness professionals around the world to train their students and clients for functional balance. Sports and fitness enthusiasts everywhere can now enjoy the great benefits of the Bongo Board everyday!



Common Mistakes:

- **Transferring Weight** to the left side by pushing the left leg and foot. (Spotter should watch for leg to straighten. Encourage bent knees. Shift the hip instead of pushing with the foot)
- **Looking Down.** The user should focus ahead into the horizon.
- **Holding Breath.** Take long relaxed breaths.
- **Impatience.** It takes several practices to get good on the board (as with anything in life, it takes time). Keep in mind that you're not supposed to master it in 2 seconds. It is supposed to be a challenge.
- **The Bongo Board could be dangerous if users do not take the time to learn how to use it properly!**
- **Please use common sense and expect the unexpected.**

"Balance board training can improve your coordination as a runner and thus your running economy, a key predictor of endurance performance. Balance boards also increase the active strength of the muscles in your feet, ankles and legs, enhancing your efficiency of running and lowering risk of injury."

- Running Research News

"A few minutes a day spent on a...Bongo Board eases muscle and joint pain, and helps people improve their efficiency of movement."

- John Blievernicht, President,
Sports Health C.A.R.E., a Chicago Sports-Rehab Clinic

Benefits of using the Bongo Board

Balance - Static and Dynamic for enhanced sport and fitness participation.

Postural Awareness - To correct inefficient body movements with little physical effort.

Proprioception - The body's internal mechanism for enhancing muscular movements that then call upon 'memories' stored in the muscles, bones and connective tissues to repeat a performance later on.

Kinesthetic Sense - Enhances ability to judge the position of your body in space.

Stability - Improve balance, reducing the risk of falls and injuries associated with various sports and everyday activities.

Mobility - Retraining the body to move impulsively and freely without limitation.

Body Awareness - Learn via feelings/stimulus created by the board to instinctively be aware of muscles, muscle groups and limbs as they work to stabilize the body.

Confidence - The direct result of learning body awareness through balance conditioning.

*"When people understand how a simple concept like 'balance' added to any fitness program can make **big** changes in mobility, performance and stamina, **everyone** will be on the Bongo Board!"*

Suzanne Nottingham, Balance Training Expert,
California Governors Council on Physical Fitness & Sport.
IDEA World Fitness Instructor of the year - 2000
Spokesperson for the American Council on Exercise - ACE.

Visual Challenge:

To challenge your balance recovery ability, try the following exercises. Attempt only when a high confidence level has been achieved on the Bongo Board.

1. Play with eyes open and eyes closed during exercises.
2. When eyes are opened, explore the balance challenge of gently moving the head and neck up and down and then side to side.
3. To enhance performance try to stabilize the head, neck and upper body.
4. Focus vision ahead into the horizon, but soften your gaze to enhance the peripheral field of vision. How far to the sides can you see while focusing ahead?

Skill Progression:

As you progress and gain confidence on your Bongo Board, you may like to try some tricks to further enhance and develop your balance coordination. The next page has some explanations of some of the more advanced tricks you can try.

Tricks

These tricks are for experienced riders. Take the roller out from under the retention strap to perform these stunts.

Ollie: The ollie is the basic trick from which most other skateboard-style tricks will build from. To perform an ollie, place your back foot on the kicktail of the board and your front foot near the middle of the board, squat so you can spring yourself up, then kick your back foot onto the ground and jump off of it. The front end of the board will pop up and while you ascend with it, slide your front foot forward to level out the board. Land. Practice until you can do it easily. Once you've got that down, try these variations:

- Ollie from the ground onto the roller.
- Spin the roller by hand like a top (on a smooth surface it will spin for a while.) Try to time your ollie to land on the roller.
- Start with the deck on the roller, touching the ground at one end.
- Start with the deck balanced and then ollie.
- If you own 2 boards, or a friend has one, ollie from one roller to the next.

Modified Basic: Place your feet at the same spacing as basic, only parallel or angled to the deck, simulating a snowboard stance.

SideWinder: This works best on a hard surface. While moving length-wise, leaning on your heels or toes will cause the board to move radially as well. To sidewind forward, lean on your heels while rolling and push forward on the end of the board travelling away from the roller. At the end of travel, pivot the board and reverse directions. Repeat. This motion will "walk" you across the room. Want even more challenge? To sidewind backwards, apply pressure to your toes while rolling and pivot in the opposite direction.

Two Step: Place one foot central and parallel to the deck with the roller directly beneath. Keep this foot stationary. Slowly roll back and forth using your other foot to stay balanced by switching it from one end of the board to the other.

Plank Walk: With the roller positioned against the bumper at one end, stand with both feet directly over the roller and parallel with the deck. Roll very gradually while walking along the board, keeping your weight directly over the roller.

Crouch: Place both feet on one kicktail. Crouch down and place both hands on the opposite kicktail. Make sure your hands stay on top. Roll back and forth without letting the bumpers touch the ground.

Shuv-it: Skaters will know this one. In a basic stance positioned centrally over the roller and balanced, jump up and spin the board by pushing with your toe on one foot and the heel of the other foot. Don't turn your body. Land on the board after it has spun 180°. If you master that, go for 360°, or try spinning your body around 180° in the opposite direction that you spin the board.

