



Some basic exercises to get you started on the Rooboard. Please visit www.rooboard.com for all the workouts and training videos. New videos are being added regularly.

Start each exercise with two pads under the deck, before moving to one pad as your balance improves. Happy training from Rooboard



Single leg balance.



Loaded squats.



Balance crunch.



Plank.



Glute bridge.



Reverse lunge.



Single leg bridge lift.



Plank with leg lift.



Shoulder pike press.