

VEW-DO BALANCE BOARD FITNESS EXERCISES

All of these exercises can be tried with any of the three rocks provided. We encourage you to make up your own exercises and E-mail them to use at info@vew-do.co.uk. Try adding balls, weights and other sports equipment to your training routine. The limit to the versatility of the board stops with your imagination.

KEY- ● = BEGINNER ■ = INTERMEDIATE ◆ = ADVANCED

Lower Body



Squats ●



Single Knee Dip ■



Abductor Balance ◆



Upper Body



Incline / Decline Pushups ● ■



Tricep Dips ● ■



Excel Roller/Reverse Pushups ◆

Abs / Core



Stationary Ab Stance ●



Ab Row ■



Ab Slide Bent Knee/Straight Leg ◆

General Balance

