



THE IndoFLO™ BALANCE STIMULATOR: Instructions



- 1) Choose a level of inflation that works for you. Soft: easy action, Firm: moderate action. Hard: extreme action.
- 2) Position the IndoFLO cushion centered beneath the deck. The deck is centered when it sits level on top of the IndoFLO cushion.
- 3) Step up onto the IndoBoard with your feet centered on the deck. Make sure your heels and toes are the same distance from the front and back edges of the IndoBoard and the outsides of your feet from the ends of the board.



- 4) The width of your stance determines the level of difficulty you will experience in trying to stabilize yourself.
 - A) The wider apart your feet are, the greater the degree of difficulty. Feet together offers the least amount of challenge.
 - B) Start with a stance that positions your feet at shoulders width apart.



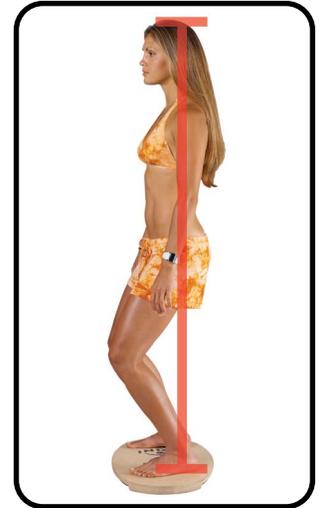
5) The most important part of your positioning is to always maintain a bent knee stance while looking straight ahead and **ENGAGE YOUR CORE!** This means to tighten abs (stomach muscles) and your glutes (butt muscles).

A) Bend at the **KNEES**, not at the waist and keep your head and shoulders up. Don't forget to **ENGAGE YOUR CORE!**



B) As you bend your knees, feel your toes and the balls of your feet pushing to level the deck.

C) Do **NOT** rock back onto your heels. This causes your knees to straighten. (CAUTION: The #1 mistake made is rocking back on the heels with knees straightened.)



6) Push your hips slightly forward as you tighten your glutes and your abs (**ENGAGE YOUR CORE.**) This will result in a properly centered stance with the alignment of your shoulders, hips, and ankles.



7) Your upper body must be quiet! In other words: No movement should come from your head, shoulders and arms. Movement should be confined to below the waist only. If your arms, shoulders, or hips are moving, then your legs are **NOT** being used to balance your frame. All movement must come from the legs and ankles which is controlled by engaging your core.



8) If you have trouble getting your upper body to stop moving, step off and try again using a spotter, or hold onto something that will allow you to keep your upper body still and use just your legs and core.

9) When you struggle to find stabilization using your upper body, this is an indication of weakness in the legs. In other words, you need to exercise your legs more than you have been!





One Foot Balance Exercise

- One foot exercise is great for rehab of ankle and knee injuries as well as an overall strength trainer.
- Start by placing one foot on the very end of the Indo Board and the other foot exactly over the center of the IndoFLO cushion. If you are off center the board will be nearly impossible to balance successfully on one foot.
- Once your feet are placed correctly with equal pressure on both feet, slowly shift your body alignment and weight over the foot you have in the center of the deck. When you are properly centered the board will come off the ground easily. Engage your core along with your ankle and knee to stabilize the Indo Board.



The IndoFLO fits perfectly into any integrated training program. You can perform single and two legged movements such as squats, lunges and step routines, as well as upper body work including pushups, floor back bridges, utilizing stability balls, cable and pulley machines. Stability balls also offer a broad array of dynamic core exercises when used with the IndoFLO.

