

# **WRITE ON FITNESS**

Client: Pono Ola

Project Description: The following sample includes excerpts from a project for Pono Ola, the makers of the Pono Board, a balance board used for both leisure and fitness activities. This training guide is for personal trainers who want to lead Pono Board-based fitness classes. It includes text, pictures, and a video series. This certification guide was accepted by the National Academy of Sports Medicine as a way for current personal trainers to earn recertification credits.

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## The Pono Board Certification

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## ***Chapter 2: The Pono Board***

This easy balance trainer helps to strengthen the core and free the mind. The Pono Board features an exclusive patented design that uses simple micro movements while reducing vertical motion by isolating instability on the horizontal plane.

The uses for the Pono Board are numerous. Use it to achieve your fitness goals or to strengthen yourself during physical rehabilitation. You can also use it in the work or university environment at a standing desk.

Most balance boards are difficult to use since full concentration is required to stay on them. Worse still, no other activities can be attempted during their use. We have created a balance board on the other end of the difficulty spectrum. We've all exercised or played on the beach. We've felt the sand engage our bodies far more than solid ground. At no point is the beach dangerous; it's just fun. That is the type of easy instability that we have created with the Pono Board.

Design wise, the Pono Board Platform is made from sustainably harvested bamboo. The balls are made of PVC and they are free of harmful phthalates, including BPA.

## ***Chapter 4: Frequently Asked Questions (FAQ)***

### **What Can You Do on The Board?**

- The Pono Board allows you to perform a variety of exercises and basic tasks while adding a much-needed challenge to your stabilizing muscles. This guide will show you everything that you can safely do on the Pono Board.

### **How Much Weight Does the Pono Board Hold?**

- The current version of the Pono Board (Version 1.0) can hold a maximum of 250 pounds (113 kilograms). Please note that the newer versions of the Pono Board will have a higher weight capacity.

### **Can Children Use the Pono Board?**

- Use of the Pono Board is not recommended for children.

### **Can the Elderly Use the Pono Board?**

- Yes, but it is highly recommended to do so under the supervision of a trained professional.

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## **Can those Undergoing Rehabilitation Use the Pono Board?**

- Yes, but it is highly recommended to do so under the supervision of a trained professional.

## **Do Balance Exercises Work?**

- During any physical activity or motion, the body activates specific muscles or muscle groups, in order to initiate and complete the desired motion or activity. When performing PNF or balance exercises, more muscles and muscle groups are commonly activated in response to the specific exercise or challenge.
- Additionally, every muscle has a certain number of muscle fibers within it. During balance training, the number of individual muscle fibers within a muscle or muscle group that are recruited is increased, providing the muscle with increased strength, endurance and the ability to react quickly. By activating, recruiting and integrating different muscles and muscle groups, balance training gives you a more complete workout that doesn't stress just one particular muscle or muscle group.

## **Will the Pono Board Activate My Core?**

- Every exercise on the Pono Board engages the core muscles that stabilize the body. Whether standing, stretching, or doing yoga, you'll be using your core more than on stable surface. As a result, you'll build a stronger core that will improve posture. In turn, a better body will boost your sense of well-being and confidence.

## **How Much Does the Pono Board Move?**

- This will vary based on your position on the board as well as how much you have inflated the balls. You should adjust the PSI to your personal comfort level and test the board several times before beginning any type of activity.

## **How Do You Adjust the Instability of the Pono Board?**

- As mentioned above, the instability of the Pono Board can be adjusted by the inflation or deflation of the balls.

## **How Do You Inflate the Balls?**

- The pressure (PSI) is adjustable with a pump and standard ball inflation needle. These are included with the Pono Board. The pressure should not exceed 15 lbs / PSI (1 bar).

## **What If a Ball Comes Out?**

- The Balls are designed to release from the board if too much lateral pressure is placed on them. This prevents them from being damaged. Before each use, check your equipment

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thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact Pono Ola for assistance. [www.PonoOla.com](http://www.PonoOla.com)

## ***Chapter 7: Why Pono Ola Trainers Are Needed in the Industry***

In short, the industry needs trainers like you.

Pono Ola Trainers: It's not just a name; it's a philosophy and lifestyle. You want more than just to train people; you want to help them. That's exactly what the Pono Board certification can help you do.

As a personal trainer, look around you. What do you see?

The industry is flooded with carbon copy trainers using the same workouts for different clients. What's more, rarely does a trainer focus outside of one area. For example, every gym has the bodybuilding expert, but if you ask that trainer to help someone who has previous injuries or is going through rehabilitation, they may not know what to do.

While it's good to have a specialty in this industry, it's more beneficial to be knowledgeable enough to help a variety of clients. The Pono Board lets you do that.

Whether you have someone who needs to improve their sports training or you are dealing with an older person who needs to increase stability so they can live independently, the Pono Board will be there.

Again, the industry needs trainers like you. Be well versed. Don't limit yourself. Live the Pono Ola lifestyle and you'll be amazed at how far your reach will go.

## ***Chapter 12: Quadriceps***

SQUAT

### **Beginner: Standard**

- Place the Pono Board on a stable surface. Step on to the center of the Pono Board. Carefully move the feet to shoulder-width or just outside of shoulder-width. The toes should be pointing forward or slightly turned out. Ensure the board is secure before beginning. Stand tall and engage the core.

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- Bend at the knees while driving the hips back. Remember to keep the chest up. Pause once the upper thighs come to parallel with the ground. Make sure the knees are not over the toes.
- Slowly return to the starting point by driving the hips forward. That is one repetition. Dumbbells can be used, if necessary.

## **Intermediate: Sumo Squat**

- Place the Pono Board on a stable surface. Step on to the center of the Pono Board. Carefully move the feet to the edges of the Pono Board with the toes turned out. This is a “sumo” stance. Ensure the board is secure before beginning. Stand tall and engage the core.
- Bend at the knees while driving the hips back. Remember to keep the chest up. Pause once the upper thighs come to parallel with the ground.
- Slowly return to the starting point by driving the hips forward. That is one repetition. Dumbbells can be used, if necessary.

## **Advanced: Single Leg (Pistol Squat)**

- Place the Pono Board on a stable surface. Step on to the center of the Pono Board. It is advisable to place a chair next to the Pono Board to secure balance. Carefully secure the left foot beneath the hips. The toes should be pointing forward. Raise the right foot slightly in front. Ensure the board is secure before beginning. Stand tall and engage the core.
- Bend at the left knee while driving the hips back. Keep the right foot in front. Remember to keep the chest up. Pause once the upper thigh comes as close to parallel with the ground as possible. Make sure the knee is not over the toes.
- Slowly return to the starting point by driving the hips forward. That is one repetition. Dumbbells can be used, if necessary.