

NEW RETAIL PACKAGING!



Travel Rollers



Soft Boards



Professional Balance Boards



“ If you like your sports on the edge, Bongo Board is the perfect training tool. This is one fast ride! ”

Louis Stack, Founder of Fitterfirst
CDN Speed Skiing Team 1991-95

HIGHEST
CHALLENGE * RISK * REWARD

It's Fast, It's Fun, It's Back!

Do You Bongo?



Bongo Board™ is the hottest balance training product on the market! Develop great performance enhancing skills with this super challenging board. Perfect for skiers, surfers, and all other boarders. Even serious athletes love the reaction skills and tricks they can master on the original Bongo Board.

Bongo Board Benefits:

- Body Awareness
- Coordination
- Visual Challenge
- Enhanced Stability
- Skill Progression
- Core Strength

Bongo Boards are not for the timid – serious concentration is required! We strongly suggest that you follow the Bongo Board Safety and Skills Guide closely and use a spotter while learning how to use this product. Falls may occur. Includes; *31" skateboard deck with dual-bearing roller.*

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 kept 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.

Suitable for **Advanced** Level Users
Warning - Falls Should Be Expected



Keep Shoulders Straight



Try Different Techniques



Incorporate into workouts



Try Different Tricks



Always Stay Alert and Keep Your Head Up

Read This Before Use!

Before Use - Remember to Wipe Down Wheel Assembly

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.