



**Instructions to encourage healthy StandingSteps™ activity on the Blissboard™ activity trainer.**

Step 1. Place platform on floor with rear of trainer (see figure above) facing direction you wish your back to face while you stand on it.

- For the purpose of becoming familiar with the trainer's motion you may wish to initially place it near a wall that will be just behind you and close enough to nearly touch your shoulders while you are standing on trainer.

Step 2. Step onto trainer from the side or rear end.

- Avoid heels with sharp edges and shoe soles that trap stones as these can scratch the foam standing surface.
- Never step from the front end onto platform.
- Aim your lead foot to land onto anti-fatigue foam with back of your heel on the border with wood laminate (rear end).
- Place your other foot close beside your lead foot.

Step 3. Begin with your weight balanced between your feet and having each foot 1 inch or more from side of platform.

- Stand erect, aiming to hold your body upright and relaxed with your shoulders and hips positioned over your ankles rather than over the arches of your feet.

Step 4. Make the motion as if you were lightly tossing a ball in one hand. On side of your body making tossing motion, notice knee gently bends as your hips turn forward over bent knee. Then try tossing motion on other side of body, bending knee under forward direction of hip turn.



- Avoid tilting your upper body forward.
- Keep both feet parallel and keep heels down always.
- Note that your forefoot under bending knee receives more body weight as you bend your knee. This is normal and expected to result in slight tilting motion of the platform. Try to feel the increase in body weight exerted on your forefeet. Simply bending your knees causes forces exerted by body weight to increase on forefoot under bending knee.
- Hip rotation naturally proceeds with bending one leg while standing on platform. Try to imagine the straight leg is the 'gate post', your hips are the 'hinge', and turning forward is 'gate' that swings.
- Let platform 'rebound' help your core torso muscles to turn your hips in opposite direction. At same time allow the leg under forward direction of hip turn to begin bending. This should begin to feel like walking movement!

Step 5. Try bending both knees simultaneously (shallow squat).

- The key is to unlock your ankles to allow them to bend forward.
- Gravity acting as 'weight' results in repetitive 'stretch and strain' on flexible circulatory vessel walls in the body. This important 'shear force' signal informs your body that you're up and moving and that your circulation should increase to accommodate the anticipated heart rate increases from standing activity.

For more muscular contractions and hip agility, step right on ahead to aerobic elliptical activity on platform! How does it work?

- Place your feet parallel on platform as instructed above (Step 3).
- Begin by bending one leg at knee and ankle while simultaneously pushing down heel of other (straightened) leg.
- Your heel pushing down helps you drive hip rotation forward over your bent knee, causing platform to tilt against springs and store weight force as spring energy. The stored spring energy helps you to straighten your leg again and begin hip rotation in other direction.

- These are 'pylometric' exercise movements characterized by acceleration – deceleration of body momentum. There are tremendous possibilities for this training, using a pair of hand weights! Begin with 1lb or 2 lb weights held in either or both hands. Before using such weights, please seek instruction of an exercise fitness expert if unfamiliar with their use.
- Remember to push down on inside of heel as one leg begins to straighten and your other leg begins to bend! See analogy made before of a gate post (straight leg), a hinge (hips) and the gate (weight swings).
- Without lifting any part of feet, platform users can keep alternating knee bending and hip rotation from leg to leg. You should notice an elliptical path (forward, down, back and up) followed by your hip motion. The motion of your body center-of-gravity follows a similar path. Agility training!
- Notice your upper body swing exerts leverage over straightening your leg. This is similar to what happens in what is called 'Grounded Running' and to one's 'take-off' steps when beginning to run normally. It is also descriptive of when we're climbing stairs. More muscles in back and shoulders are activated when your arm swings forward on same side of body as your leg bends.
- Standing Steps™ exercise RELIABLY increases your heart rate, thereby INCREASES the volume of blood sent to lungs and out to circulation. This ABSOLUTELY leads to aerobic conditioning due to the GREATER oxygen utilization that will occur! YES!
- Your movements can be faster than elliptical trainers at a gym yet are so familiar that you are able to continue your movements while standing at a workstation, in meetings, or while enjoying leisure activity. Aerobic workouts whenever and wherever you wish to stand are entirely up to you! ENJOY!

Caution! Seek a doctor's guidance before undertaking physical exercise. Take care when lifting platform from floor to avoid injury. Prevent children, infants, and pets from approaching platform while standing on it. Placing the hands or feet under the upper plate of platform while operating the platform may result in injury! A small rug or a towel can be draped over the platform to prevent children, infants, and pets placing their hands or feet under upper plate while it is moving.