

The NEW SRF Board

Parts and Variations

Adjustments

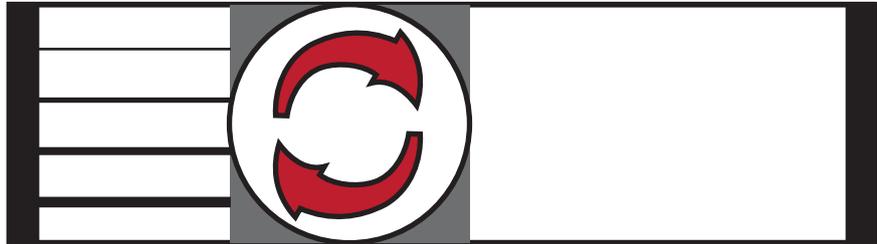
3 in Rotation &
2 in Resistance



Independent
Rotational Disc

Adjustments

3 in Rotation &
2 in Resistance



Trolley Rotational Disc

Adjustments

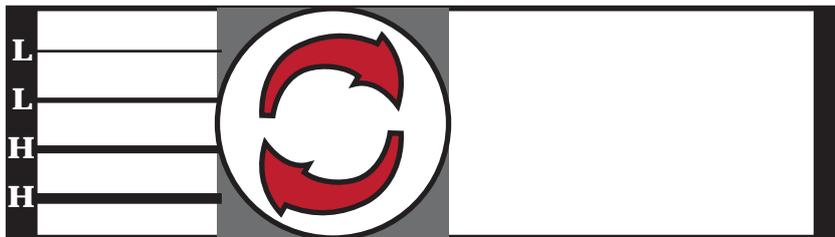
5 in Slide Length & 8 in Resistance

OVER 1,000 VARIATIONS FOR EACH EXERCISE



Rotation Variations

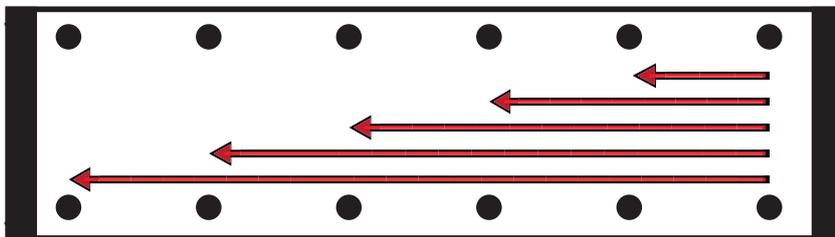
- Fixed
- Semi-Fixed with 7 degrees of movement
- Free
- Free with Light Resistance
- Free with Heavy Resistance



Slide Variations

4 Resistance Cords allow 8
Combinations.

H=Heavy and L=Light
HHLL, HHL, HH, H
plus LLH, LH, LL and L



Slide Variations

Range of Motion

Bumpers give 5 Variations
in slide travel

WARNING: This product is designed to challenge and improve the user's balance and stability. Use extreme caution when using this product. Users must accept full responsibility for injury to themselves or others when using this device. Please use the ROM Bumpers to control movement and practice caution and common sense.

Note: Always stand on independent rotational disc to start exercise. Stepping onto trolley first can be dangerous.

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Examples of Exercise Variables

For each exercise performed on the SRF Board, you can adjust one or more variables to allow:

Lower Body

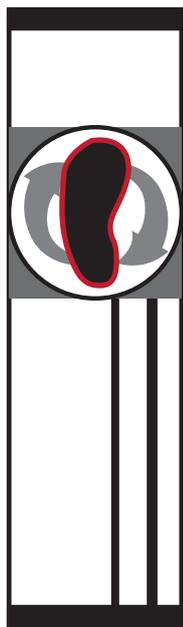
ADduction
ABduction
Lunge
Hip Extension
Hip Internal Rotation
Hip External Rotation

Upper Body (Shoulder, Elbow & Wrist)

Horizontal ADduction
Horizontal ABduction
Extension
Flexion
Internal/External Rotation

Can be practiced in Fixed or Dynamic Conditions allowing combinations of both Isometric and Isotonic (Eccentric & Concentric) movement patterns.

That is over 12,000 exercise variations - enough for any Protocol you require for Rehabilitation, Strength, Mobility or Co-ordination.



Left Foot

Trolley Rotational Disc



Right Foot

Independent Rotational Disc

Left Leg Lunge

1. Semi-Fixed Rotational Disc on Front Foot
2. 4th Stopper on Slide Travel
3. Resistance set to HH
4. Free Rotational Disc with Internal Rotation on Heavy Resistance on Back Foot

Foot Placement on the Discs

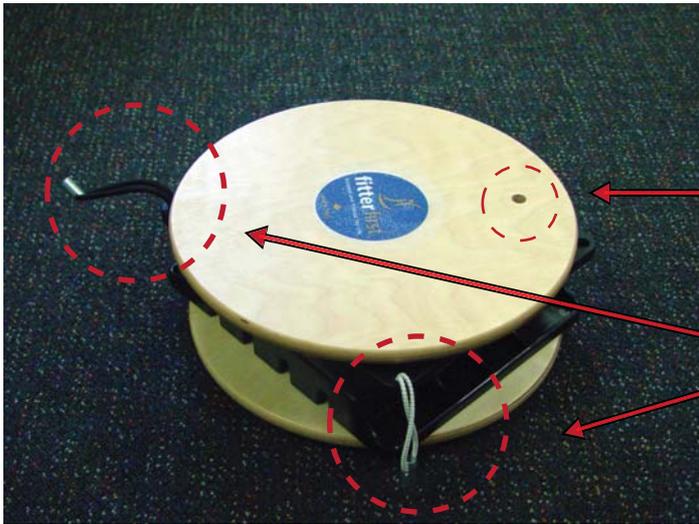
The feet should be placed such that a point just in front of the ankle (the middle of the arch) falls through the centre of the disc.

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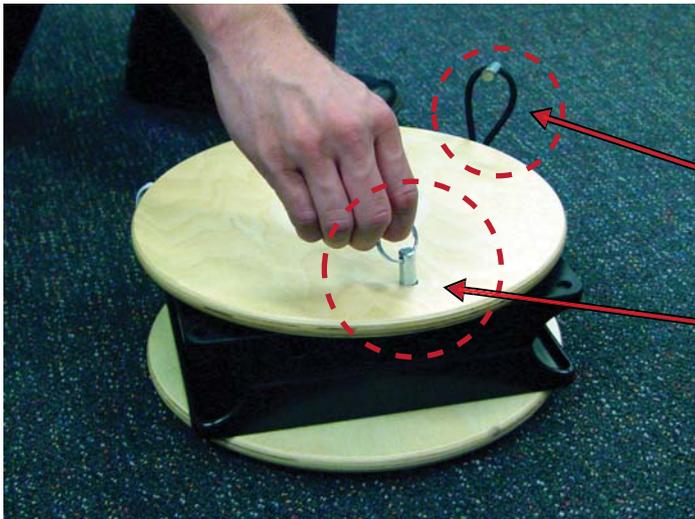
The NEW SRF Board

Parts and Features



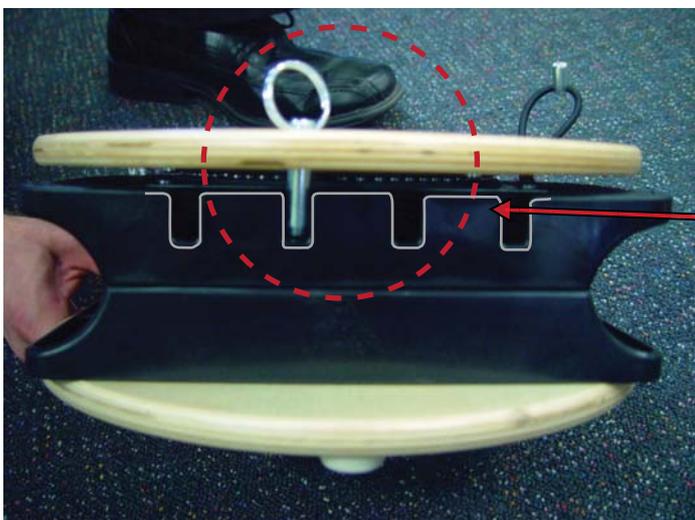
New floor block with independent rotational disc showing locking hole (for fixing pin or resistance cords)

Heavy & light resistance cords



Note the Heavy resistance cord loop with pin locator at rear right of disc.

Locking pin placement.



Locking pin placement showing optional placement (the 2 centre slots) to fix the independent rotational disc.

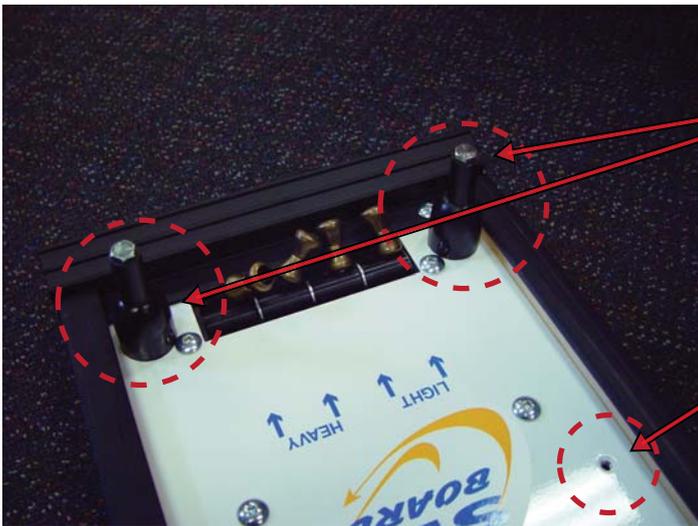
Note: Always stand on independent rotational disc to start exercise. Stepping onto trolley first can be dangerous.

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Parts and Features



Overhead view of Locking pin placement.



New Range Of Movement Bumpers (to modify the length of travel of the trolley). There are 2 at either end of the SRF board.

The ROM Bumpers have 4 alternate settings for modifying your range of movement.



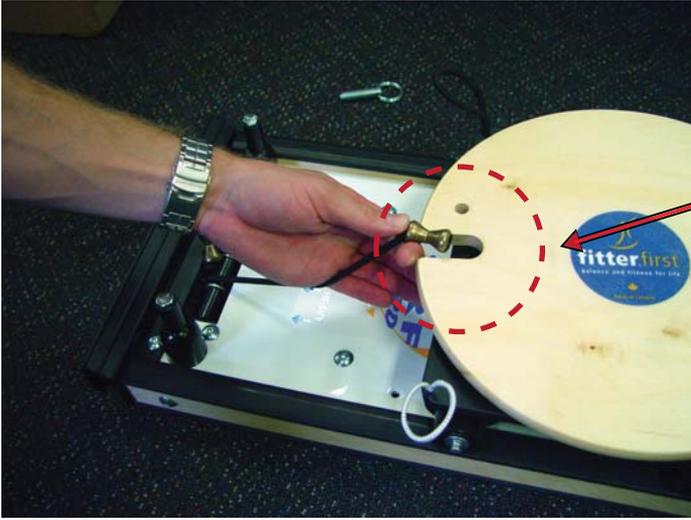
Note resistance cords (2 heavy & 2 light) with quick release toggle. These can be used from either end of the board.

To change resistance just select a heavy or light resistance cord and extend it from roller.

Note: Always stand on independent rotational disc to start exercise. Stepping onto trolley first can be dangerous.

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Remove the locking pin and rotate the disc mounted on the trolley so that the notch is over a locking slot. Note the cord end has a 2 part locator (head and tail). Note the resistance cord loops.



Ensure you slip the brass head of the cord into the notch. Don't try and insert the whole locator—just the head. Ensure you align the cords to the appropriate slot so the cords do not cross over.

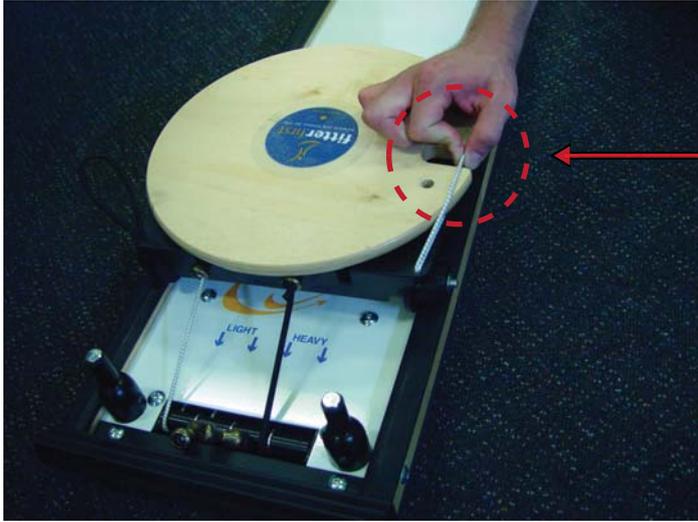


For additional resistance just rotate the disc so the notch is over the appropriate slot and locate the brass head of the cord into the notch. Remember don't try and insert the whole locator—just the head. Ensure you align the cords to the appropriate slot so the cords do not cross over.

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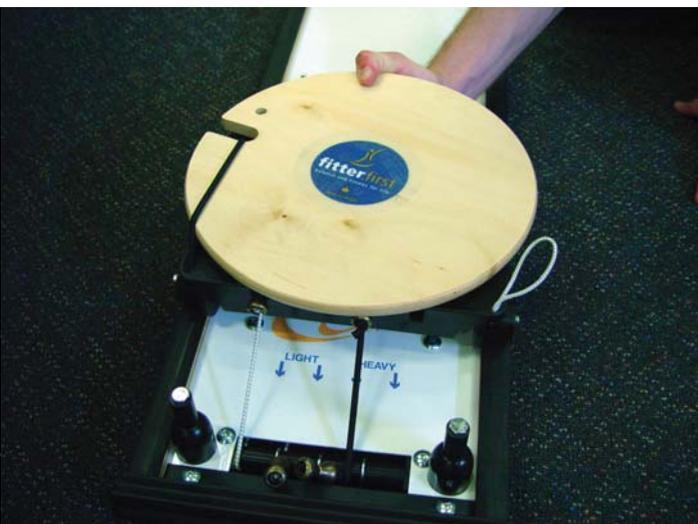
Parts and Features



To use rotational resistance just loop the attached resistance cord (heavy & light) loop (these loops do not have a locator pin) into the notch—relative to the direction you require resistance.



Resistance is only available for 90-180 degrees from the corner where the resistance cord is fixed. In this case the light cord.



Resistance is only available for 90-180 degrees from the corner where the resistance cord is fixed. In this case the heavy cord.

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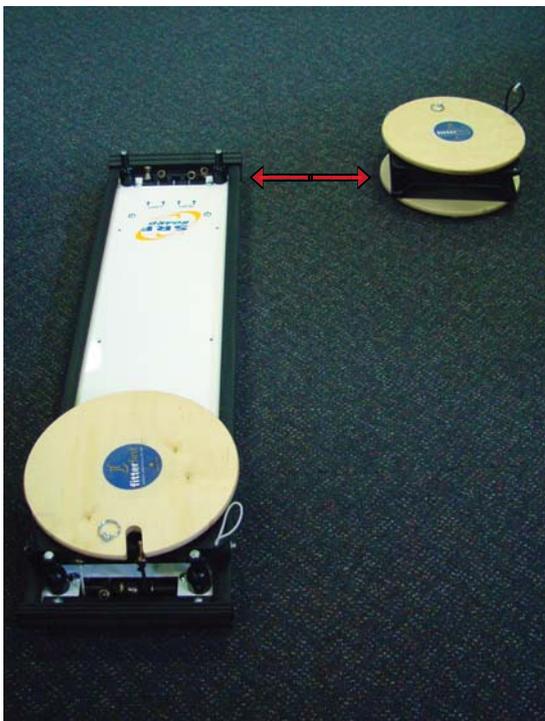
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Parts and Features



SRF Board with Trolley and Floor Block with Disc. Note that the resistance cord loops on the trolley have no locating pins. Whereas on the Floor Block they do.

Note: To change resistance direction for trolley just remove cords and lift and rotate trolley 180 degrees and refit cords as required.



The other variable in our exercise program is base of support. For a lunge drill you only need to move the Floor Block a few centimeters to get a modified exercise effect.

Note: As trolley has cords on one side only be careful not to let trolley release while under tension. This may derail the trolley or cause injury.

Red Flags & Variables

Always load the floor block first. There is a danger of the trolley moving when you are not prepared.

Compound exercises such as rotation of stance or turning 90 degrees in the lunge require both discs to be unlocked.