



Jakobs

**HOVOBOARD®**

**H**

Made in Noervenich

User manual Hovoboard®

# User manual Hovoboard®

The Hovoboard enables active standing and movement abilities, especially for the workplace. It can be used independently from the environment (a standing table and height adjustable desk is recommended, but not necessary). The Hovoboard expands the range of movement during working time at any time. The change in movement has a positive effect physically, emotionally and intellectually. From a height-adjustable desk to a conference room or at the workstation at home, using the Hovoboard measurably increases heart rate compared to sedentary work and supports active calorie burning.

Two interchangeable base plates Hovobase 1 and Hovobase 2 provide different motion requirements:

- Level 1 requires gentle, light movements - unrestricted hand work at the desk is still possible
- Level 2 requires active balance compensation – it can be used during breaks or in between to promote dynamic movement activity. In this way, concentration and receptivity can be improved and/or intellectual processes, tasks and workflows can be positively supported

Each Hovobase can be inserted and replaced quickly, easily, durably and stably through the magnet system.

## **Material**

- Board made of birch plywood, stained and varnished
- Dimensions: length 293 mm, width 612 mm, height 15 mm, board height incl. base 60 mm
- Tread covered with non-slip, thermoplastic elastomer (TPE)
- Base plates / Hovobase 1 and 2: each 50 x 100 mm, made of polyamide PA 6 GF 30, support surface made of anti-slip material TPU

## **Load capacity**

Maximum load capacity 100 kg

## **Instructions for indoor use**

For sensitive floors we recommend placing a mat underneath the Hovoboard to protect the floor.

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1. Clear away any objects in the immediate vicinity that could cause injuries or could restrict the action of movement.
2. Place the Hovoboard horizontally in front of you on the floor, e.g. in front of your standing desk instead of your office chair. If necessary, place a mat underneath to protect the floor.
3. First use: Stand in front of the Hovoboard and hold onto your desk or a solid object if needed. Step on the Hovoboard with one foot on the corresponding side of the board until you stand securely, then put the second foot on the other side. The feet should be about shoulder width apart. Make sure your posture is upright.

## **Footwear:**

Due to the anti-slip surface, any closed and stable shoe can be worn when using the Hovoboard, alternatively the Hovoboard can be used barefoot.

## **Storage:**

If the Hovoboard is not in use, we recommend to store it within the carrying bag which is included with the delivery or placed against a wall.

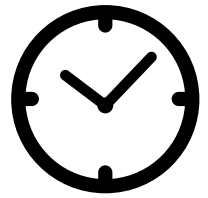
## **Cleaning:**

The board and bases can be cleaned with a damp cloth, in case of heavy soiling use mild plastic cleaner for the board and the base.

## **Safety instructions and warning:**

The use of the Hovoboard is at your own risk. To stand and balance on the Hovoboard, it requires some skill and practice. At the beginning and for familiarization we recommend using the Hovoboard in a sitting position to assess the individual balance behaviour correctly. In case of fatigue, always take a break and regularly alternate between movement activity and rest. Only stand on the board alone. We recommend to put the board safely away when not in use.

- **Use/duration**
- **Position**
- **Exercises**



With therapeutic advice from  
Physiotherapist Philipp Gilbert (Physiotherapy K&G, Bonn)

### **How long should the Hovoboard be used ?**

The Hovoboard with level 1 can be used at the beginning up to 20 minutes at a time. The exercise or usage time can be extended step by step up to 45 minutes with more training and depending how you feel when using the Hovoboard.

A training effect is achieved with regular use/exercise with the Hovoboard in a temporal extent of approx. 15 minutes.

It is important not to stand on the Hovoboard all the time. A frequent change between sitting and standing is ideal.

### **Position:**

Various positions are possible on the Hovoboard. Depending on the position, the requirement to balance is reduced or is reduced or increased.



To start we recommend to choose the standard position. Place the Hovoboard horizontally on the floor in front of the standing table and position both feet on the board about shoulder distance apart.





Place the Hovoboard horizontally on the floor in front of the standing table or height adjustable table. Position both feet centrally next to each other.



Place the Hovoboard vertically on the floor in front of your table. Position both feet centrally, one next to each other.



Place the Hovoboard vertically on the floor in front of your table. Move one foot forward and the other foot backward.

**Before performing the exercises:**

Activation of the abdominal muscles

**Starting position:** supine position, legs up/ bent

**Execution:** bring the lower part of the lumbar spine a little closer to the floor by tightening the abdominal muscles, hold the tension for about 5 seconds, then release, three to five repetitions.

Perception of the abdominal muscles, improvement of coordination or addressing the deep abdominal muscles



**Exercise 1: Weight shift**

**Starting position:** stand hip-width apart on the Hovoboard, knees slightly bent, arms loosely at the sides next

**Execution:** shift the body weight slowly from the front foot to the heels, approx. 2 to 3 minutes

**Main muscles targeted musculature:** postural muscles (through weight shift), lower leg front/back



**Exercise 2: Squat**

**Starting position:** stand hip-width apart on the Hovoboard, knees slightly bent (minimal), arms loosely at the side of the body

**Execution:** slowly bend the knees while balancing the board in the middle, keep the upper body upright, slowly raise the arms to shoulder height while going down. Slowly straighten legs again, lower arms, about 2-3 minutes

**Main muscles targeted musculature:** trunk-stabilizing muscles, gluteal muscles, gluteal muscles (pelvic/ hip (pelvic/ hip stabilizing muscles, thigh muscles, calf muscles)

## Exercises with the Hovoboard®

with therapeutic advice from

Philipp Gilbert Physiotherapist (Physiotherapy K&G, Bonn)



### Exercise 3: Block game

Starting position: stand hip-width apart on the Hovoboard, knees slightly bent. Upper body upright, one palm on the sternum, the other palm at the other at the level of the navel

**Execution:** Bend the upper body slowly and straight (to an angle of about 30-45°), so that the hands do not approach each other. Balance the Hovoboard in the middle and then straighten the upper body again, about 2-3 minutes

**Main muscles targeted musculature:** trunk musculature (back extensors), pelvis stabilizing muscles



### Exercise 4: One-leg stand

Starting position: stand hip-width apart on the Hovoboard, knees slightly bent

**Execution:** Slowly move one foot to the centre of the board and shift the body weight to the centred leg and balance. In addition, the outer leg can be lifted off, maintain balance in one-leg stand, about 2-3 minutes. Increased difficulty: close eyes for approx. 3 seconds, shift weight as in exercise 1 with slight upper body rotation

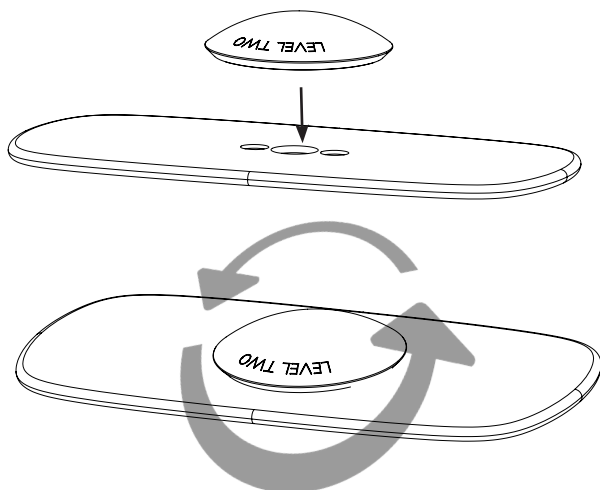
**Alternate:** step onto the board with one leg in the middle (may be easier at the beginning)

**Main muscles targeted musculature:** standing stabilizing muscles (pelvis/hips), vertebrae- and spine stabilizing musculature (especially when shifting balance), calf muscles (when shifting weight while standing on one leg) and foot muscles

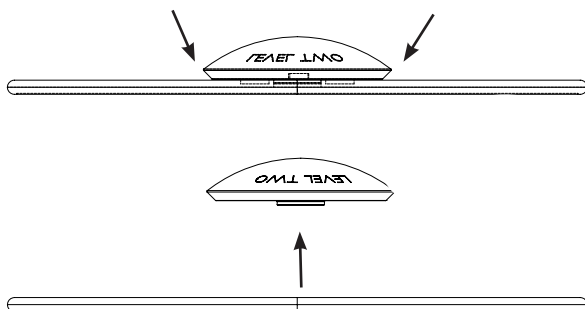
*“In all exercises in which the body is held/trained against the force of gravity, the „postural muscles“ are „postural musculature“ is automatically trained as well.“ „*

## Changing the Hovobases:

1. Turn the Hovoboard upside down and place it on a table if necessary.
2. The respective Hovobase is now inserted in the centre of the slot on the underside of the board. Rotate it until the magnets make contact. Be careful not to pinch your fingers when inserting the Hovobase with the magnets.



To remove the Hovobase, simply pull it off. To do this, grasp the sides of the Hovobase with your fingers.



More Information: [www.hovoboard.de](http://www.hovoboard.de)

### CONTACT



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