



1 MEDITATION/冥想

双腿盘坐在聪明板的中间，将双手放在聪明板的边缘处，轻轻摇到左边，静止3秒，然后再摇到右边，静止3秒，重复摇晃。

Sit with your legs crossed in the middle of the wobble balance board, place your hands at the edge of the board and gently rock to the left side and stand still for 3 seconds, then rock to the right side and stand still for 3 seconds. Repeat the rocking.

TIPS

冥想可以帮助你放松到静止的状态，加入轻微的摇晃，可以帮助你注意力集中在身体的各个部分。

Meditation can help you relax into a state of stillness, and adding a light rocking can help you focus on all parts of your body.



2 SEESAW / 跷跷板

俯卧在聪明板上，深吸一口气，然后将胸腔、头和下半身慢慢抬起来，手臂和腿部尽量抬到高于臀部的位置，向外伸展。

Lie prone on a wobble balance board, take a deep breath, then slowly lift your chest, head and lower body up and out with your arms and legs raised as high as possible above your hips.

TIPS

这个动作可以帮你拉伸腹部的肌肉，提升背部的力量。还能帮助你的肠胃促进消化哦。

This movement can help you stretch your abdominal muscles and improve the strength of your back. It can also help your intestines to promote digestion.



3 TREE / 树

站在聪明板中心位置，提起左脚，将脚掌贴在小腿上，重心放在右腿。站稳后，打开双臂向两边伸展。坚持10-20秒后换腿站立。

Stand in the center of the wobble balance board, lift your left heel, toes down, and place the palm of your foot against your calf, placing your weight on your right foot. After standing firmly, open your arms and stretch them out to the sides. After holding for 10-20 seconds you can switch legs and stand.

TIPS

这个姿势可以加强腿部、腰部和胸部的肌肉，改善你体态的稳定和平衡。它也能帮你集中注意力。

This pose strengthens the muscles of the legs, lower back and chest, improving the stability and balance of your physique. It also enhances concentration.



4 KITTEN/小猫

像小猫一样跪立在聪明板的中央，吸气，稍微抬起头，直视前方，保持脖子延展，同时让背部形成凹陷状态。保持不动。

Kneel like a kitten in the center of the wobble balance board, inhale, lift your head slightly and look straight ahead, keeping your neck extended while allowing your back to form a concave position. Hold still.

TIPS

这个动作能有效缓解你整个上半身的紧绷状态，手臂、臀部的核心肌肉会得到激活和加强。

This movement can effectively relieve the tightness of your entire upper body, and the core muscles of the arms and hips will be activated and strengthened.



5 BOW/弓

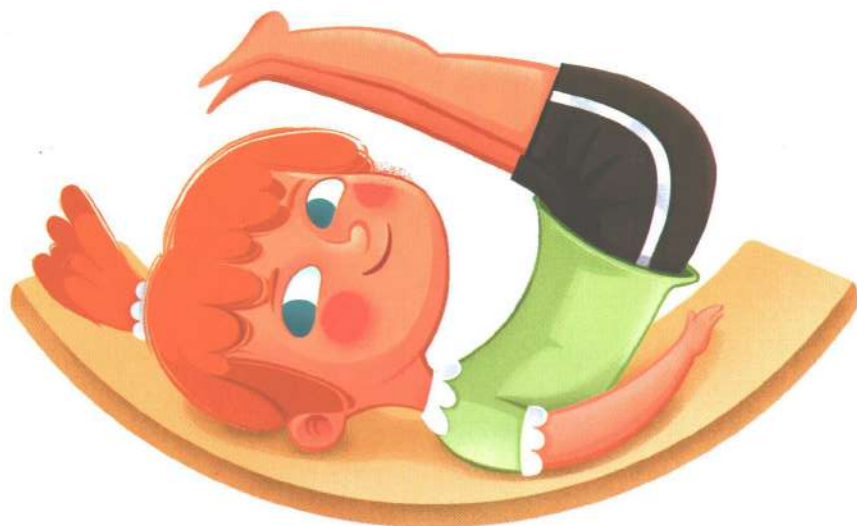
趴在聪明板上，双手向后拉住自己的脚腕，尽量将下半身向上抬起，只留腹部贴在聪明板上，让身体看上去像一把弯曲的弓。

Lie on the wobble balance board, lift your feet, use your hands to go back and pull the neck of your feet, lift the lower body upwards, try to leave only your abdomen on the wobble balance board, so that the whole body looks like a bent bow.

TIPS

这个姿势可以使胰脏增强活力，也能紧缩大腿肌肉，美化臀部的线条。

This pose can make the pancreas more energetic, but also tighten the thigh muscles and beautify the line of the buttocks.



6 PLOUGH/犁

躺在聪明板上，双手放在身体两侧抓住聪明板，然后抬起双腿慢慢伸过头顶，用脚尖触碰聪明板，保持双腿伸直。

Lie on the wobble balance board, put your hands on both sides of your body and press the wobble balance board, then lift your legs and slowly reach over your head, point your toes on the wobble balance board, keep your legs straight.

TIPS

这个动作有助于促进血液循环，能改善头晕，也能按摩腹部器官，改善消化系统。

This action helps to promote blood circulation. It can improve dizziness, massage the abdominal organs and improve digestion.



7 ARCH BRIDGE/拱桥

先跪趴在聪明板上，将脚掌放在板的后端，双手放在前端，慢慢伸直手臂和双腿，将身体拱起来，就像一座拱桥一样。

Start by kneeling on a wobble balance board, place your feet on the back end of the board and your hands on the front, slowly straighten your arms and legs and arch your body up, like an arch bridge.

TIPS

这个动作可以帮助你调整脊柱，让脊柱更加灵活，人自然而然就会变得更加挺拔了。

This movement can help you adjust your spine, making it more flexible, and one will naturally become more upright.



8 LITTLE MOUSE/小老鼠

先跪坐在聪明板上，将身体慢慢下压直到和聪明板平行，双手自然地放在身体的两侧，闭上眼睛进入放松状态。

Start by sitting on your knees on a wobble balance board, slowly lower your body until it is parallel to the board, place your hands naturally on the sides of your body and close your eyes into a relaxed state.

TIPS

这是一个十分松弛的状态，这个动作可以帮助你舒缓、拉伸和放松后腰的肌肉。

This is a very relaxed state, this movement can help you to soothe, stretch and relax the muscles in the back.



9 LITTLE BEE/小蜜蜂

站在聪明板正中心的位置，慢慢地抬起一只脚和身体平行，将手臂向后伸直抬起来，就像是小蜜蜂的翅膀。

Stand in the center of the wobble balance board, slowly lift one foot parallel to your body and lift your arms straight back up, like the wings of a little bee.

TIPS

这个动作能够锻炼你的平衡能力，同时还能锻炼你的腹部和腿部的力量。

This pose will work on your balance, as well as your abdominal and leg strength.



10 STAR/星星

站在聪明板上，两只脚打开踩在聪明板的边缘，打开双手向两侧举起来，然后用腿部力量摇晃聪明板，随着聪明板挥舞双手。

Stand on the wobble balance board, two legs open respectively step on the edge of the wobble balance board, open your hands to both sides and lift up, then you can use the strength of the legs to shake the wobble balance board, hands up and down with the action.

TIPS

这个动作可以锻炼平衡能力，也能锻炼双臂、腿部尤其是脚掌的力量。

This action can exercise balance, but also exercise the arms, legs, especially the strength of the feet.



11 TABLE/桌子

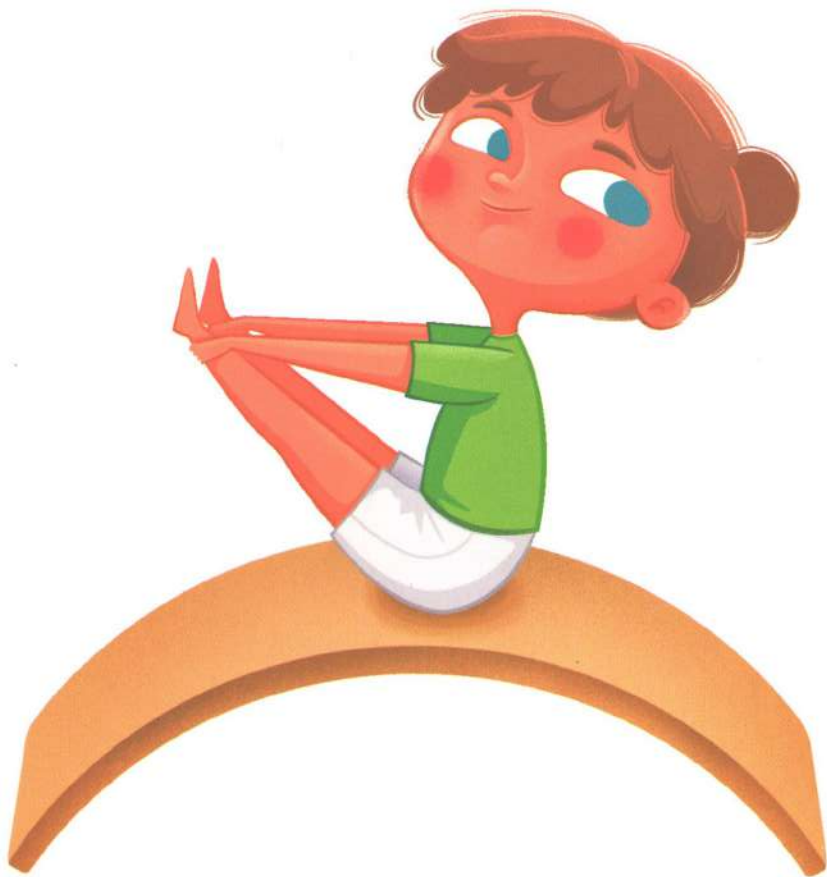
仰卧在聪明板上，弓腿把脚放在聪明板的末端，双手握住聪明板前端两侧，腿部用力将身体支撑起来，使身体和聪明板平行。

Lie on your back on the wobble balance board, bow your legs so that your feet rest on the end of the board, put your hands on the front sides of the board, push your legs, hold the board with both hands to support your body so that your body can be parallel to the board.

TIPS

这个动作伸展颈部和脊椎使大脑平静，也可以增强胸部和肩膀的灵活性。

This movement stretches the neck and spine to calm the brain, and also enhances the flexibility of the chest and shoulders.



12 BOAT/小船

坐在聪明板中间，用手抓住聪明板的边缘，慢慢抬起腿伸直。然后放手，用手向前伸展碰到小腿两侧。

Sit in the middle of the board, grasp the edge of the board with your hands and slowly lift your legs straight. Release the board with both hands and stretch your hands forward to touch the sides of your calves.

TIPS

这个动作依靠坐骨和尾骨来保持平衡，可以有效增强腹部和臀部的肌肉。

This movement relies on the sit bones and tailbone to maintain balance and can effectively strengthen the muscles of the abdomen and buttocks.



13 LITTLE FROG/小青蛙

先双脚打开站在聪明板上，脚尖向外。弯曲膝盖慢慢蹲下，背部挺直，将双手合十放在胸前，闭上眼睛冥想。

Start by standing with your feet open on a wobble balance board with your toes point-ing outward. Bend your knees and slowly squat down with your back straight. put your hands together in front of your chest and close your eyes to meditate.

TIPS

这个姿势可以拉伸锻炼背部肌肉，也可以促进盆骨区域血液流通，对女孩子有着很好的裨益。

This pose can exercise the back muscles and promote blood flow in the pelvic region, which has a very good benefit for girls.



14 WINDMILL/风车

两只脚一前一后站在聪明板的前后端,微微屈膝,来回摆动。然后交替举起你的双手,让你看上去就像在运转中的风车!

keeping the palms of both feet pressed back and forth against the front and back ends of the wobble balance board, you can slightly bend your knees. Then alternately raise your hands so that you look like a windmill in motion!

TIPS

这个姿势并不难,相反还有些有趣。因为不难,所以可以更好地放松自己并感受到聪明板的乐趣。

This pose is not difficult, on the contrary, some fun. Because it's not difficult, you can better relax and feel the fun of the wobble balance board.



15 KANGROO/袋鼠跳

把手放在聪明板的两侧,将两只脚放在聪明板两边的地面上。伸直双手支撑板面,然后双脚蹬地,像袋鼠一样弹跳。

Put your hands on the sides of the wobble balance board, and put both feet apart on the ground on either side of the board. Straighten your hands to support the board, then feet on the ground, like a kangaroo jump on the wobble balance board.

TIPS

这个动作可以帮助你增强你手臂和腿部的肌肉,加强弹跳能力,为更好地学习游泳和其他运动打下基础。

This action can help you strengthen the muscles of your arms and legs, strengthen the ability to bounce, and lay the foundation for better learning to swim and other sports.



16 STRETCH/伸展

站在聪明板上，双脚分开两个肩膀的距离，打开双臂，向右侧弓步，弯曲身体躯干，尽量用右手掌触碰到聪明板。

Stand on the wobble balance board, separate your feet two shoulders apart, open your arms, lunge to the right side, bend your torso, let the palm of your right hand approach your right ankle.

TIPS

这个动作也是拉伸的经典动作，它可以减轻运动过后背部的疼痛，去除腿部和臀部的僵硬，增强脚踝力量。

This movement is also a stretching classic, it can reduce back pain after exercise, remove stiffness in the legs and hips, and strengthen the ankles.



17 HOT AIR BALLOON/热气球

和小伙伴面对面站在聪明板上，握住彼此的手腕，弯曲膝盖缓缓下蹲，记住保持平衡。然后缓缓地起来，重复多次。

Stand face to face with your partner on the wobble balance board, hold each other's wrists, bend your knees and slowly squat down, remembering to keep your balance and not to let yourself and your partner fall off. Then slowly get up and repeat several times.

TIPS

这个动作需要你十分信任你的小伙伴，成功后可以锻炼你的腿部肌肉和平衡感。

This action requires you to trust your partner a lot, and when successful you can exercise your leg muscles and sense of balance.



18 NOT TO FALLI/不倒翁

和小伙伴背靠背坐在聪明板上，双腿盘起来，背部挺直。然后利用背部的力量向两边施加压力让聪明板轻轻摇晃。

You and your little one sit back to back on the wobble balance board, cross your legs up. Straighten your backs and then use the strength of your backs to apply pressure to the sides to make the wobble balance board rock gently.

TIPS

这个运动不仅可以锻炼腹部和背部的肌肉，还能感受到聪明板的摇晃乐趣。

This exercise not only can exercise the abdominal and back muscles, but also can feel the fun of the wobble balance board rocking.



19 SMALL TIN SOLDIER/小锡兵

和小伙伴肩并肩站在聪明板上，用手搂住他的肩膀，另一只手向两边举起来平行地面，然后慢慢抬起两边的腿，也和地面平行。

Stand shoulder to shoulder with your little partner on the smart board, put your hand close to your little partner on his shoulder and wrap your arm around it, raise your other hand to the sides parallel to the ground, and then slowly lift your legs on both sides also parallel to the ground.

TIPS

这个动作在增进你和小伙伴的感情中锻炼了平衡能力，也锻炼了腿部和手臂的肌肉。

This action exercises the balance in improving the relationship between you and your little partner, and also exercises the muscles of the legs and arms.



20 AIRPLANE/飞机

和小伙伴背靠背站在聪明板上，脚跟并在一起，双手向后拉住，身体挺直，两个人同时慢慢往前倾倒，感受双手带来的拉力。

Stand with your partner back to back on the smart board, heels together, hands back and then pull, both slowly lean forward at the same time until you feel the pull of your hands, keeping your body straight in the process.

TIPS

这个动作可以锻炼小臂和小腿的力量，能改善驼背和肩部肌肉的僵化。

This action can exercise the strength of the small arms and calves, can improve the hunchback and shoulder muscle stiffness.