

CORE BOARD TRAINING

Many exercises using body weight, tubing and light external loads are possible with the core board. Underneath the board are three settings that affect its stability (the largest peg will make the board the most stable). Changing the level of stability changes the demand of the exercise. Below are some suggestions for using the core board.

LUNGING

- 1) **Basic Lunge** - Begin with hands behind head, facing the board. Lunge onto board. Vary foot placement on the board to change the demand of the exercise.



- 2) **Basic Lateral Lunge** - Stand on outside leg with side to board. Lunge laterally onto board and then return to start position. Vary foot placement on the board to change the demand of the exercise.



- 3) **Med Ball Lateral Lunge** - Perform *Basic Lateral Lunge* and add a med ball press.



- 4) *Basic Rear Lunge or Split Squat* – Start by standing on the board on one foot, hands behind head. Lunge off. Vary foot placement on the board to change the demand of the exercise (i.e. try starting with your foot over the Reebok logo).



- 5) *Crossover Lunge* - Start as in the *Basic Lateral Lunge* (this time standing on inside leg) about 2' from the board. Using raised leg, crossover the other leg, landing on the board. Vary foot placement on the board to change the demand of the exercise.

Variations:

- Crossover the Reebok logo.
- Perform crossover lunge and then reverse direction, going into a lateral lunge on the floor.



- 6) *Additional Lunge Suggestions*
- A. Add resistance.
 - B. Step off the board in different directions.
 - C. Lunge bent at the waist.

TUBING

Tubing with handles can be attached under the board at various points. Changing the point of attachment changes the demand of the exercise. Exercises can be performed with one or two feet on the board. Exercise options include curls and presses that can be done using one or both arms. These exercises can be combined with squatting and lunging.



GENERAL BODY WEIGHT

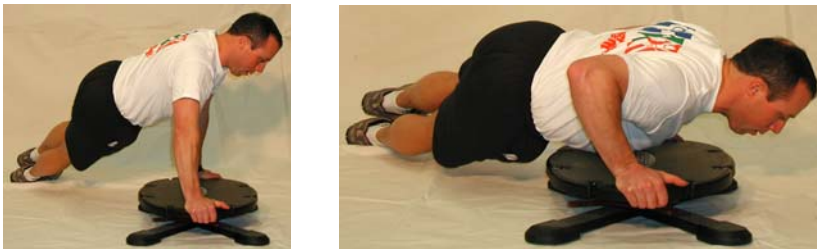
- 1) *Push Ups*
Variation: Stagger hands.



- 2) *Push Ups Twisting the Board on Descent.*
Variation: Stagger hands.



- 3) *Oblique Push Ups (feet to one side)*



- 4) *Oblique with a Twist*



- 5) *T Push Ups* – Perform a standard push up. Finish by balancing on one hand, raising the other straight up, and stacking the feet.



- 6) *Push Ups with Feet on the Board* - Try this exercise in different positions or using one leg.



- 7) *Cook Hip Lift* – Lie on your back and place both feet on the edge of the board. Push down on the board and lift your hips so that only your shoulders remain in contact with the floor. Hold for 5 seconds and repeat.



Variation: While in the hips lifted position, raise and lower each leg.



