

Core Board Circuit 1

Stride and Twist

Begin in a bent over position with hands on each side of the board. Step back with the right leg into a stride position. Push down and out with the right hand rotating the board counter clockwise. Reach back at an angle with the left arm. Alternate left and right legs. 2 sets of 5 repetitions.



Prone Leg Curl

Start in a push up position with your forearms on the core board. Keep a flat back with your hips level and knees together. Curl one leg back and return to the starting position. Alternate left and right legs. 2 sets of 5 repetitions.



Reach, Roll, and Lift

Assume a kneeling position with palms down on board and arms extended overhead. Begin movement by pushing one arm and pulling with the other arm rotating the board as far as possible without moving body position. Hold the board in this position and then roll the palm elongated arm toward the ceiling wrap and stretch lat. Hold for 3 to 5 seconds and repeat on other side. 2 sets of 5 repetitions.



Straight Leg Raise

Lie on the core board long way with hands behind head and legs straight in the air with toes pointed down (dorsiflexed). Simultaneously lower the right leg and reach back with the left arm while supporting the head with the right. Maintain a level and flat back throughout movement while not letting board tilt in any direction. Return to the starting position. Alternate left and right legs. 2 sets of 8 repetitions.



Inverted V

Begin in a push up position with your hands on front of board. Keep arms straight and slowly walk feet forward while keeping feet flat on floor. Maintain constant pressure on board throughout movement. Walk feet up until a good stretch in the posterior part of body is felt and hold for 5 seconds. Return to the starting position and repeat the exercise. 2 sets of 5 repetitions.



Diagonal Leg Lift

Begin in a push up position with your feet on each side of the core board. Maintain knee extension and extend one leg behind you. Return to the starting position and repeat the movement. Maintain a flat back while keeping your hips square throughout the movement. 2 sets of 5 repetitions.



Toe Touch Squat

Stand a shoes length away from the board with feet slightly wider than shoulder-width. Bend at the waist and press on the board making it tilt towards you. Maintaining the tilt on the board, drop into a deep squat position. Extend one arm at a time arms overhead and return to start position. 2 sets of 5 repetitions.



Backwards Lunge to Hurdle Step

Standing on the board, take a large step back with your right leg and drop into a lunge. Simultaneously extend the left leg and flex right knee into a high knee position with ankle, knee, and hip aligned. Return to the starting position and repeat the movement to the opposite side. 2 sets of 5 repetitions.

