

Core Board Circuit 2

Standing Hip

Begin with feet side by side in the center of the board. Start by lifting left knee above 90°. With your right hand grasp knee and pull knee across waist. Reach left hand while maintaining a tall upright position and hold for 3 seconds. Without putting foot down, grasp the inside of left knee, pull the leg outwards, and reach out with right arm. Hold for 3 seconds. Throughout movement keep a tall/flat spine and do not rotate shoulder or hips. Alternate between the right and left leg. 2 sets of 5 repetitions.



Above 90 ° Pushup

Start in a push up position with your forearms on the core board and fingers wrapped around the back edge of the board. Keep a flat back with your hips square. Push out and away from the board. Return to the starting position and repeat the exercise. 2 sets of 5 repetitions.



Inverted Hamstring

Assume a pushup position with hands on front of board. Walk the feet forward until you feel a slight stretch in the hamstrings and heels are flat. Maintain pressure on the board with arms straight and slowly raise the right leg. Raise the leg until you feel a small rotation in the hips and then return the leg to the ground. Alternate legs until all repetitions are completed. 2 sets of 5 repetitions.



Diagonal Arm Lift

Begin in a push up position with your hands on each side of the board. Extend arm in front of as if to shake someone's hand. Return to the starting position and repeat the movement with the opposite arm. Maintain a flat back while keeping your hips square throughout the movement. 2 sets of 5 repetitions



Hip Flexor

Standing on the board, take a large step back with your right leg into a lunge position. Remain in a tall upright position while reaching arms overhead. Slowly drop into a lunge while gently rotating towards your left. Alternate legs until all repetitions are completed. 2 sets of 5 repetitions.



Mountain Climber

Start in a push up position with hands underneath the shoulders. Bring your knee to your chest. Return back to the starting position without touching the ground. Allow the knees to stay together and curl the right leg. Alternate between the right and left leg. 2 sets of 5 repetitions.



Squat and Reach

Stand a shoe's 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. Move the hands to the outer edges of the board. Twist and rotate the board by pressing down and rotating it to the right. Lift the right hand back and up, looking over the shoulder without losing the rotation. Return and repeat on the other side. 2 sets of 5 repetitions.



Single Leg Bridge

Lie back on the floor with arms over head making a "Y" shaped. Raise your hips as high as possible. Extend the right knee and raise your right leg. Maintain hip extension and return to the starting position. Alternate legs until all repetitions are completed. 2 sets of 5 repetitions.

