



## Lower Body Strength and Coordination

These moves require full body coordination, lower body strength and core stability. Proper form and trunk stability is necessary for complex movements. Always progress clients from easy to more complex exercises.

**Pivot point progression:** 2 Half-Balls → 1 Half-Ball → 2 Balls → 1 Ball

**Body stance progression:** Knees → 2 feet with wide stance → 2 feet with narrow stance → 1 foot in the air → feet on an unstable surface (ball, balance disc, balance board...)

**Board and ball progression:** Small board and 5" ball → Small board and 6.5" ball → larger board and 5" ball → larger board and 6.5" ball → continue to increase sizes

- 1. Tire Running-** Stay centered and quickly alternate weighting your left and right feet. This looks similar to running tires without the board rocking side to side. This can be done on one ball or one Half-Ball
- 2. Squats-** This is super tough to complete 10 controlled reps, especially while on one ball. Do squats on a Half-Ball and change the pivot point placement closer to the left or right side of the board.
- 3. Lunges-** While on one or two Half-Balls stand along the length of the board. Put your right foot forward on the front of the board and put you left foot on the back of the board. Lunge downward and drive your back foot toward the board. This works best on the largest board.
- 4. Lunge Jumps-** While on two Half-Balls get into the lunge position. Then jump up and switch your feet. Land and maintain your balance.
- 5. Catcher Pose-** If you can handle it, get down into a full squat and hold your position like a catcher. Try a board grab and ride the board while on one ball. Progress this exercise with catching a ball.
- 6. One Foot Clock Squats-** While on two balls or Half-Balls stabilize yourself with one leg and squat moving your free leg in clock positions. You can also reach down and touch the board in positions of one, three, six...o'clock.
- 7. Bridging-** Lie on your back on the floor. Put your feet on the board and lift your butt off the ground. Maintain balance and return your butt to the ground.
- 8. Bridging w/One Foot-** Get into the Bridging position and center the board over the pivot point. Then center your foot directly over the pivot point. Bring your butt off the ground and bridge upward with one foot on the board.

- 9. Bridging w/Hamstring Curl-** Lie on your back on the floor. Put your feet on the board and lift your butt off the ground. While in the full Bridge position curl your feet toward your butt and then return. You can continue to bridge then hamstring curl or continue hamstring curling. Progress this exercise with hamstring curls on one foot.
- 10. Abdominal Rolling-** You may want to place a towel or padding on the board. Place your knees and tops of your feet on the board with your hips at a 90° angle. Place your hands on the ground and keep your back flat. Curl your knees and hips toward your hands and back to starting position. Try moving the board left and right and in a circular pattern.
- 11. Modified Downward Facing Dog and Cobra-** You may want to put a towel or pad on the board top for this exercise and this is best done on a smaller board. Start with your legs on the board along the length with your feet at the back end and your knees at the front end. Start with the front of the board contacting the ground and the back end supported by the ball. Get into a prayer position and level the board. Roll the board backward and extend your body into a push-up position. Keep the board level as you go into your push-up position. At the bottom of the push-up extend your arms and back into the cobra position. Return to a regular push-up and then bring your knees back toward your chest in the prayer position.
- 12. Water Skiing/Wakeboarding-** The maneuver uses a tow rope for upper body strength and stability. You can place one end of the board on a stair step with a Half-Ball under the board. Place your feet in a water ski stance or a wakeboard stance. Weight the back leg and straighten out your body. With somebody holding on to the tow rope, let them move you left and right.
- 13. Pivot Point Change Up-** Change the pivot point placement of one Half-Ball under the board. Move the pivot point closer to the left side of the board. This will strengthen your left leg more. Then change your position so the majority of the board weight is to your toes, heels, inside or outside of your foot.
- 14. Kicking-** With two Half-Balls under the board get into a natural athletic stance. With a partner or by yourself you can practice kicking motions. This motion will not be a high velocity kick but more refined motion. Imagine kicking into a bag and maintaining balance with the leg on the board.
- 15. Knee Thrusts-** With two Half-Balls under the board get into a boxing stance. With a partner or by yourself practice a knee thrust motion. Bring your knee up toward your chest and into a pad. Your motion will require refinement to maintain your balance.
- 16. 3 Point Stance-** Use one or two Half-Balls for this exercise. Get into a running 3 point stance with one hand on the front of the board and with a stagger step. Maintain your balance or come to a standing position or with a knee thrust.
- 17. Triple Hammy Whammy-** With two Half-Balls under the board, place your hands at the front of the board. Place your feet at the very end of the board and get into a quadruped position. The first exercise is to do a straight leg lift. Lift your heel toward the sky and maintain balance on the board. Return to the starting position and repeat. Then lift one leg, kick backward then thrust your knee forward. The last movement is to keep your knee at

90° and your hip straight. The bottom of your foot will face the sky. Push your leg upward and in small movements while your hip goes into slight extension.

- 18. Crabbin-** With one or two Half-Balls under the board, place your hands at the front of the board. Place your feet at the bottom of the board with your soles contacting the board. Your trunk will face the sky. Lift up one foot and maintain your balance. You can alternate feet. You can also do a straight leg lift, knee thruster, or leg circle.