



## Upper Body Strength and Coordination

These moves require super strong shoulders, coordination and core stability. It is important to keep your back in a straight line with your legs. Avoid sagging your stomach or putting your behind in the air.

**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. Push-Ups-** Just like it sounds. Change your hand positions from narrow to wide. Try a military push-up with your hands extended above your head.
- 2. Push-Ups w/Rotation-** Rotate your right arm forward and do a push-up, rotate your left arm forward and do a push-up. Continue to alternate your arms.
- 3. Side Swings-** While on one ball move the board from left to right and back in a controlled motion. Bring each arm close to your chest midline with your hand over the ball. You can stop at each end for added control and stability.
- 4. Side Swings w/Push-Up-** Move the board from left to right and back in a controlled motion while doing push-ups. Try getting into a rhythm and complete 10 Side Rocks for each push-up.
- 5. Diagonal Swings-** Rotate the board so your left arm is forward and your right arm is backward. Move the board in a diagonal pattern bringing each arm close to your chest midline. Hold at the end of each position for added control and stability. Alternate arms with your right arm forward.
- 6. Diagonal Swings w/Push-Up-** While moving the board in a diagonal pattern complete a push-up. Get into a rhythm and complete 10 Diagonal Rocks for each push-up.
- 7. Push-Up w/Forward Hand Motion-** While on two balls move your hands forward and backward in small movements. Complete a push-up while your hands and shoulders are moving. If you do this on two Half-Balls you can tilt the board forward and backward while doing a push-up.
- 8. Clap and Chest Slap Push-Ups-** This exercise is very advanced. Just like it sounds. Start with the standard clapper in front of your chest. For you powerhouse athletes progress to a

double clap, chest slaps, clap and chest slap, or claps behind the back. Be careful with this exercise and use a spotter if needed.

- 9. Pop-Shuv-It Push-Ups-** Push up and rotate the board 180° or 360°. Land in a controlled position and repeat.
- 10. Push-Ups with Board Row-** Hold on to the ends of the board and explode with your push-up. As you push-up continue to hold onto the board and pull the board to your chest. Bring the board to your chest and back to the pivot point. This move looks like a push-up with chest slap except you bring the board to your chest.
- 11. One Arm Push-Ups-** With the ball or Half-Ball at one end of the board complete a push-up with the majority of body weight over the pivot point. This can be progressed into by slowly shifting the pivot point closer to one end of the board.
- 12. Push-Up w/Clock Circles-** Get into a comfortable push-up position and move the board in a circular direction. Try counterclockwise and clockwise motions. Work in push-ups while circling the board. Working into a larger circle is super tough on your shoulders and core stability.
- 13. Push-Ups w/Stability Ball-** Put your feet on a stability ball or balance board and complete push-ups with your hands on a Si-Board. A second option is to have somebody hold your feet in the air like a wheelbarrow.
- 14. Dips-** Sit in the middle of the board with your hands to the side. Keeping your feet on the floor lift your butt off the board. Try a couple of dips while moving your butt in front of the board and toward the floor.
- 15. Dips w/Side Swings-** Get into the dip position and move the board side to side beneath your body. You can add a true dip by bringing your butt towards the ground while swinging the board.
- 16. Pike Position Hand Stand-** Sit in the middle of the board with your feet on the floor. Pick your feet off the ground and your butt off the board. Balance on your hands with your feet forward. Advanced exercises include moving to a hand position with the bottoms of your feet toward the ceiling.
- 17. Dips w/Feet on Balance Board-** With your feet on a balance board complete the dip movement. You can have your hands on the ground or another balance board.
- 18. Back Bends w/Handstands-** While lying on your back and your hands next to your head put your feet on a balance board. Lift up on your hands and complete a back bend. Push upward for added strength.
- 19. Quadruped-** Place your hands at one end of the board and your feet at the opposite side of the board. When you are balanced and stable on your hands and feet, pick up one hand or one foot. Alternate picking up a hand or foot. If this position is too difficult for your thighs you can place your knees on the board. You may want to put down a towel or pad for your knees.