

Perfect Training Combos

General Description

<p>Rocker</p>  <p>2 Half Balls</p> <ul style="list-style-type: none"> Easiest movement rocking in two directions. Great for beginners and basic skills. 	<p>Wobble</p>  <p>1 Half Ball Centered</p> <ul style="list-style-type: none"> Center weight distribution tilting in all directions. Great for pelvic rotations. 	<p>Wobble</p>  <p>1 Half Ball On End</p> <ul style="list-style-type: none"> Weight distribution to one side of the board to target leg dominance. 	<p>Single Pivot</p>  <p>1 Half Ball, 1 Ball</p> <ul style="list-style-type: none"> Rocking on left and rolling on right side. Progression to moving board and rotation.
<p>Rock & Roll</p>  <p>1 Ball Inside 1 Half Ball</p> <ul style="list-style-type: none"> Advanced rolling surface on balls inside half balls that also quickly tip. 	<p>Thrasher</p>  <p>1 Ball Inside 1 Half Ball</p> <ul style="list-style-type: none"> Very advanced small rolling board that quickly tips and is unpredictable. 	<p>Big Drop</p>  <p>Big Ball Inside Half Ball</p> <ul style="list-style-type: none"> Extreme tilting board that is unpredictable and forces you to stay centered. 	<p>Double Pivot</p>  <p>2 Balls At Ends</p> <ul style="list-style-type: none"> Stable rolling surface with independent foot rotation. Intermediate progression.
<p>Double Pivot</p>  <p>2 Balls Centered</p> <ul style="list-style-type: none"> Weight transfer from side to side on a rolling board. Each foot can also freely rotate. 	<p>Multi-Direction</p>  <p>1 Ball</p> <ul style="list-style-type: none"> Most advanced moving board. Weight transfer in all directions and combination. 	<p>Rocker +</p>  <p>2 Half Balls & Bands</p> <ul style="list-style-type: none"> Beginner rocking board with added posture control or leg strength with bands. 	<p>Wobble +</p>  <p>1 Half Ball & Bands</p> <ul style="list-style-type: none"> Rotate board while standing or in push-up position against bands for power.
<p>Single Pivot +</p>  <p>Half Ball, Ball & Bands</p> <ul style="list-style-type: none"> Upper body control while one leg rotates the board and the other leg is stable. 	<p>Double Pivot +</p>  <p>2 Balls & Bands</p> <ul style="list-style-type: none"> Rolling and rotating board with upper body control and core strength. 	<p>Multi-Direction +</p>  <p>1 Ball & Bands</p> <ul style="list-style-type: none"> Most advanced multi-direction board with added bands for core control. 	<p>Your Favorite Combo...</p>

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Surf Sports

<p>Rocker</p>  <p>2 Half Balls</p> <ul style="list-style-type: none"> Easiest movement rocking in two directions. Great for beginners and basic moves. 	<p>Wobble</p>  <p>1 Half Ball Centered</p> <ul style="list-style-type: none"> Beginner push ups Beginner deep stance 	<p>Wobble</p>  <p>1 Half Ball On End</p> <ul style="list-style-type: none"> Back /front foot control 180° Rotation training 	<p>Single Pivot</p>  <p>1 Half Ball, 1 Ball</p> <ul style="list-style-type: none"> Pumping rail to rail Push up scap control
<p>Rock & Roll</p>  <p>1 Ball Inside 1 Half Ball</p> <ul style="list-style-type: none"> Advanced SUP stance Rough water training 	<p>Thrasher</p>  <p>1 Ball Inside 1 Half Ball</p> <ul style="list-style-type: none"> Rough water training Advanced quick saves 	<p>Big Drop</p>  <p>Big Ball Inside Half Ball</p> <ul style="list-style-type: none"> Unpredictable training Windy and rough conditions 	<p>Double Pivot</p>  <p>2 Balls At Ends</p> <ul style="list-style-type: none"> Pop ups Cross stepping Heel to toe
<p>Double Pivot</p>  <p>2 Balls Centered</p> <ul style="list-style-type: none"> Foot to foot transfer Inside corner turns 	<p>Multi-Direction</p>  <p>1 Ball</p> <ul style="list-style-type: none"> Realistic Riding Carving and cutback Push up core control 	<p>Rocker +</p>  <p>2 Half Balls & Bands</p> <ul style="list-style-type: none"> Beginner footwork Posture control 	<p>Wobble +</p>  <p>1 Half Ball & Bands</p> <ul style="list-style-type: none"> Single leg dominance Rotation strength
<p>Single Pivot +</p>  <p>Half Ball, Ball & Bands</p> <ul style="list-style-type: none"> Upper body rotation control Tow rope control 	<p>Double Pivot +</p>  <p>2 Balls & Bands</p> <ul style="list-style-type: none"> Advanced SUP rowing Hip control 	<p>Multi-Direction +</p>  <p>1 Ball & Bands</p> <ul style="list-style-type: none"> Most advanced riding Complete core strength 	<p>Your Favorite Combo...</p>