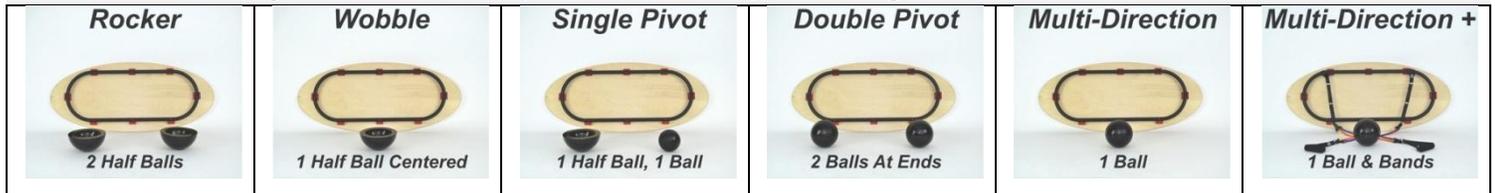


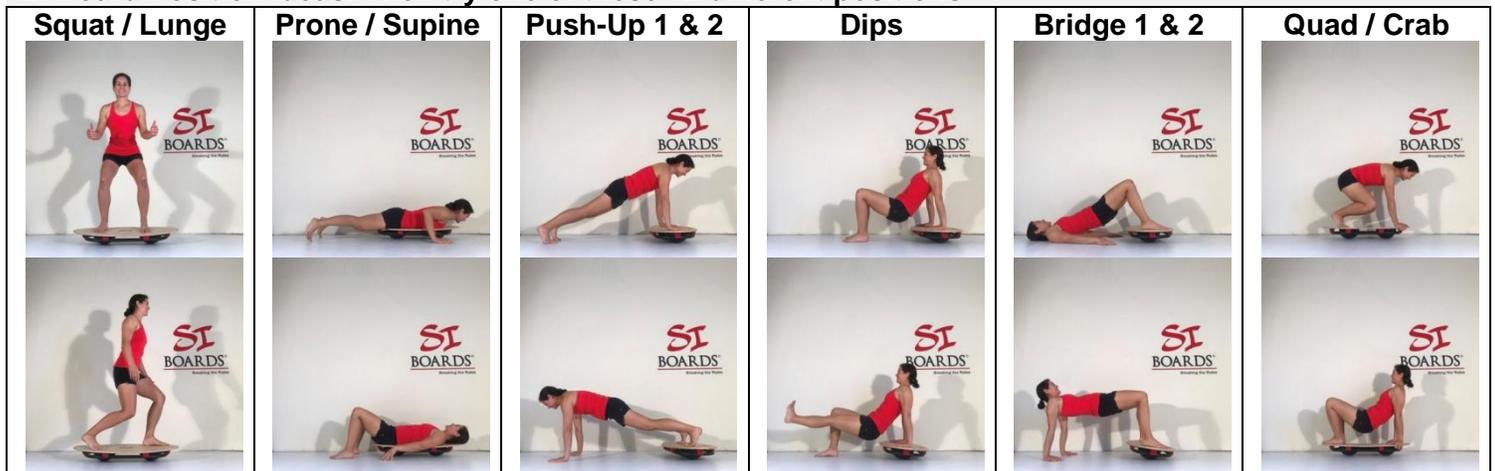
# 6 x 6 Matrix of Versatility

How can you get the most out of your Si Board? Choose one picture from each category and combine together for a new training challenge. There are infinite ways to have fun!

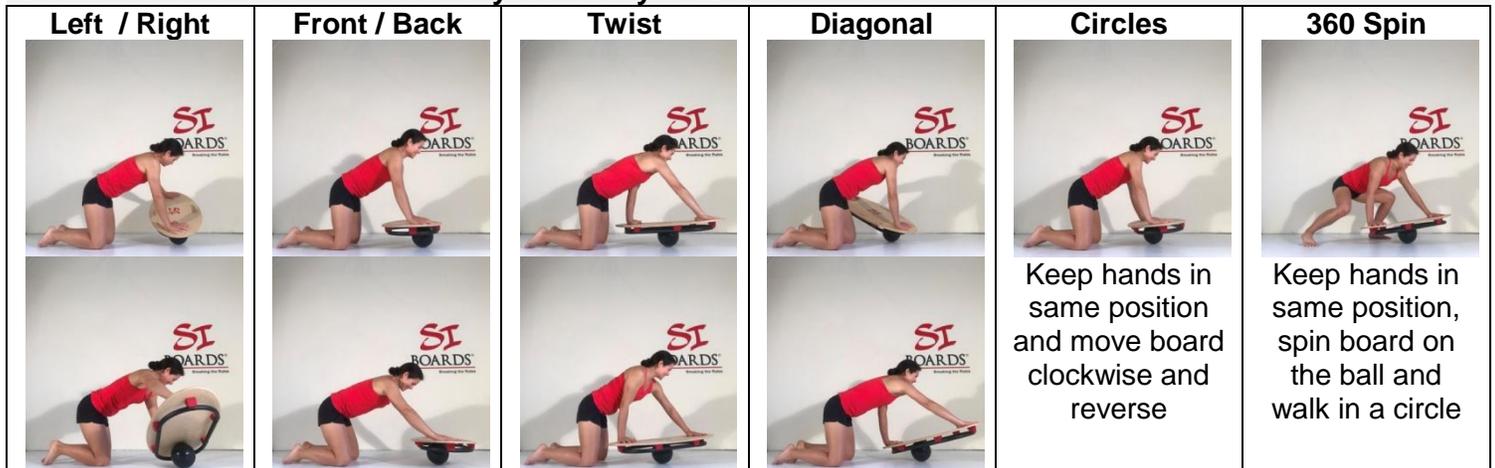
## 1: Pivot Point Progression: Choose your board set up from Beginner to Advanced



## 2: Board Position Ideas: Then try one of these 12 different positions



## 3: Foundation Movements: Now try to move your Si Board in these directions



**4: Types of Muscle Contraction: Next try to coordinate and stabilize your body in these different ways**

Concentric	Eccentric	Isometric	Reactive	Move and Hold	Resisted
					
Actively moving the board to touch the ground	Slowly length your body or muscle against resistance	Hold your position steady against resistance	React to unknown forces from all directions	Move the board hard then stall/hold position at end of rail	Move the board against resistance

**5: Types of Leverage: And now try to change your base of support**

Short	Long	4 Point Stance	3 Point Stance	2 Point Stance	1 Point Stance
					
Shorten your body or joint angles to keep board close	Extend body or joint angles to add difficulty	4 points of contact for increased stability	Lift leg or hand to increase difficult	Use only two points of contact on the board	Use one point of contact on the board

**6: Changing Ride Type: Bonus challenges for the Si Boarder!**

Surface Type	Pivot Size	Board Size	Pivot Position	Hand Position	Wide / Narrow
					
Slow down your ride with thick carpet or mats. Speed up your ride with rubber flooring or concrete	Small balls move fast and quick with less strength. Large balls move slower and require more strength to control	Small boards are light and quick to move. Large board requires wider stance and greater strength to control	Center pivot creates equal weight distribution. Side placement will increase strength on the side over the Ball or Half Ball	Change your hand or foot position from parallel in a straight line to offset front and back. Try crossed arms or feet	Wide hands and feet increase your stability. Narrow hands and feet require more core control