

3 Moves To Improve Your Lifts

Each lift has three exercises outlined to help you perform at your best. Muscle strength, endurance and stability are taken into account and serves as a guide to help coordinate all of your systems. Have fun!

Key Concepts	Training Benefits	Training Tools	Skill Progression
<p>Emphasize body control and awareness using an unstable surface</p> <p>Vary the joint angles while in close chain positions to increase joint position awareness</p> <p>Simulate coordinated movement patterns for each lift</p> <p>Full recruitment of muscular strength to increase load capacity</p> <p>Incorporate into training as a warm-up before heavy lifting or into a training circuit as exercise variety</p> <p>Stimulate better muscle recruitment and body awareness for longevity</p>	<p>Endurance of stabilizer muscles to perform with continued strength throughout repetitive exercises</p> <p>Joint stability through range of motion and in various angles</p> <p>End range joint stability and stabilizer endurance</p> <p>Spine control to prepare for awkward movements or dynamic exercise equipment that changes shape</p> <p>Be able to react to imbalances or postural sway when your body is fatigued</p> <p>Better muscle recruitment for dynamic full body exercises</p>	<p>Si Boards Balance Board</p> <p>Freestyle Original</p> <p>8.5" Half Balls</p> <p>6.5" Balls</p> <p>5" Balls</p> <p>Resistance Band System</p> <p>Optional strength training equipment such as barbells, kettlebells or weight plates</p>	<p>Start with two Half Balls to create a Rocker board tilting in one plane</p> <p>Use one Half Ball to create a Wobble board to tilt in all directions</p> <p>Progress to moving surface using a Half Ball on one end and a Ball at the other end creating a Single Pivot board</p> <p>Use two Balls to create a Double Pivot board that will give you slight multi-direction movement with a level surface</p> <p>Use one Ball to create a fully Multi-Direction board with roll and tilt in any direction</p>

One Arm Snatch:

1. Deep squat with board grab
2. Push up with a board twist
3. Squat stance balance with weight overhead

Overhead Press/Thruster:

1. Lunge with barbell overhead
2. Clap push-ups
3. Burpee jump to squat position on the board



3 Moves To Improve Your Lifts

Hand Stand:

1. Pike position or seated hand stand with legs extended
2. 360 push up/plank walks in a circle
3. Dip position with board movements in all directions

Pull Up:

1. Reverse push up with feet on the board and simulated mountain climber
2. Ab tuck with shins on board and hands on ground
3. Surf push-up position with board roll in and out

Dead Lift:

1. Bridges with feet on board, back on ground and hip lift
2. Quadruped with feet at tail and hands at nose of board
3. Dips with one foot in the air

Squat:

1. Board ride with movement in all directions
2. Simulated tire running touching board edges to ground
3. Squats with Half Ball to one side of board

Muscle Up:

1. 360 dips with walks in circles
2. Crab position with feet on tail and hands on nose and body facing ceiling
3. Surf position dynamic push-up jumping board forward and backward

Posture/Spine Stability:

1. Squat with added weight hold at the front spine
2. SUP surf stance position with outstretched arms
3. Rotation control with weight hold at the side

Bear Crawl:

1. Quadruped position with one leg lift
2. Steering wheel push-up rotations
3. Reverse push-up with one foot on the board

Crab Walk:

1. Crab position with one foot in the air
2. Dip position with alternating foot in the air
3. Bridge position with feet rotating board forward and backward

Burpee Sequence:

1. Stabilize board in the surf push-up position
2. Jump to your feet and stick the landing
3. Steady yourself and stand



3 Moves To Improve Your Lifts

Overhead Snatch:

1. Squat control with added posture hold from resistance bands
2. Scap control with resistance bands while moving arms in various positions
3. Overhead press with one foot balance

Clap Push-Up Sequence:

1. Beginners should start with a half ball and progress to a full ball
2. Push off board and engage your back
3. Engage abdominals for stability as you land softly

Direction Change:

1. Steady board in push up position and prepare to jump laterally
2. Land with control and recenter body
3. Complete 360 circles or other pattern changes

Scap Control:

1. Cross leg lotus position lifting your hips off the board
2. Long ab position with hands pressing firmly into the ground
3. Resistance band activation of scap rotation while maintaining ride balance

Vertical Grip Strength Sequence:

1. Ball bounce with catch and hold starting from a high position
2. Slam ball hard and with full arm extension
3. Catch and control ball before the next rep

Horizontal Grip Strength Sequence:

1. Grip ball vs cradling it in your hand starting from a punch position
2. Fully extend arm and release ball against
3. As ball returns to your hand firmly grip and control the momentum

Continual Grip Strength Sequence:

1. Start in a plank position with grip strength
2. Extend arm and fully rotate to a side plank position
3. Continue grip strength and return to starting plank position




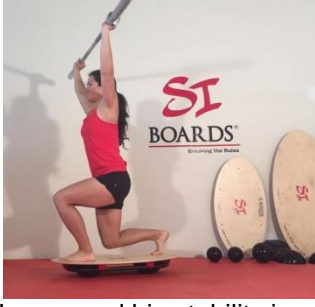





Single Leg Activation with Side Placement Half Ball:

1. Squat position with Half Ball under right foot for right side activation
2. Front foot activation to simulate a strong first step
3. Back foot activation to simulate a strong backward step










Tissue Recovery:

1. Quad roll on ball with knee bend
2. Glute roll with leg crossed over the top
3. Seated hamstring with leg extension










3 Moves To Improve Your Lifts

<p>One Arm Snatch</p> <p>Concept:</p> <p>Fully engage stable deep squat position to an overhead extension. Added board rotation to strengthen arm in overhead position</p>	 <p>Deep squat with board grab for lower body stability before hip drive</p>	 <p>Push-up position with a board twist simulating one shoulder in extension.</p>	 <p>Squat stance balance with weight overhead for cross body control</p>
<p>Overhead Press / Thruster</p> <p>Concept:</p> <p>Split stance lunge stability with trunk extension. Dynamic powerful moves to simulate the upward overhead thrust and hold</p>	 <p>Lunge and hip stability in a split stance with barbell stabilized overhead. Use Half Balls for this move</p>	 <p>Clap push-ups for chest power and stability upon landing on the board</p>	 <p>Burpee jump to squat position on the board for dynamic spine and squat control</p>
<p>Hand Stand</p> <p>Concept:</p> <p>Scapular stability and thoracic control while training your hands to react to a moving surface. Add dynamic trunk motions for hand control</p>	 <p>Pike position or seated hand stand to hold ab contraction and scapular control</p>	 <p>360 push-up/plank walks in a circle for anterior shoulder stability while feet are off the ground</p>	 <p>Dip position with board movements in all directions for posterior shoulder stability</p>










3 Moves To Improve Your Lifts

<p>Pull Up</p> <p>Concept:</p> <p>Initiate abdominal control and pelvic stability while hands are on the ground. Initiate lat control and abdominal extension while hands are on the board</p>	 <p>Reverse push-up with feet on the board and simulated mountain climber for pelvic stability</p>	 <p>Abdominal tuck and extension with hands on ground to strengthen lower ab pull</p>	 <p>Surf push-up position with board roll in and out to strengthen back/lat control to pull hands toward hips</p>
<p>Dead Lift</p> <p>Concept:</p> <p>Posterior chain warm-up with full neurological engagement to help initiate the dead lift at the legs. Spine awareness and activation when flexed and added foot control.</p>	 <p>Bridges with feet on board, back on ground and hip lift to fully engage posterior chain and stabilize pelvis</p>	 <p>Quadruped with feet at tail and hands at nose of board for spine control and core stability while bending forward</p>	 <p>Dips with one foot in the air to strengthen posterior chain and cross body contraction</p>
<p>Squat</p> <p>Concept:</p> <p>Independent leg control and balance to target leg dominance or muscular imbalance. Active each leg to be able to react to shifting weights or unequal weight distributions when performing complex squats</p>	 <p>Board ride with movement in all directions to develop stability independently with foot to foot weight transfer</p>	 <p>Simulated tire running touching board edges to ground to strengthen hip shift and pelvic control. Use Half Ball for this move.</p>	 <p>Squats with Half Ball to one side of board independently strengthens one side and finds leg dominance muscle imbalance</p>




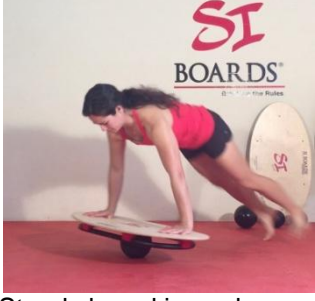
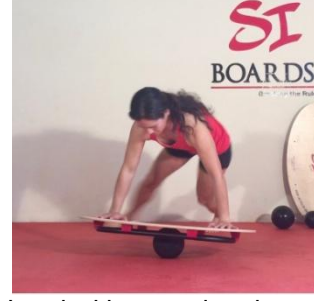
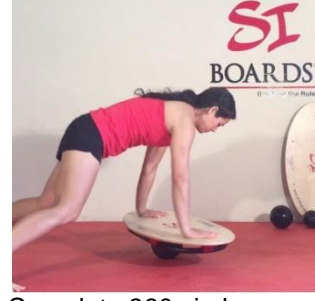



3 Moves To Improve Your Lifts

<p>Muscle Up</p> <p>Concept:</p> <p>Posterior shoulder control and scap stability once at the top of the muscle up. Dynamic chest and lat pull to help initiate the upward movement followed by a static hold</p>	 <p>360 dips walking in circles for posterior chain stability and sideways body control</p>	 <p>Crab position with feet on tail and hands on nose and body facing ceiling for full body control</p>	 <p>Surf position dynamic jump push-up pulling board towards hips and landing with control</p>
<p>Posture/Spine Stability</p> <p>Concept:</p> <p>Position holds with the added spine and posture stimulation from added weight away from your centerline</p>	 <p>Squat with added weight hold from front spine loading forces you to posturally engage and control your balance</p>	 <p>SUP surf position with outstretched arms to hold posture and squat control. Use Double Pivot set up for added hip shift and lateral control</p>	 <p>Rotation control with weight from the side to load your sidebenders and rotators. Use Single Pivot set up for added foot rotation control</p>
<p>Bear Crawl</p> <p>Concept:</p> <p>Spine strength from the head to pelvis with added shoulder and hip close chain control. Simulated spine rotations when on two or three points of contact</p>	 <p>Quadruped position with one leg lift for three point contact control</p>	 <p>Steering wheel rotations in push-up position to simulate walking hands forward</p>	 <p>Reverse push up with one foot on the board to stimulate hip and ab control. Progress by bringing knee to the elbow</p>










3 Moves To Improve Your Lifts

<p>Crab Walk</p> <p>Concept:</p> <p>Posterior control while on two or three points of contact. Hand control and feedback from a moving surface for greater control on the stable ground</p>	 <p>Crab position with one foot in the air for posterior shoulder and cross body control</p>	 <p>Dip position with board twisting and alternating foot in the air to simulate crab walk and hand control</p>	 <p>Bridge position with feet rotating board forward and backward to simulated posterior hip activation</p>
<p>Burpee</p> <p>Concept:</p> <p>Dynamically move from horizontal to vertical with spine stability and a stable landing. Be able to move vertical to horizontal with a controlled landing</p>	 <p>Stabilize board in the surf push up position and prepare to jump onto the board with abdominal engagement</p>	 <p>Stabilize board with hands as you jump to your feet and stick the landing</p>	 <p>Steady yourself and stand. Return to your squat and place hands on the board. Jump backward and repeat</p>
<p>Overhead Snatch</p> <p>Concept:</p> <p>Squat control and added posture stimulation from resistance bands. Strong stance position and balance with weight transfer foot to foot as you maintain shoulder control</p>	 <p>Squat control with added posture hold from resistance bands pulling your downward</p>	 <p>Scap control with resistance bands while moving arms in various positions. Added ride for hip control</p>	 <p>Overhead press with one foot balance for independent leg and arm control</p>







3 Moves To Improve Your Lifts

<p>Clap Push Up</p> <p>Concept:</p> <p>Dynamic push up to learn how to press off the board and land on an unstable surface. Apply equal pressure for muscle balance and stability during high function movements</p>	 <p>Beginners should start with a Half Ball and progress to a full ball. Start in the push up position</p>	 <p>Push off board and engage your back to get enough height to clap your hands</p>	 <p>Engage abdominals for stability as you land softly and slowly lower chest back to the board</p>
<p>Direction Change</p> <p>Concept:</p> <p>Control your body when quickly changing directions for hip and knee stability. Close chain shoulder control and spine awareness while in a horizontal position</p>	 <p>Steady board in push up position and prepare to jump laterally</p>	 <p>Land with control and recenter body while maintaining strong spine and posture</p>	 <p>Complete 360 circles or other pattern changes. Progress with push-ups on each rep</p>
<p>Scap Control</p> <p>Concept:</p> <p>Awareness of scapular and shoulder mechanics through position holds and end ranges of joint positions. Added abdominal and trunk activation for greater control when doing complex tasks</p>	 <p>Cross leg lotus position lifting your hips off the board. Press into the board to stimulate shoulder and scap depression</p>	 <p>Long ab position with hands pressing firmly into the ground to stimulate shoulder and scap protraction and retraction with core control</p>	 <p>Resistance band stimulation of scap rotation while riding. Add side bending for greater control</p>

3 Moves To Improve Your Lifts

<p>Vertical Grip Strength</p> <p>Concept:</p> <p>Control your grip strength with the mass pulling straight downward. Secondary benefit of trunk rotation and powerful downward slam</p>			
<p>Horizontal Grip Strength</p> <p>Concept:</p> <p>Grip strength as the ball rebounds back to you in a horizontal path. Be able to control momentum as gravity pulls mass downward. Secondary benefit of trunk rotation and powerful forward punch</p>			
<p>Continual Grip Strength</p> <p>Concept:</p> <p>Continually grasp the ball during movements and direction changes</p>			
<p>Ball bounce with catch and hold starting from a high position</p>	<p>Slam ball hard and with full arm extension. Keep hand open and ready to receive ball rebound</p>	<p>Catch and control ball before the next rep. Pull ball into high shoulder position</p>	
<p>Grip ball vs cradling it in your hand. From a high shoulder position throw forward</p>	<p>Fully extend arm and release ball against wall. Keep hand open and be ready to receive ball</p>	<p>As ball returns to your hand firmly grip and control the momentum. Return to start position and slam again</p>	
<p>Start in a plank position with grip strength</p>	<p>Extend arm and fully rotate to a side plank position</p>	<p>Continue grip strength and return to starting plank position</p>	

3 Moves To Improve Your Lifts

<p>Single Leg Activation</p> <p>Concept:</p> <p>Engage one leg in a squat or split stance position while the other leg counterbalances the board. Target muscle imbalance and allow each leg to fully activate. Added weight helps with spine and posture activation. Use side placed Half Ball for these moves</p>	 <p>Squat position with Half Ball under right foot for right side activation</p>	 <p>Front foot activation to simulate a strong first step. Place Half Ball on the front side</p>	 <p>Back foot activation to simulate a strong backward step. Place Half Ball on the back side</p>
<p>Tissue Recovery</p> <p>Concept:</p> <p>Use the ball to apply pressure to large muscles. Roll in multi-directions to create tension and stretch in different patterns</p>	 <p>Quad roll on ball. Stay on a trigger point and bend knee for deeper release</p>	 <p>Glute roll with leg crossed over the top.</p>	 <p>Seated hamstring with leg extension roll.</p>

Have fun and keep on rocking!
Enjoy your Si Board and have a great ride.

Thanks for your support,

Elysia Tsai, M.Ed., ATC
Certified Athletic Trainer
President

