














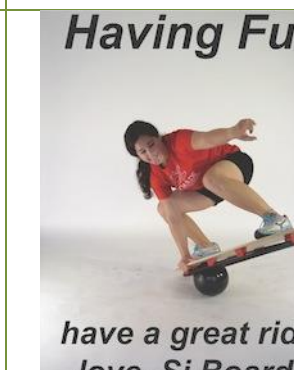


Exercises To Get You Started

Skill progression from beginner to advanced:
















2 Half Balls → 1 Half Ball → 1 Half Ball and 1 Ball → 2 Balls → 1 Ball

 <p>Start 1</p> <p><i>place ball on the ground</i></p>	 <p>Start 2</p> <p><i>place ball under left side of board</i></p>	 <p>Start 3</p> <p><i>step on low side on right bolt</i></p>	 <p>Start 4</p> <p><i>step on high side on left bolt</i></p>
 <p>Start 5</p> <p><i>gently shift weight to left to lift board</i></p>	 <p>Stop</p> <p><i>grab front and ground board back</i></p>	 <p>Stop</p> <p><i>ground board to the side</i></p>	 <p>Stop</p> <p><i>step off forward</i></p>
 <p>Ride 1</p> <p><i>gently shift weight to right leg</i></p>	 <p>Ride 2</p> <p><i>gently shift weight to left leg</i></p>	 <p>Ride 3</p> <p><i>gently move board forward</i></p>	 <p>Ride 4</p> <p><i>gently move board backward</i></p>
 <p>Ride 5</p> <p><i>twist hips and rotate board</i></p>	 <p>Deep Ride</p> <p><i>combine left, right, front, back & twist</i></p>	 <p>Deep Ride</p> <p><i>ride end to end and rail to rail</i></p>	 <p>Having Fun</p> <p><i>have a great ride! love, Si Boards</i></p>

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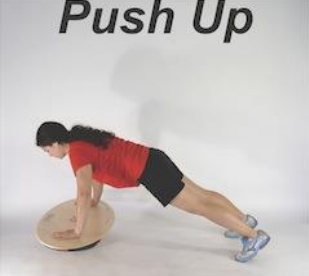










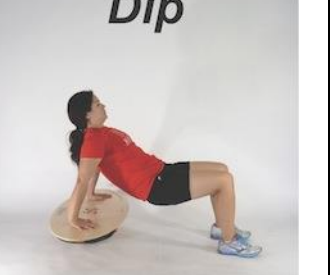




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<p>Ab Circle</p>  <p><i>move board in 360 degree circles</i></p>	<p>Ab Swing</p>  <p><i>move board left and right to rail</i></p>	<p>Ab Tuck</p>  <p><i>bring knees toward the chest</i></p>	<p>Ab Extension</p>  <p><i>extend legs away from chest</i></p>
<p>Ab Fish Tail</p>  <p><i>move legs left and right to rail ends</i></p>	<p>Bridge</p>  <p><i>move hips off the ground</i></p>	<p>Bridge In</p>  <p><i>move feet toward body</i></p>	<p>Bridge Out</p>  <p><i>move feet away from body</i></p>
<p>Bridge Twist</p>  <p><i>move left foot away from body</i></p>	<p>Bear Crawl</p>  <p><i>stabilize board into ground</i></p>	<p>Decline</p>  <p><i>push up position with ball centered</i></p>	<p>Decline</p>  <p><i>drop chest toward the ground</i></p>
<p>Fish Tail</p>  <p><i>move feet left and right to rail end</i></p>	<p>Bridge In</p>  <p><i>move one foot toward body</i></p>	<p>Bridge Out</p>  <p><i>move one foot away from body</i></p>	

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<p>Push Up</p>  <p><i>ball centered under board</i></p>	<p>Push Up</p>  <p><i>drop chest toward board</i></p>	<p>Side Swing</p>  <p><i>move left and right to rail ends</i></p>	<p>Dia. Swing</p>  <p><i>twist and swing board to rail end</i></p>
<p>Knee Drive</p>  <p><i>bring knee to same side elbow</i></p>	<p>Leg Lift</p>  <p><i>ball centered under board</i></p>	<p>Twist</p>  <p><i>move left side upward</i></p>	<p>Twist</p>  <p><i>drop chest toward the board</i></p>
<p>Surf Push Up</p>  <p><i>narrow hands with ball centered</i></p>	<p>Surf Push Up</p>  <p><i>drop body toward the board</i></p>	<p>Surf Twist</p>  <p><i>move left hand toward hip</i></p>	<p>Dip</p>  <p><i>ball centered under board</i></p>
<p>Dip</p>  <p><i>drop hips below board</i></p>	<p>Dip Twist</p>  <p><i>move right hand away from body</i></p>	<p>Side Swing</p>  <p><i>move board left and right to rail</i></p>	<p>Dip Leg Lift</p>  <p><i>hold position or add leg motions</i></p>

Exercises To Get You Started

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<p>Rev. Plank</p>  <p><i>lift hips off of ground</i></p>	<p>Rev. Plank In</p>  <p><i>bring feet toward body</i></p>	<p>Side Swing</p>  <p><i>move board left and right to rail</i></p>	<p>Twist</p>  <p><i>move left foot away from body</i></p>
<p>Plank</p>  <p><i>elbows on board with ball centered</i></p>	<p>Rotation</p>  <p><i>bring knee toward opposite elbow</i></p>	<p>Bronco</p>  <p><i>feet and hands on board only</i></p>	<p>4 Point</p>  <p><i>split stance with hands on board</i></p>
<p>High Hips</p>  <p><i>split stance with high hips</i></p>	<p>Quadruped</p>  <p><i>hands and feet on board ends</i></p>	<p>Leg Lift</p>  <p><i>lift leg and hold or move in and out</i></p>	<p>Leg Rotation</p>  <p><i>cross leg under body to other side</i></p>
<p>Double Grab</p>  <p><i>chest on thigh double board grab</i></p>	<p>Single Grab</p>  <p><i>chest on thigh single board grab</i></p>	<p>Frogger</p>  <p><i>deep squat with board grab</i></p>	<p>Surf Roll Out</p>  <p><i>move hands forward from body</i></p>

Exercises To Get You Started

Skill progression from beginner to advanced:

















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<p>Stinky Foot</p>  <p><i>hold foot high and keep hips off board</i></p>	<p>Stinky Foot</p>  <p><i>grab foot and keep hips off board</i></p>	<p>Half Squat</p>  <p><i>keep knees apart and lower half way</i></p>	<p>Full Squat</p>  <p><i>thighs parallel to the ground</i></p>
<p>Diving Board</p>  <p><i>split stance double board grab</i></p>	<p>Crab</p>  <p><i>feet and hands on board only</i></p>	<p>Crab Leg Lift</p>  <p><i>lift foot off board and stabilize</i></p>	<p>Cobra</p>  <p><i>drive hips to board with high chest</i></p>
<p>Surf Pop Up</p>  <p><i>2 balls under the board</i></p>	<p>Surf Pop Up</p>  <p><i>drop chest toward board</i></p>	<p>Back Foot</p>  <p><i>back leg control and strength</i></p>	<p>Strong Leg</p>  <p><i>right leg strength and stability</i></p>
<p>Front Step</p>  <p><i>front leg strength and stability</i></p>	<p>Back Step</p>  <p><i>back leg strength and stability</i></p>	<p>Uphill</p>  <p><i>calf strength and stability</i></p>	<p>Downhill</p>  <p><i>calf strength and stability</i></p>

Exercises To Get You Started

Skill progression from beginner to advanced:







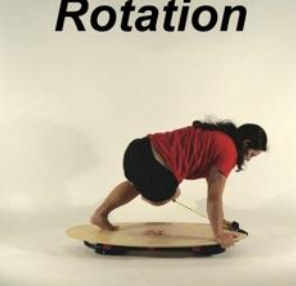



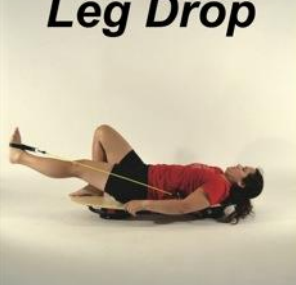
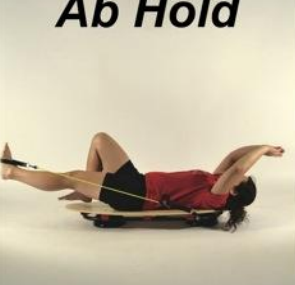
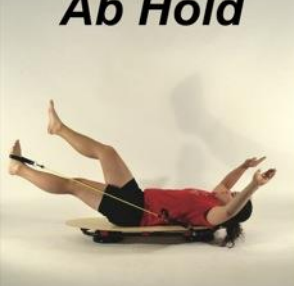
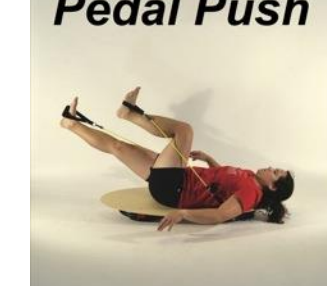
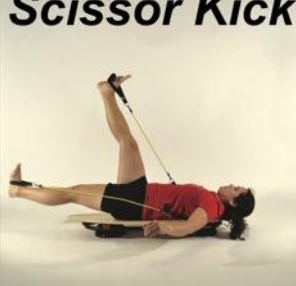
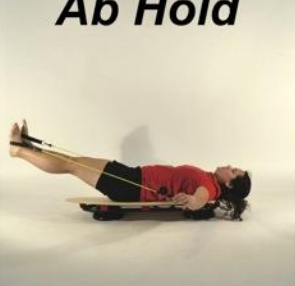
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<p>Core Control</p>  <p><i>lunge with arms extended</i></p>	<p>Core Control</p>  <p><i>deep lunge with spine stability</i></p>	<p>Core Control</p>  <p><i>deep lunge with shoulder stability</i></p>	<p>Core Control</p>  <p><i>lunge with rotation stability</i></p>
<p>Core</p>  <p><i>lunge and hold with weight</i></p>	<p>Core</p>  <p><i>lunge, sidebend and stabilize spine</i></p>	<p>Core</p>  <p><i>lunge with rotation and weight</i></p>	<p>Single Leg</p>  <p><i>kick back and abduction</i></p>
<p>Single Leg</p>  <p><i>front kick stability with weight</i></p>	<p>Single Leg</p>  <p><i>back lateral lunge stability hold</i></p>	<p>Front Lunge</p>  <p><i>chest on thigh and control back foot</i></p>	<p>Down Dog</p>  <p><i>feet and hands at end with high hips</i></p>
<p>Down Dog</p>  <p><i>feet and hands at end with mid hips</i></p>	<p>Up Dog</p>  <p><i>keep hips off board and lower chest</i></p>	<p>Up Dog</p>  <p><i>keep hips off board and extend chest</i></p>	<p>Nose Control</p>  <p><i>stability with a backward lean</i></p>

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<p>4 Way Hip</p>  <p><i>hamstring and glute hold</i></p>	<p>4 Way Hip</p>  <p><i>lateral kick out to the side</i></p>	<p>4 Way Hip</p>  <p><i>hip extension and kick back</i></p>	<p>Hip</p>  <p><i>high knee and front kick</i></p>
<p>Hip</p>  <p><i>front crossover and adduction</i></p>	<p>Start Block</p>  <p><i>leg lift and back kick with stability</i></p>	<p>Rotation</p>  <p><i>rotate leg under chest</i></p>	<p>High Heel</p>  <p><i>bend knee and extend hip</i></p>
<p>2 Point</p>  <p><i>lift opposite hand and foot</i></p>	<p>Leg Drop</p>  <p><i>maintain stable pelvis and hip</i></p>	<p>Leg Drop</p>  <p><i>lower foot towards ground</i></p>	<p>Ab Hold</p>  <p><i>maintain balance with hands in air</i></p>
<p>Ab Hold</p>  <p><i>balance with legs and hands in air</i></p>	<p>Pedal Push</p>  <p><i>alternate extending leg and knee</i></p>	<p>Scissor Kick</p>  <p><i>alternate dropping straight leg down</i></p>	<p>Ab Hold</p>  <p><i>extend legs and hold above board</i></p>

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<p>Abduction</p>  <p><i>open legs apart and hold</i></p>	<p>Adduction</p>  <p><i>cross legs and alternate scissor</i></p>	<p>Dead Bug</p>  <p><i>alternate arm and leg raises</i></p>	<p>Dead Bug</p>  <p><i>right arm and right leg is raised</i></p>
<p>Crab</p>  <p><i>hips off board with leg movement</i></p>	<p>Warm Up</p>  <p><i>shoulder range of motion</i></p>	<p>Warm Up</p>  <p><i>twist board and move up and down</i></p>	<p>Warm Up</p>  <p><i>move board left and right</i></p>
<p>Warm Up</p>  <p><i>move board left and right</i></p>	<p>Plank</p>  <p><i>maintain shoulders over elbows</i></p>	<p>Plank Pull</p>  <p><i>pull elbows toward hips</i></p>	<p>Lat Pull</p>  <p><i>pull left side of board toward hip</i></p>
<p>Lat Pull</p>  <p><i>drop chest toward board and push up</i></p>	<p>Side Bend</p>  <p><i>drive knee and elbow together</i></p>	<p>Rotation</p>  <p><i>drive knee under chest</i></p>	<p>Side Swing</p>  <p><i>keep left hand and ball to the left</i></p>

Exercises To Get You Started

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<p>Spiderman</p>  <p><i>maintain position and resist band</i></p>	<p>Warm Up</p>  <p><i>movment prep and stretch</i></p>	<p>Warm Up</p>  <p><i>pull board and move in angles</i></p>	<p>Squat Pull</p>  <p><i>reach as far out as possible</i></p>
<p>Squat Pull</p>  <p><i>pull board back against bands</i></p>	<p>Surf Pull</p>  <p><i>reach out as far as possible</i></p>	<p>Surf Pull</p>  <p><i>pull board toward hips against bands</i></p>	<p>Surf Twist</p>  <p><i>pull board toward hips and twist</i></p>
<p>Offset Hands</p>  <p><i>place left hand higher than right</i></p>	<p>Offset Hands</p>  <p><i>twist board like steering wheel</i></p>	<p>Board Kick</p>  <p><i>half ball under back foot</i></p>	<p>Board Kick</p>  <p><i>rotate board 90 degrees backward</i></p>
<p>Board Kick</p>  <p><i>rotate board 90 degrees forward</i></p>	<p>Foot Control</p>  <p><i>balance on front and control back</i></p>	<p>Tow Control</p>  <p><i>balance on back and control rope</i></p>	<p>Tow Control</p>  <p><i>balance on front and control rope</i></p>

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<p>Tow 180</p>  <p>rotate board and use one hand</p>	<p>Tow 180</p>  <p>rotate board and switch hands</p>	<p>Tow 180</p>  <p>rotate board 180 degrees</p>	<p>Ski Pull</p>  <p>maintain weight on front of board</p>
<p>Ski Pull</p>  <p>pull and weight back of board</p>	<p>Board Grab</p>  <p>get deep and have a great ride!</p>	<p>Wide Bands</p>  <p>bands on front</p>	<p>Wide</p>  <p>press from shoulders to overhead</p>
<p>Wide</p>  <p>one handed press and hold</p>	<p>Wide</p>  <p>one hand press and one hand push</p>	<p>Wide</p>  <p>shoulder raise hold</p>	<p>Cross Bands</p>  <p>scapular stability</p>
<p>Cross Bands</p>  <p>shoulder fly</p>	<p>Cross Bands</p>  <p>scapular rhythm</p>	<p>Wide Bands</p>  <p>rotation pull</p>	<p>Front / Back</p>  <p>band on front and band on back</p>

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<p>Front / Back</p>  <p><i>posture and rotation control</i></p>	<p>Front / Back</p>  <p><i>alternate right hand rotation</i></p>	<p>Front / Back</p>  <p><i>spine stability in various band pulls</i></p>	<p>Front / Back</p>  <p><i>spine stability in various band pulls</i></p>
<p>Front / Back</p>  <p><i>rotation and side bending control</i></p>	<p>Back Bands</p>  <p><i>bands on back of board</i></p>	<p>Back Bands</p>  <p><i>chest control</i></p>	<p>Back Bands</p>  <p><i>low back control</i></p>
<p>Back Bands</p>  <p><i>squat control</i></p>	<p>Back Bands</p>  <p><i>chest press</i></p>	<p>Narrow Front</p>  <p><i>bands on front and center of board</i></p>	<p>Narrow Front</p>  <p><i>stand tall</i></p>
<p>Narrow Front</p>  <p><i>protected face</i></p>	<p>Narrow Front</p>  <p><i>rotation control</i></p>	<p>Double Front</p>  <p><i>double bands on front of board</i></p>	<p>Double Front</p>  <p><i>posterior shoulder</i></p>

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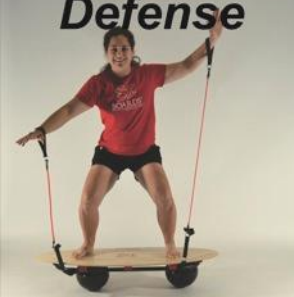

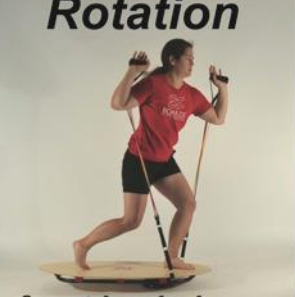








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<p>Double Front</p>  <p><i>posterior shoulder</i></p>	<p>Double Front</p>  <p><i>look away</i></p>	<p>Double Front</p>  <p><i>posture hold</i></p>	<p>Double Front</p>  <p><i>high chop and back strength</i></p>
<p>Double Front</p>  <p><i>hands closed tight shoulder stance</i></p>	<p>Double Front</p>  <p><i>high hands and strong posture</i></p>	<p>Sports</p>  <p><i>attach strap to your equipment</i></p>	<p>Backhand</p>  <p><i>counterbalance pull from band</i></p>
<p>Forehand</p>  <p><i>spine stabilization and squat control</i></p>	<p>Double Grip</p>  <p><i>simulate positions and holds</i></p>	<p>Double Grip</p>  <p><i>add eye tracking and head rotation</i></p>	<p>Single Grip</p>  <p><i>maintain spine control</i></p>
<p>Narrow Grip</p>  <p><i>rotate back against resistance</i></p>	<p>High Pull</p>  <p><i>back strength and rotation control</i></p>	<p>Wide Grip</p>  <p><i>maintain wide shoulder position</i></p>	<p>High Pull</p>  <p><i>scap rhythm and strong posture</i></p>

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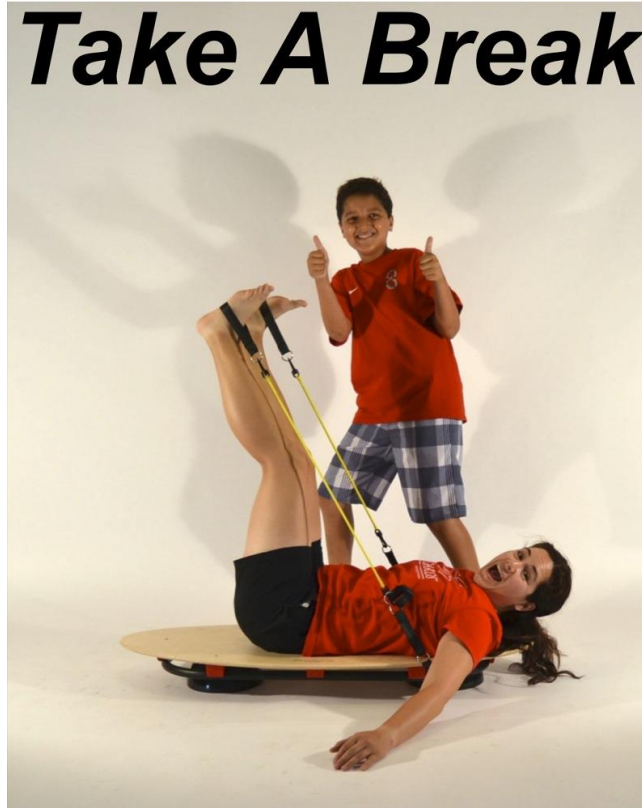
<p>Home Run</p>  <p><i>engage all muscles for greater balance</i></p>	<p>3 Point</p>  <p><i>rolling surface with glute resistance</i></p>	<p>Open Hands</p>  <p><i>ready to catch ball or push off</i></p>	<p>Defense</p>  <p><i>wide hands and scap control</i></p>
<p>Defense</p>  <p><i>alternate arm raise and scap stability</i></p>	<p>Defense</p>  <p><i>full squat ready for opponent</i></p>	<p>Strong Step</p>  <p><i>front leg balance and punch</i></p>	<p>Rotation</p>  <p><i>front leg balance and spine rotation</i></p>
<p>Back Step</p>  <p><i>back leg balance and strong spine</i></p>	<p>Paddle Pull</p>  <p><i>strong back and position hold</i></p>	<p>Chest Fly</p>  <p><i>front foot balance chest control</i></p>	<p>Strong Side</p>  <p><i>right foot balance posture control</i></p>
<p>Cross</p>  <p><i>cross body hold left arm, right glute</i></p>	<p>Smile!</p>  <p><i>enjoy the burn</i></p>	<p>Surprise Party</p>  <p><i>surprise party</i></p>	<p>Take 5</p>  <p><i>when you can't overcome the leg shake and fatigue</i></p>

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Take A Break



Have fun and enjoy your Si Board!

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