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Special thanks to Howard Keliinoi and Dylan Cotton
For their time and expertise.
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<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Press Up Endurance</td>
<td>Hold position for time with strong shoulders</td>
</tr>
<tr>
<td>Core Endurance</td>
<td>Engage right glute and left hip to hold position</td>
</tr>
<tr>
<td>Core Strength</td>
<td>Maintain low push up position and lift leg</td>
</tr>
<tr>
<td>Hip Strength</td>
<td>Engage left glute and complete repetitions</td>
</tr>
<tr>
<td>Side Bend</td>
<td>Pack shoulder and arms together</td>
</tr>
<tr>
<td>Spine Control</td>
<td>Focus on side bending spine and roll to right</td>
</tr>
<tr>
<td>Spine Mobility</td>
<td>Roll board left without unpacking shoulders</td>
</tr>
<tr>
<td>Side By Side</td>
<td>Place two balls next to each other under board</td>
</tr>
<tr>
<td>Strong Shoulder and Mobility</td>
<td>Control forward and backward tilt</td>
</tr>
<tr>
<td>Board Tilt</td>
<td>Keep board level as you roll it forward</td>
</tr>
<tr>
<td>Forward Roll</td>
<td>pop up set up with two balls under board</td>
</tr>
<tr>
<td>Double Pivot</td>
<td>pop up set up with two balls under board</td>
</tr>
<tr>
<td>Pop Up Press</td>
<td>Drive through hands with neutral spine</td>
</tr>
<tr>
<td>Backward Roll</td>
<td>Pull board towards hips and control tilt</td>
</tr>
<tr>
<td>Pop Up Press</td>
<td>Drive through hands with neutral spine</td>
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1. **Lunge Strength**  
   Shift strength and control to front foot.

2. **Lunge Control**  
   Touch front then back edges to the ground.

3. **Front Control**  
   Find your balance point and stay level.

4. **Spine Mobility**  
   Rotate over forward leg with strong posture.

5. **Spine Stability**  
   Strong posture as ball pulls you forward.

6. **Leg Strength and Mobility**  
   Half ball under center of board.

7. **Assisted Squat**  
   Find balance point with one foot.

8. **Eccentric Drop**  
   Slowly lower into deep squat with control.

9. **Deep Pistol**  
   Refine flexibility and strength.

10. **Strong Back**  
    Engage scaps, back and posture to assist.

11. **Leg Drive**  
    Engage back, glutes and hips to stand.

12. **Rockerboard**  
    Two Half Balls under board.

13. **Strong Posture Spine Control**  
    Diagonal, rotation and squat coordination.

14. **Woodchop**  
    Slowly drop down and maintain strong spine.
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Hip Flexibility
- drop ball to outside of knee

Hip Stability
- get deep and drop ball to back foot

Mobility
- strength in extension and rotation

Loaded Spine
- counter balance ball pulling spine forward

Flexibility
- deep stance requires precise control

Catch & Throw Sequences
- maintain balance and focus on ball

High Catch
- catch with strong and extended spine

Low Catch
- slow ball momentum and load trunk

engage anterior trunk to throw forward

throw from high position

drop squat to catch front side throw

Quick Squat
- stabilize as ball pushes you back and down

Leg Control
- drop to knee with strength and stability

Leg Load
- drive through legs and hips to stand
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<tr>
<td>Leg Power and Flexibility</td>
<td>maintain balance on one leg</td>
</tr>
<tr>
<td>Strong Leg</td>
<td>lower hips with control and strong posture</td>
</tr>
<tr>
<td>Front Loaded</td>
<td>flexibility and strength of entire lower body</td>
</tr>
<tr>
<td>Pistol Squat</td>
<td></td>
</tr>
<tr>
<td>Leg Drive</td>
<td>drive through foot and return to standing</td>
</tr>
<tr>
<td>Pop Up Power and Reaction</td>
<td>prep for horizontal to vertical dynamic jump</td>
</tr>
<tr>
<td>Leg Power</td>
<td>jump off hips and feet with strong chest</td>
</tr>
<tr>
<td>Hip Power</td>
<td>tuck knees up and prep to land feet</td>
</tr>
<tr>
<td>Pop Up &amp; Catch</td>
<td>catch ball quickly after landing feet</td>
</tr>
<tr>
<td>Rotation</td>
<td>slow ball momentum with strong trunk</td>
</tr>
<tr>
<td>Throw Back</td>
<td>engage trunk rotation and throw powerfully</td>
</tr>
<tr>
<td>Drop Squat</td>
<td>quickly return hands to board and prep to jump</td>
</tr>
<tr>
<td>Glute Power</td>
<td>jump off board and return to start position</td>
</tr>
<tr>
<td>Body Control</td>
<td>stabilize board and prep to pop up again</td>
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