


Board Positions

Skill progression from beginner to advanced:

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

<p>Squat</p>  <ul style="list-style-type: none"> • Feet facing forward on bolts • General athletic stance for pushing and pulling 	<p>Open 45°</p>  <ul style="list-style-type: none"> • Feet facing at an angle • Movement transition for rotational and agility 	<p>Lunge</p>  <ul style="list-style-type: none"> • Wide in-line stance • Simulate forward weight shift running and walking 	<p>SUP</p>  <ul style="list-style-type: none"> • Narrow shoulder stance • Side to side control and hip hike coordination
<p>Slack Line</p>  <ul style="list-style-type: none"> • Feet in line heel to toe • Very narrow stance with side to side challenge 	<p>Bike Pedals</p>  <ul style="list-style-type: none"> • Staggered narrow stance • Simulate keeping feet level with balance between feet 	<p>Diving Board</p>  <ul style="list-style-type: none"> • Staggered narrow stance • Grip front toes on end of board and lift back heel 	<p>Strong Side</p>  <ul style="list-style-type: none"> • Strengthen the left side • Balance on a half ball under the left side of board
<p>Tail Stand</p>  <ul style="list-style-type: none"> • Increased weight on front • Greater heel and toe control to keep board lifted 	<p>Side Stand</p>  <ul style="list-style-type: none"> • Increased weight on side • Feet inversion and eversion control of board 	<p>Hang Ten</p>  <ul style="list-style-type: none"> • Increased weight on back • Greater calf and toe control to push board down 	<p>Toe Grab</p>  <ul style="list-style-type: none"> • Grab board with toes • Increases toe and foot activation

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<p>Push Up</p>  <ul style="list-style-type: none"> • Shoulders level on board • Anterior control while maintaining a level board 	<p>Off Set Hand</p>  <ul style="list-style-type: none"> • Left arm above shoulder • Left side trap and right side rhomboid and lat control 	<p>Off Set Hand</p>  <ul style="list-style-type: none"> • Drop chest toward board • Trunk control with hands at different shoulder level 	<p>Knee Drive</p>  <ul style="list-style-type: none"> • Lift knee to outside elbow • Greater glute control of lifted leg
<p>Knee Drive</p>  <ul style="list-style-type: none"> • Drop chest toward board • Maintain leg lift for added chest and glute control 	<p>Back Bridge</p>  <ul style="list-style-type: none"> • Lift shoulders and head • Shoulder and trunk stability with high hips 	<p>Side Plank</p>  <ul style="list-style-type: none"> • Head and feet in line • Lift hips and maintain position for spine control 	<p>Pike</p>  <ul style="list-style-type: none"> • Lift hips and legs off board • Maintain balance on hands and strengthen abs
<p>Push Up</p>  <ul style="list-style-type: none"> • Surf style with hand grip • Turn board long and increase finger control 	<p>Plank</p>  <ul style="list-style-type: none"> • Elbows on board • Anterior control with chest level to the ground 	<p>Belly</p>  <ul style="list-style-type: none"> • Full front board contact • Balance with little use of arms and feet 	<p>Cobra</p>  <ul style="list-style-type: none"> • Lift chest off board • Balance with back extension and hips pressing into board

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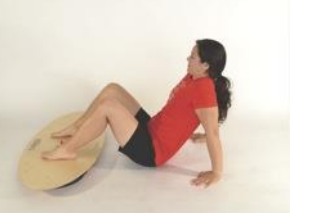


2 Half Balls ➡ 1 Half Ball ➡ 1 Half Ball and 1 Ball ➡ 2 Balls ➡ 1 Ball

<p>Down Dog</p>  <ul style="list-style-type: none"> • Feet and hands on board • Balance between hands and feet with high hips 	<p>Up Dog</p>  <ul style="list-style-type: none"> • Feet and hands on board • Keep hips off board and maintain back extension 	<p>Dead Bug</p>  <ul style="list-style-type: none"> • Head and back supported • Knees bent in table top position with arms at side 	<p>Dead Bug</p>  <ul style="list-style-type: none"> • Alternate legs and arms • Left arm raise with right leg extension
<p>Pelvic Rock</p>  <ul style="list-style-type: none"> • Head and feet on board • Stabilize board using subtle hip control movements 	<p>Seated</p>  <ul style="list-style-type: none"> • Hips on board without feet • Abdominal control with subtle hip control 	<p>Crab</p>  <ul style="list-style-type: none"> • Feet and hands on board • Lift hips for posterior control and spine strength 	<p>Crab</p>  <ul style="list-style-type: none"> • Lift leg for added stability • Hip control of lifted leg with posterior strength
<p>Stinky Foot</p>  <ul style="list-style-type: none"> • Right hand and left foot • Side stability with opposite hand and foot 	<p>Stinky Foot</p>  <ul style="list-style-type: none"> • Grab foot and raise in air • Increased stability with ab control of lifted leg 	<p>Deep Stance</p>  <ul style="list-style-type: none"> • Chest on front thigh • Increase flexibility and control with deep lunge 	<p>Dip</p>  <ul style="list-style-type: none"> • Hands behind back • Posterior shoulder, trunk and hip control

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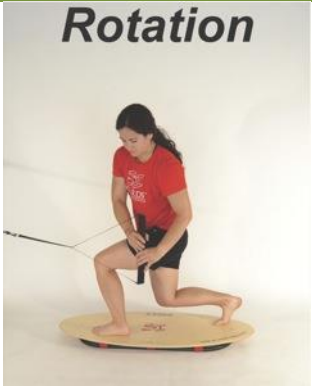


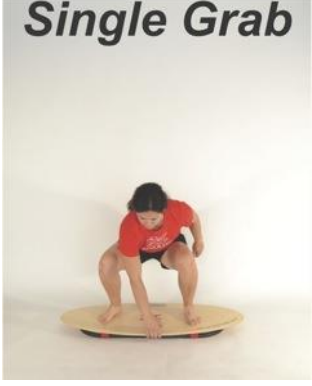





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<p>Ab Swing</p>  <ul style="list-style-type: none"> • Shins and knees on board • Ab control with board moving in circles 	<p>Ab Roll</p>  <ul style="list-style-type: none"> • Shins along length of board • Tuck knees toward the chest for ab shortening 	<p>Ab Roll</p>  <ul style="list-style-type: none"> • Extend legs backward • lengthen the abs for control moving knees in and out 	<p>Push Up</p>  <ul style="list-style-type: none"> • Feet on board • Fine tune leg and feet balance with hands on floor
<p>Leg Lift</p>  <ul style="list-style-type: none"> • Lift leg and stabilize • Spine stability with lifted leg and anterior strength 	<p>Rotation</p>  <ul style="list-style-type: none"> • Move lifted leg under body • Spine rotation stability and inner thigh control 	<p>Bridge</p>  <ul style="list-style-type: none"> • Feet on board • Stabilize board with back on the ground 	<p>Hip Lift</p>  <ul style="list-style-type: none"> • Lift hips off the ground • Greater hamstring and glute control
<p>Leg Lift</p>  <ul style="list-style-type: none"> • Lift one leg with high hips • Hamstring control of the leg on the board 	<p>Back Plank</p>  <ul style="list-style-type: none"> • Seated with feet on board • Hamstring and hip control of board movements 	<p>Hip Lift</p>  <ul style="list-style-type: none"> • Lift hips off the ground • Posterior control with greater hamstring strength 	<p>Leg Lift</p>  <ul style="list-style-type: none"> • Lift leg off board • Greater coordination of spine, hands and foot

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<p>Tow Rope</p>  <ul style="list-style-type: none"> • Backward lean from rope • Stand tall and control pull from rope 	<p>Wake</p>  <ul style="list-style-type: none"> • Lunge with backward lean • Deep leg position with rope control from various angles 	<p>Ski Rope</p>  <ul style="list-style-type: none"> • Narrow foot position • Posture control in mini squat with rope pull 	<p>Rotation</p>  <ul style="list-style-type: none"> • Lunge with side rope pull • Increase posture control with spine rotation
<p>High Arms</p>  <ul style="list-style-type: none"> • Pull with arms above head • Posture control with arms in various overhead positions 	<p>Back Pull</p>  <ul style="list-style-type: none"> • Stand tall with open chest • Stabilize board without being pulled backward 	<p>Single Grab</p>  <ul style="list-style-type: none"> • One hand front side grab • Full squat and balance while constantly holding on 	<p>Back Single</p>  <ul style="list-style-type: none"> • One hand back side grab • Deep squat with ability to grab behind heels
<p>Front Double</p>  <ul style="list-style-type: none"> • Two hand front side grab • Full squat requiring great leg strength and control 	<p>Back Double</p>  <ul style="list-style-type: none"> • Two hand back side grab • Deep squat with great lower body flexibility 	<p>Front Grab</p>  <ul style="list-style-type: none"> • Lunge with front side grab • Added hand control of board 	<p>Back Grab</p>  <ul style="list-style-type: none"> • Lunge with back side grab • Side bending trunk control with lower body flexibility

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<p>Single Leg</p>  <ul style="list-style-type: none"> • One foot stance on board • Balance control on single leg, foot and hip 	<p>Back Kick</p>  <ul style="list-style-type: none"> • Lean forward and kick back • Hip angle change for added hamstring strength 	<p>Back Lunge</p>  <ul style="list-style-type: none"> • Move leg behind other • Concentrated glute strength of standing leg 	<p>Back Step</p>  <ul style="list-style-type: none"> • Single leg foot control • Increased front board weight for heel strength
<p>Cross Over</p>  <ul style="list-style-type: none"> • Move leg in front of other • Hips crossed with one or two feet on board 	<p>Front Step</p>  <ul style="list-style-type: none"> • Forward lean on single leg • Strong first step with weight in front of standing foot 	<p>Front Kick</p>  <ul style="list-style-type: none"> • Backward lean with kick • Posture control with weight behind standing foot 	<p>Side Skate</p>  <ul style="list-style-type: none"> • Move leg away from other • Glute and hip strength of lifted leg
<p>Side Step</p>  <ul style="list-style-type: none"> • Single foot on side of board • Inside calf and foot control of board weight to the side 	<p>Deep Lunge</p>  <ul style="list-style-type: none"> • Weight shift to back foot • Deep side skate lunge with back foot control 	<p>Catcher</p>  <ul style="list-style-type: none"> • Full squat with toe weight • Forward lean to fine tune foot and quad coordination 	<p>Ski</p>  <ul style="list-style-type: none"> • Narrow and deep stance • Side to side control with thighs parallel to ground

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Kneeling	Quadruped	3 Point	3 Point
			
<ul style="list-style-type: none"> • Hands and knees on board • Pelvic control with hip shifting and spine stability 	<ul style="list-style-type: none"> • Hands and feet on board • Greater quad strength and coordination of lower legs 	<ul style="list-style-type: none"> • Lift one leg backward • Glute strength of lifted leg and shoulder balance 	<ul style="list-style-type: none"> • Rotate lifted leg under body • Spinal rotation stability and adductor strength of leg



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Have fun and enjoy your Si Board!

PS: You can always download these posters on our website or have them handy on your phone or tablet with our mobile app.



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Made in California, USA
US Patent #7,357,767

