

GIBBOARD®

EXERCISE CARDS

BY  GIBBON®

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LOWER BODY

CORE

UPPER BODY

LEVEL 1

LEVEL 2

LEVEL 3

CROSS OVER STEPS



STARTING POINT

One foot lengthwise on the line giving pressure

Movement

Free leg taps left and right of the GiBoard in a rhythm

END POSITION

Knee flexes 90° at change of direction

GOAL

Cardio, core centering

CRITICAL FACTOR

Adjust timing to use the dynamic energy of the line



STARTING POINT

Stand in front of the GiBoard

MOVEMENT

In rhythmic intervals place right foot on the line, raise right arm then followed by left foot and left arm

END POSITION

Step down in the same order

GOAL

Cardio and brain jogging

CRITICAL FACTOR

Rhythm, balance & coordination

LINE JOGGER



STARTING POINT

Stable stance with one foot on the center of the line and the opposite arm raised

Movement

Dynamic jumping while rhythmically switching arms and legs



END POSITION

The leg axes has to be maintained. knees are not allowed to bend medial (sideways). The load is distributed on both feet

GOAL

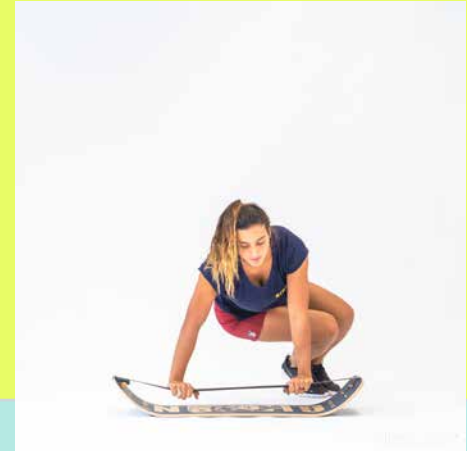
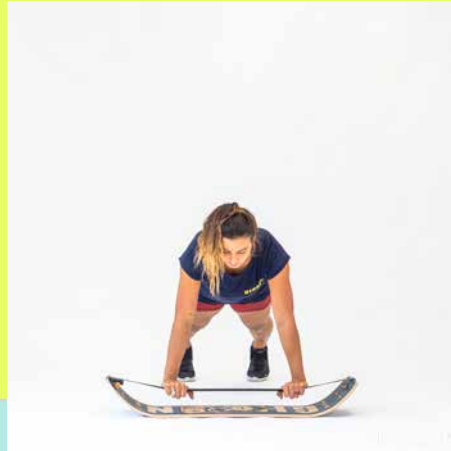
Training cardio, improvement of coordination & tissue treatment



CRITICAL FACTOR

Shifting as much body weight over the line to use its dynamic rebound properties for less stress on the joints

PLANK TWIST



STARTING POINT

Push up position, hands are on the GiBoard line

MOVEMENT

Legs jump left, middle, right and back and forth while tucked in side position

END POSITION

Heart rate is activated and challenged

GOAL

Heart rate training and shoulder strength

CRITICAL FACTOR

Shoulders stay over the line to work with dynamic rebound of the line

JUMP AND SURF



STARTING POINT

Stand in front of the GiBoard

MOVEMENT

Actively jump from the ground onto the line, briefly "surf" and then jump back to the ground



END POSITION

Squat position centered over the line



GOAL

Control over the line, plyotraining, body control

CRITICAL FACTOR

Use knees as suspension & land centered over the line

MOUNTAIN CLIMBER



STARTING POINT

Push up position

MOVEMENT

Tuck knees one by one



END POSITION

Push up position with one knee tucked



CRITICAL FACTOR

Keep shoulders and core stable under tension, shoulders are always vertically over the line

SQUAT JUMP I



STARTING POINT

Grab the line lengthwise with both hands, both legs in tucked position next to the GiBoard

MOVEMENT

Squat jump over the line

END POSITION

Landing on the other side and using momentum to squat jump back and forth

GOAL

Cardio exercise and shoulder stabilization

CRITICAL FACTOR

Arms and shoulders stable

SQUAT JUMP II



STARTING POINT

Push up position

MOVEMENT

Jump with legs into squat position while holding onto the line and keeping the shoulders vertically over the line

END POSITION

Jump back from squat position into push up position and repeat

GOAL

Cardio exercise, coordination and strengthening of legs

CRITICAL FACTOR

Shoulders and core stable and shoulders always vertically over the line

POWER NAP



STARTING POINT

Lie with your spine on the line

MOVEMENT

Position the spine onto the line, drop arms loosely on the floor and let the shoulder blades drop towards the floor

END POSITION

Widen chest with active breathing in this position

GOAL

Relaxation and mobilization

CRITICAL FACTOR

The pressure needs to be evenly distributed along the spine

BALANCE STANCE



STARTING POINT

Place one foot centrally on the line in the direction of the line, raise arms above shoulders, shoulders are loose and focus with upright head position

MOVEMENT

Raise other foot and work on keeping balance as long as possible

END POSITION

Actively work with your arms rotating from your shoulders whilst trying to keep the rest of your body centered upright over the center of gravity

GOAL

Improving balance and posture

CRITICAL FACTOR

Train this position keeping your torso and upper body as central over the center of gravity as possible only using your arms to make adjustments

PENDULUM



STARTING POINT

Sit sideways on the line with seating position between tailbone and sit bones, legs are slightly tucked, arms to stabilize to get into the starting position

MOVEMENT

Lean back upper body and start raising your arms to start balancing, use arms and legs to hold balance

END POSITION

Work out to achieve 10 seconds of balance

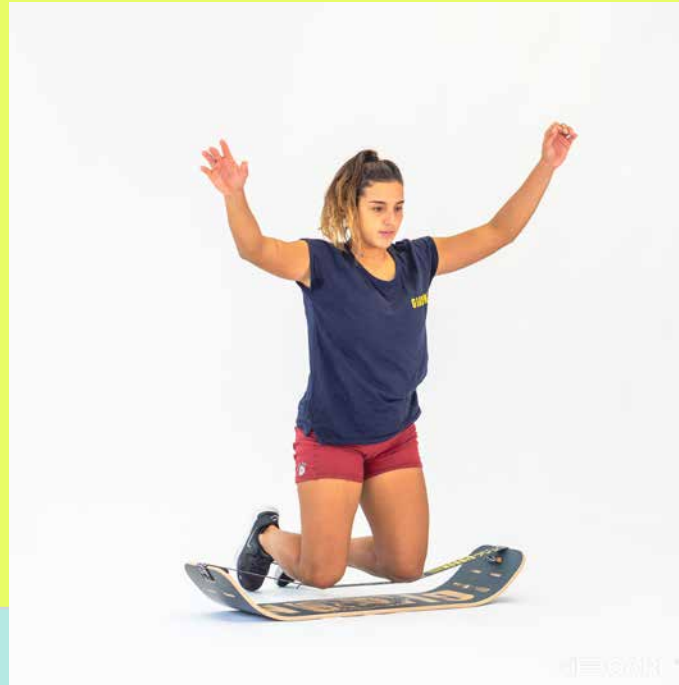
GOAL

Improvement of balance and core training

CRITICAL FACTOR

Patience prevails, use arms and legs in rotating/ tucking forward backward motion

KNEE EXPOSURE



STARTING POINT

Kneal with both knees on the line, find a stable position with your knees on the line

MOVEMENT

Tension your body, raise arms and start balancing by lifting feet off the ground

END POSITION

Only contact points are the knees on the line

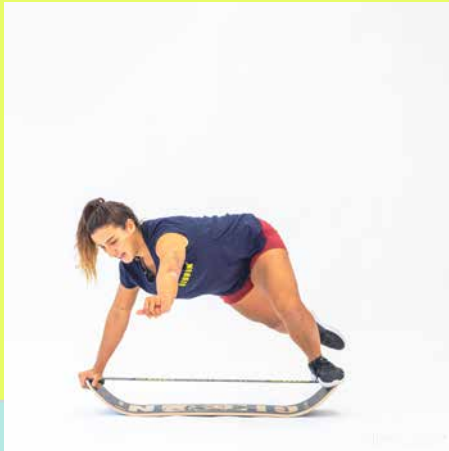
GOAL

Improve balance and train body awareness

CRITICAL FACTOR

Use arms and upper body in forward and backward movements rotating from the shoulders

LINE BREAKER



STARTING POINT

Place right arm on front edge of GiBoard while left foot on back edge of GiBoard (diagonal support)

MOVEMENT

Left leg moves between body and line from back to front while body rotates along spinal axis



END POSITION

Left hand grab stretched out foot. Repeat this movement



GOAL

Body feeling, coordination, strength, for increasing the complexity place hand and foot on the line instead of GiBoard

CRITICAL FACTOR

Control your movements without haste and focus on the movements ahead

BACK BALANCE



STARTING POINT

Lie with your spine along the line, arms stretched out stabilizing on the floor and legs stretched up towards the ceiling

MOVEMENT

Play/train by reducing support coming from the arms

END POSITION

Holding balance for a few seconds without giving support from the arms and hands on the floor

GOAL

Training core control and concentration

CRITICAL FACTOR

Working on reducing impulses necessary to make adjustments

CALF RISER



STARTING POINT

Stand on the balls of your feet of both feet on the line, use pole, broom, stick or door, body upright

MOVEMENT

Stretch legs by raising heel for eccentric dorsal extension of the ankle

END POSITION

Hold tip toe position for 3-4 seconds, sink down and repeat

GOAL

Concentrated training of lower leg with focus on calves

CRITICAL FACTOR

Keep the entire system stable and under tension while keeping the center of balance over the line

LUNGES



STARTING POINT

Place one foot in front of the line, the other foot's span on the line putting pressure on the knee extension, torso is upright and hands next to the head

MOVEMENT

Lower support leg while keeping upright position and avoiding knee moving in forward or left or right

END POSITION

The knee with the foot on the line drops to nearly touching the floor, move back up and repeat

GOAL

Leg strengthening, balance and leg axis training

CRITICAL FACTOR

Keep core tightly under control and keep leg axis of support, avoid tilting your hips

HIP THRILLER



GIBBOARD



GIBBOARD

STARTING POINT

Knee stance next to line, hand is touching the line free leg stretched out sideways with foot resting on floor

MOVEMENT

Raise free leg into horizontal position while core stays tight and stable

END POSITION

Raise free leg as high as possible

GOAL

Strengthening abductors while controlling the core

CRITICAL FACTOR

Keep the body system in one vertical plane, heel points back not down

HEEL LIFTER



STARTING POINT

Push up position with both hands on the line and shoulders vertically over the line, one leg raised in the air

MOVEMENT

Dorsal extension of the leg into plantarflexion

END POSITION

Foot is stretched out whilst keeping rest of the system stable in one plane

GOAL

Concentrated core stabilization, eccentric calf training, shoulder stabilization

CRITICAL FACTOR

Core tension, avoid dropping hips, keep arms under tension

LINE SCALE



STARTING POINT

Place one foot in the direction of the GiBoard on the line, use sticks or similar and raise the free leg until upper leg is horizontal

MOVEMENT

Lean forward and stretch out free leg back

END POSITION

Body scale position with head, arms and free leg in horizontal position

GOAL

Balance training and strenghtening of hip muscles

CRITICAL FACTOR

Focus on the right posture during execution

LINE SQUAT



STARTING POINT

Place heels shoulder wide on the line and use sticks, a table or door for stabilizations in an upright position

MOVEMENT

Slowly squat down and up

END POSITION

Low squat

GOAL

Leg and glutes strengthening and leg axis training

CRITICAL FACTOR

Straight back, hold leg axis and the slower the better

LINE CYCLING



STARTING POINT

Lie on back with spine along the line, stabilize yourself left and right of the GiBoard with your hands on the floor and position legs in tabletop position with one leg stretched out

Movement

Position your chin towards your chest and start switching leg positions while keeping a stable position holding your balance

END POSITION

Heels always pointing towards the line

GOAL

Abs training while controlling the core and balance

CRITICAL FACTOR

The lower the better limiting yourself by avoiding lower back from arching

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SWIMMER



GIBBON WORKOUT EXERCISES | STRENGTH

STARTING POINT

Stomach position, perpendicular to the line, while legs and arms are stretched out with the hands touching the line.

Movement

Build up core body tension raising all limbs, lift arm and leg opposite to each other, then keep switching positions

END POSITION

Arm and leg opposite to each other

GOAL

Body tension, dorsal back strength

CRITICAL FACTOR

Keep neck straight, avoid tilting hips

BWS TWISTERS



GIBBON WORKOUT EXERCISES | STRENGTH

STARTING POINT

Stomach position perpendicular to the line, stretched out, hands on the line

Movement

Raise arm towards the ceiling by slowly twisting your spine while your head follows the hand, keep repeating on both sides

END POSITION

Try to stretch the chest as much as possible in raised position

GOAL

Strengthening of back muscles, pectoralis, mobilization of chest area, rotation and active stretching of chest muscles

CRITICAL FACTOR

The hips stay firmly on the ground on both sides

BUDDHA CRUNCH



STARTING POINT

Back position perpendicular to the line, with feet together and knees spread apart over the line

MOVEMENT

Move hands folded together between the legs over the line and tighten abs to raise upper body vertebra by vertebra

END POSITION

Hands vertically over the line, lower yourself back into starting position and repeat

GOAL

Controlled abs training

CRITICAL FACTOR

Avoid speedy action, instead focus is on controlling the movement

DOG



STARTING POINT

Push up position

MOVEMENT

In rhythmic repetition pull knee forward to the elbow and back

END POSITION

Knee in forward position close to elbow

GOAL

Core training, stabilization of ventral chain, focus on abs and shoulder muscles

CRITICAL FACTOR

Shoulders stay in position, whilst keeping shoulders vertically over the line

LINE PUSHUPS



STARTING POINT

Push up position with hands on the line and shoulders over the line

MOVEMENT

Lower and raise arms with elbows close to the body

END POSITION

Elbows angled at 45°

GOAL

Strengthening shoulders, chest, arms and abs

CRITICAL FACTOR

Shoulder stays vertically over the line, abs and glutes under tension holding body in line



SNAKE



STARTING POINT

Side plank holding the line leaning over the board pulling all body parts to the middle while other arm stretched upright

MOVEMENT

Rotate raised arm downwards to other side of the chest while the core follows the movement, then release back to starting position

END POSITION

Side plank with free arm wrapped around the body

GOAL

Strengthening abs and core plus stabilization of shoulders

CRITICAL FACTOR

Keep hips in position avoiding them to raise or drop, shoulder stays vertically over the line

GIBBOARD LUNGES



STARTING POINT

One foot stands at the front of the line, the other stabilizes on the slope of the board, arms are in above the head

MOVEMENT

Back knee lowers towards the board, front knee bends

END POSITION

Rear knee stops before it touches the board

GOAL

Strengthening the leg and gluteal muscles, training the stability of the leg axis

CRITICAL FACTOR

Keep your upper body stable and upright

GIBBON WORKOUT EXERCISES | STRENGTH

SLACK BRIDGE I



STARTING POINT

Lie in a perpendicular position to the line, with feet on the line and arms folded over the chest

MOVEMENT

Raise and lower hips

END POSITION

Upper legs and torso form a straight line

GOAL

Strengthening the back chain

CRITICAL FACTOR

Pull heels towards the core while avoiding to drop hips

LINE CRUNCHES



STARTING POINT

Lie on your back on the line, feet on the floor, hands extended towards your knees

MOVEMENT

Upper body rolls up vertebra by vertebra

END POSITION

The back should be as vertical as possible

GOAL

Symmetrical activation of the abdominal muscles, especially the rectus abdominis

CRITICAL FACTOR

Roll up without momentum, but your feet must not be lifted off the ground



STARTING POINT

Table top position perpendicular to the line with toes on the ground

MOVEMENT

Raise knees from ground by tensioning body muscles, try to lean back while pulling arms toward body center as hard as possible

END POSITION

Raise knees by about 10cm and hold for 2-3 sec

GOAL

Strengthening core especially abs, controlling shoulder blades

CRITICAL FACTOR

The line indicates if the arms are pulling towards the core

SWINGING TABLE



STARTING POINT

Support your back on the floor, heels hip-width apart on the line with your legs stretched, buttocks in the air

MOVEMENT

Bend your knees and stretch your hips upwards

END POSITION

Shoulders are maximally retracted

GOAL

Mobilization and stabilization of the shoulder, strengthening of the dorsal chain

CRITICAL FACTOR

Fingers point backwards, limiting factor = mobility in retraction

CANDLE



STARTING POINT

Laying on your back with glutes perpendicular next to the line, arms stretched onto line and legs raised straight upwards

Movement

Raising glutes and back vertebra by vertebra by applying pressure on the line with hands, hold position 2-3 sec

END POSITION

Standing on shoulder blades with body stretched upwards in a line focusing on constantly rising

GOAL

Strengthening muscle areas around shoulder and abs, connecting strength with coordination

CRITICAL FACTOR

Legs point upwards vertically and avoid strong impulse movements

SIDEPLANK

**STARTING POINT**

Side forearm support across the GiBoard, ankle joints lie on the line

MOVEMENT

Raising and lowering the pelvis

END POSITION

Push your pelvis towards the ceiling and stretch your arm over your head

GOAL

Strengthening the lateral trunk and leg muscles, shoulder stabilizer

CRITICAL FACTOR

The body should remain in one plane and not rotate

ONE LINE PUSH UP I



GIBBON WORKOUT EXERCISES | STRENGTH

STARTING POINT

Support yourself parallel to the GiBoard with one hand on the line

MOVEMENT

Bend your arms

END POSITION

Shoulder almost touches the slackline

GOAL

Strengthening arms, strengthening ventral chain

CRITICAL FACTOR

Keep your torso and pelvis horizontal

PLANK CLIMBING I



STARTING POINT

Push up position, hands are on the slackline

Movement

Descend with your hands into the forearm support

END POSITION

Get back on the support

GOAL

Arm strengthening, shoulder girdle stabilization, trunk tension

CRITICAL FACTOR

Maintain core tension

ROCKER



STARTING POINT

Push up position, grabbing the line widely

MOVEMENT

Shift your weight on one hand while lifting the opposite side with the other hand, shift back and do the other side

END POSITION

Stabilize between turns

GOAL

Strengthening abs, shoulder, chest and arm muscles, core control

CRITICAL FACTOR

One shoulder has to stabilize while the other one is moving

PISTOL SQUAT I



STARTING POINT

Stand with one foot in the middle of your line and use sticks, a table or door for stabilization. be aware of your leg axis

MOVEMENT

Upper body stay upright whilst your leg is going into full flexion

END POSITION

One leg squat with the other leg stretched out horizontally

GOAL

Strengthening legs with full range of motion

CRITICAL FACTOR

Stretched hamstrings, strength should come from the legs

PISTOL SQUAT II



STARTING POINT

Place one foot at the end of the line and balance so that the tail of the board hovers in the air

MOVEMENT

Upper body stay upright whilst your leg is going into full flexion

END POSITION

Keep balance in one leg squat and push up again

GOAL

Training for leg strength, balance and leg axis

CRITICAL FACTOR

Stretched hamstrings, watch your leg axis

SLACK BRIDGE II



STARTING POINT

Slack bridge

MOVEMENT

Stretch one knee and keep your thighs parallel, hold and switch sides

END POSITION

Thighs parallel, leg in extension of the torso

GOAL

Strengthening the posterior chain with a rotational component

CRITICAL FACTOR

Do not allow the pool to sink

ROLL UP



STARTING POINT

Lie on your back on the floor, knees bent 90°, feet hooked under the line, arms stretched overhead

Movement

Arms go towards the ceiling, at the same time the back rolls up, vertebra by vertebra

END POSITION

Your back is no longer in contact with the ground, your arms are vertical

GOAL

Abdominal muscle strengthening and control

CRITICAL FACTOR

The board and feet should not be lifted off the ground

UNSTABLE ARCH



STARTING POINT

Support your left back on the line, feet hip-width apart with knees bent

MOVEMENT

One arm goes to maximum elevation while the hip extends completely

END POSITION

Look backwards upside down

GOAL

Shoulder mobilization and stabilization, mobilization of the front chain, strengthening of the rear chain

CRITICAL FACTOR

Supporting shoulder is permanently vertical above the line, limiting factor = mobility in retraction

POWER BRIDGE



STARTING POINT

Place one foot on line while sitting on the line, the opposite hand is on the floor next to back of the GiBoard for support, other arm stretching upwards while free leg stretched along the GiBoard.

MOVEMENT

Raise hips and create horizontal line with upper legs and torso as long as possible

END POSITION

Balance with support foot on line and opposite support arm while free leg hips and torso form a line

GOAL

Rotational torso strength
shoulder stabilization, body control, leg axis training

CRITICAL FACTOR

Controlling the hip to avoid it from dipping while keeping balance

STRONGMAN



GIBBON WORKOUT EXERCISES | STRENGTH

STARTING POINT

Sit on the line, legs stretched

MOVEMENT

Keep your legs 90° hip flexed, support and lift your buttocks off the line

END POSITION

Maintain a supportive floating position

GOAL

Strengthening the stomach, hips and shoulder girdle

CRITICAL FACTOR

Balance between leg stretch and strength

ONE LINE PUSH UP II



STARTING POINT

Push up position

MOVEMENT

Alternately move your knees forward while supporting

END POSITION

Push up position, one leg towards your chest pulled

GOAL

Training of the cardiovascular system, stabilization of the entire ventral chain with a focus on the stomach and shoulder muscles

CRITICAL FACTOR

Keep your shoulders and torso stable; shoulders always remain above your wrists

PLANK CLIMBING II



STARTING POINT

Support across the line, balls of your feet on the line

MOVEMENT

Descend into forearm support



END POSITION

Then push back up into the support



CRITICAL FACTOR

Maintain core tension

OCCIPUT



STARTING POINT

Lie perpendicular to the GiBoard and place the edge of the occiput on the line, relax

MOVEMENT

The head rolls from one side to the other, back and forth

END POSITION

If you find a triggerpoint keep the pressure on it, until it eases up

GOAL

Relaxation

CRITICAL FACTOR

Find the pressure point

TRICEPS

**STARTING POINT**

Lay on your side across the line, one hand supported on the floor while the other arm lays on the line with the triceps

MOVEMENT

Upper arm rotates back and forth on its own axis

END POSITION

If loosening is noticeable

GOAL

Muscle care and relaxation

CRITICAL FACTOR

Different pressure points can be varied

SERRATUS/LATISSIMUS



STARTING POINT

Lateral position across the line, support point, serratus rich

MOVEMENT

Upper body rolls back and forth on the line

END POSITION

Easing of tension

GOAL

Tissue care

CRITICAL FACTOR

Vary by different support points

RHOMBOIDEN

**STARTING POINT**

Stand in front of the line on the board, lean forward and grab the line shoulder wide

MOVEMENT

Roll up your back, long arms and let the shoulder blades glide to the front

END POSITION

You should feel a stretch between your shoulder blades, hold it

GOAL

Detensioning of back muscles

CRITICAL FACTOR

Let your head hang, elbows are fully extended

QUADRICEPS



STARTING POINT

Forearm support across the line, thighs resting the line

MOVEMENT

Femur rotates on its own axis

END POSITION

Ease of tension

GOAL

Detonating the quadriceps, muscle care

CRITICAL FACTOR

The intensity of the pressure must be individually adjusted

**STARTING POINT**

Sit in front of the line, cross your legs and place the middle of your calf muscle on the line

MOVEMENT

Roll the leg from left to right over the line

END POSITION

The tension decreases

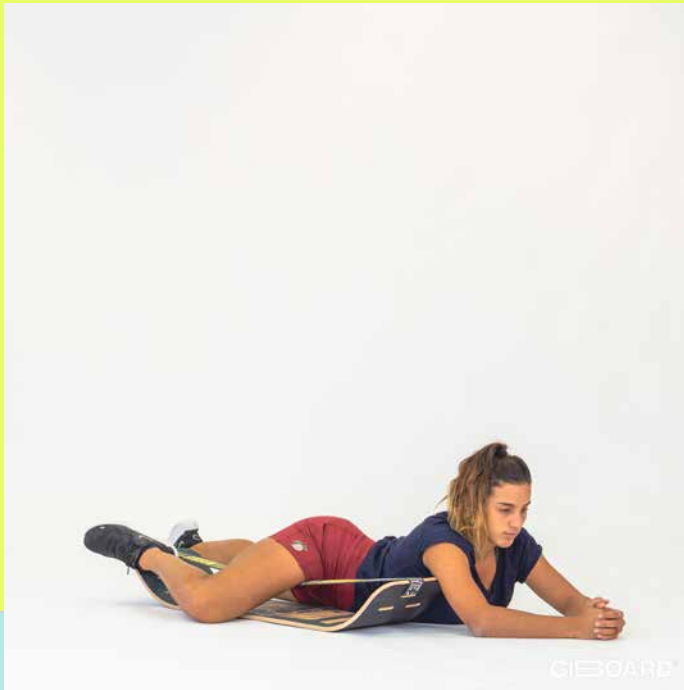
GOAL

Muscle care, detensing

CRITICAL FACTOR

Apply individual pressure

ADDUCTORS I



STARTING POINT

Lying next to the board on your belly, flex one hip and place the leg across the line sideways, putting pressure on the adductor tendon/muscle)

MOVEMENT

Inner rotation in the hip

END POSITION

Decrease of the tension

GOAL

Relaxation of the adductors, muscle care

CRITICAL FACTOR

Breathe and actively relax

TRACTUS ILIOTIBIALIS



STARTING POINT

Lying sideways across the line, the support point is the Tractus iliotibialis

MOVEMENT

Roll back and forth around the body axis

END POSITION

Ease of tension

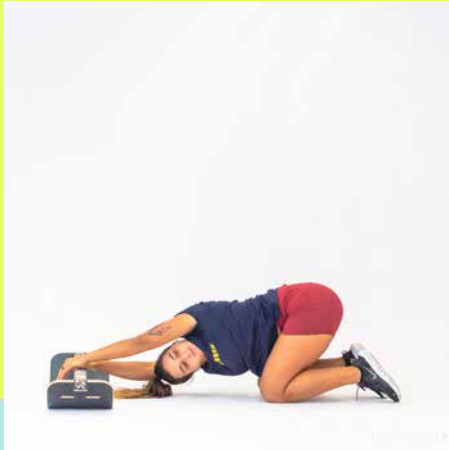
GOAL

Detensioning the tracts

CRITICAL FACTOR

Support yourself stably with your arms, relax the body

VENTRAL CORE ROTATION



STARTING POINT

Kneel straddle in front of the line, arms rest on it

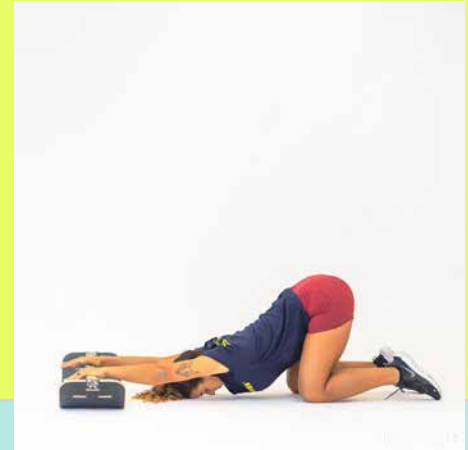
MOVEMENT

Allow the sternum to sink towards the ground, as a variant: include trunk rotation



END POSITION

Stretching feeling in the ventral trunk, chest and arm area



GOAL

Ventral mobilization

CRITICAL FACTOR

Sink into the stretching position while breathing

BWS EXT



STARTING POINT

Sit on the floor with your back to the line, lean against it with the line at shoulder blade height

MOVEMENT

Lie across the line in extension

END POSITION

At the end of the movement rotate to the left and right over the line

GOAL

Mobilizing the spine into extension

CRITICAL FACTOR

Totally relax

OPEN SPINE



STARTING POINT

Seated with stretched legs more than shoulder width apart with GiBoard vertically held against the feet by pulling with a straight back the line

MOVEMENT

One arm intensifies pulling while torso, shoulder and other arm are opened upright in opposite direction as far as possible

END POSITION

Hold position for 5 sec and release

GOAL

Mobilization of spine rotation and posture

CRITICAL FACTOR

Push hips forward to enable more rotation coming from the spine

ISCHIOS I



STARTING POINT

Sit long in front of the line, feet brace against the board, hands walk the line

MOVEMENT

Bend your back forward as much as possible and strengthen it by pulling your arms

END POSITION

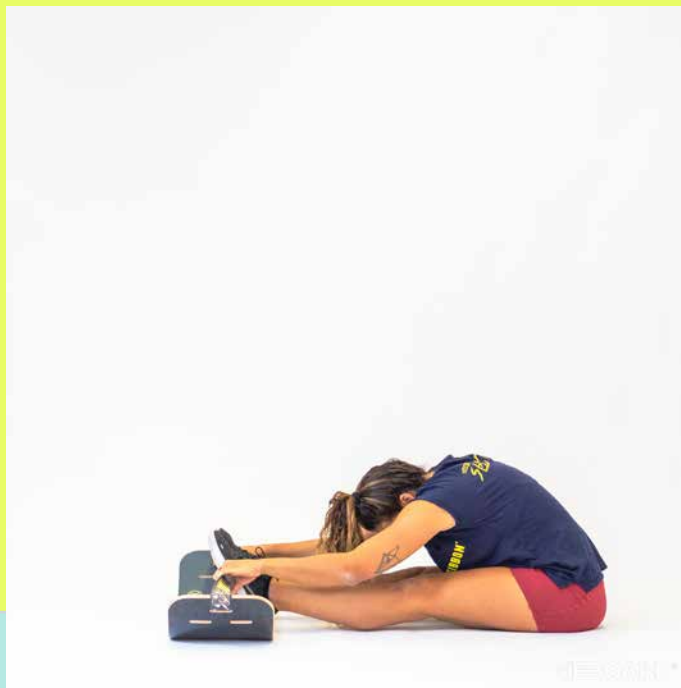
Stretching of the ischios

GOAL

Stretching of the ischios

CRITICAL FACTOR

Tilt your pelvis forward to stretch



STARTING POINT

Sit on the floor with the legs stretched out. The board is in front of your feet

MOVEMENT

Grab the line with your hands and pull on the line while your stretched legs push down on the line

END POSITION

You should build up a stretch in your upper spine and under your shoulderblades, while also your hamstrings are prolonged

GOAL

Stretching of the ischios and spine

CRITICAL FACTOR

Focus on enlarging the distance between the board and your back

HIP OPENER



STARTING POINT

Calf detonation, muscle care

MOVEMENT

Shift your weight onto your front leg and pelvis tilting dorsally, the back foot puts pressure on the line for intensification

END POSITION

Significant stretching feeling in the thigh/groin area

GOAL

M. Iliopsoas stretching and mobilization of the ventral chain

CRITICAL FACTOR

Maintain balance when the head goes into extension

VENTRAL CHAIN



STARTING POINT

Lunge with front foot heelside on the line, same side elbow and opposite side hand on the line

MOVEMENT

The body swings open, with the arm touching the line with the elbow raised above and beyond as much as possible and back

END POSITION

Dynamic swinging movement applied on both sides

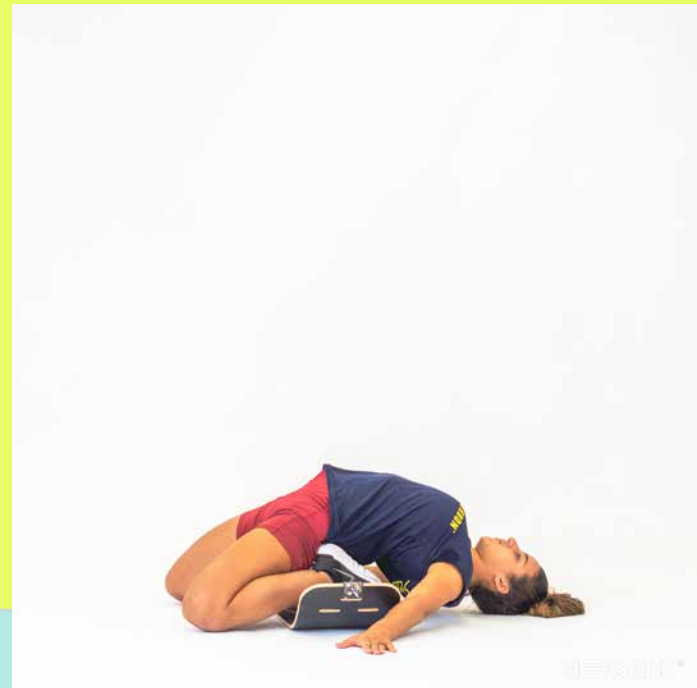
GOAL

Warm up and loosen the ventral chain

CRITICAL FACTOR

Apply exercise in a rhythmic swinging motion

VENTRAL & LEGS



STARTING POINT

Maintain balance when the head goes into extension

MOVEMENT

Push the pelvis forward while the upper body extends by leaning backwards

END POSITION

Strong stretching in the ventral area of the thigh

GOAL

Stretching the front of the leg and ventral fascia

CRITICAL FACTOR

Actively relax through conscious breathing

ADDUCTORS II



STARTING POINT

Kneeling next to the line, leg extended in abduction on the line

MOVEMENT

Upper body leans towards the slackline

END POSITION

Significant stretching sensation in the adductors

GOAL

Stretching adductors

CRITICAL FACTOR

Body remains in the frontal plane, do not move over hip

ISCHIOS II



STARTING POINT

Kneel in front of the line, one heel on the line, leg slightly bent

MOVEMENT

Upper body leans forward until tension is felt in the ischios



END POSITION

Now pull your heel to intensify the stretch



CRITICAL FACTOR

Tension during stretching

ILIOPSOAS QUADRICEPS



STARTING POINT

Lunge along the GiBoard with support foot on the line and back leg knee on the ground, weight is on the front foot

MOVEMENT

Hold position while rotating torso towards the other side of the GiBoard while supporting with opposite hands on knee in the front and raised foot in the back. repeat on both sides

END POSITION

When desired level of stretch has been reached

GOAL

Mobilization and stretching

CRITICAL FACTOR

Hold the tension in your abs and legs need to stay vertically aligned

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