

# 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

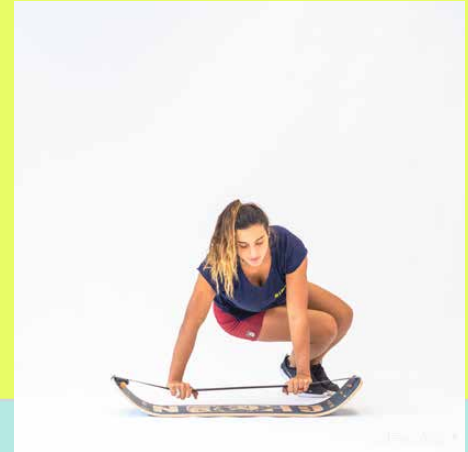
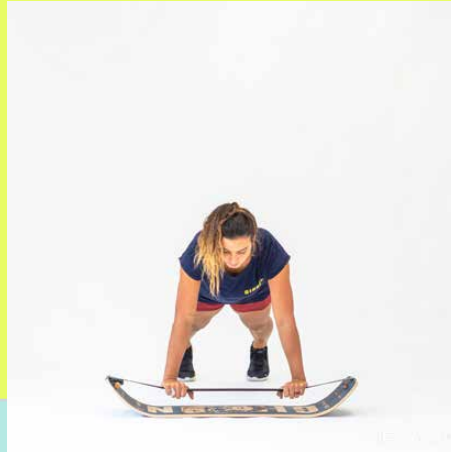
*Training cardio, improvement of coordination & tissue treatment*



## 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*



## 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*



## GOAL

*Cardio training, stabilization of the complete ventral chain with focus on abs and shoulder muscles*

## 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*



## 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*

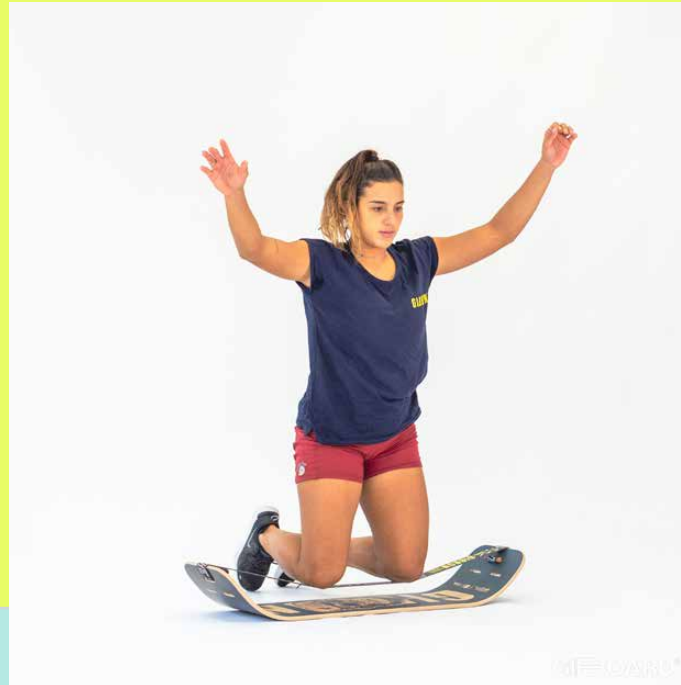
**GOAL**

*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 floor 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



## 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



GIBBON WORKOUT EXERCISES | STRENGTH

## 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*

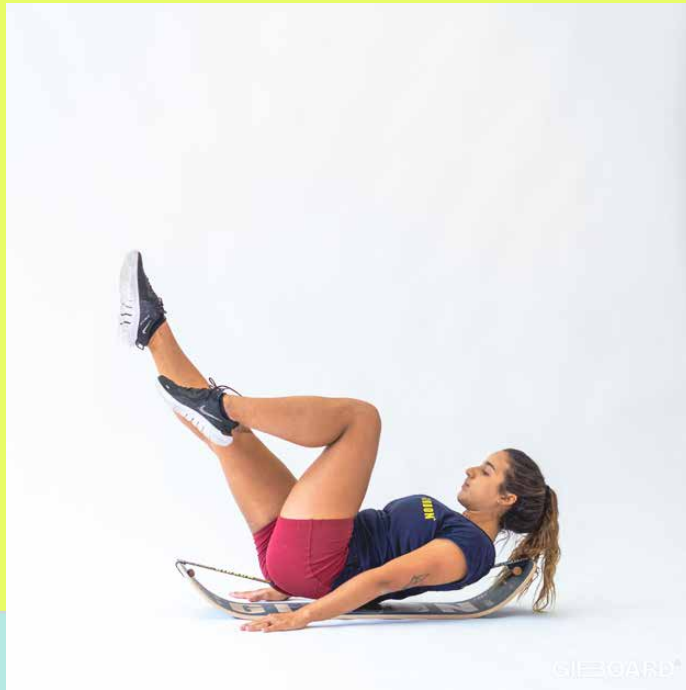
**GOAL**

*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

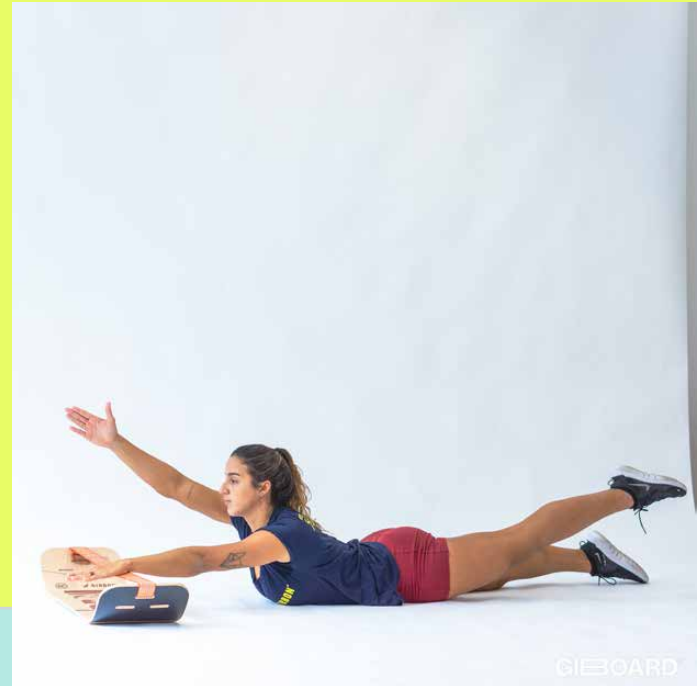
Abs training while controlling the core and balance

## 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



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## 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*

# 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



## 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*



## 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*

GIBBON WORKOUT EXERCISES | STRENGTH

# 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



GIBBON WORKOUT EXERCISES | STRENGTH

## 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

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# S3/C3

# 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



GIBBON WORKOUT EXERCISES | MOBILITY

## 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*

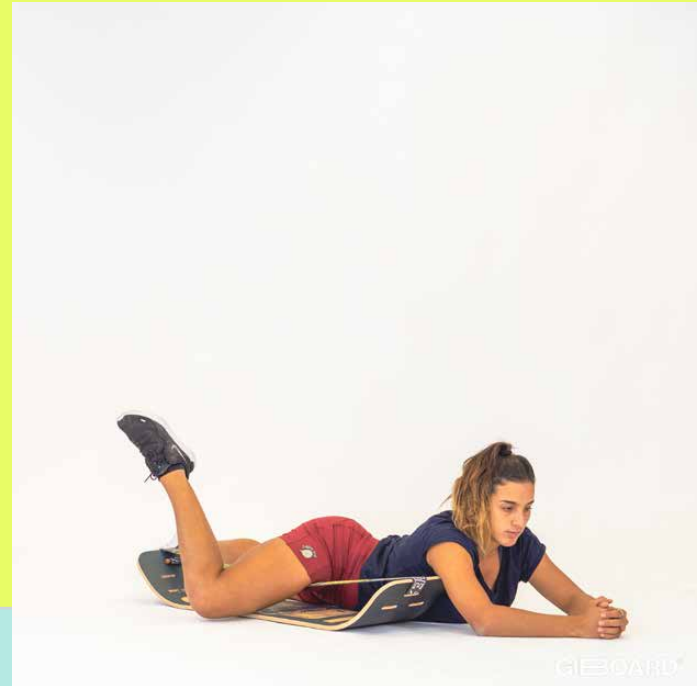
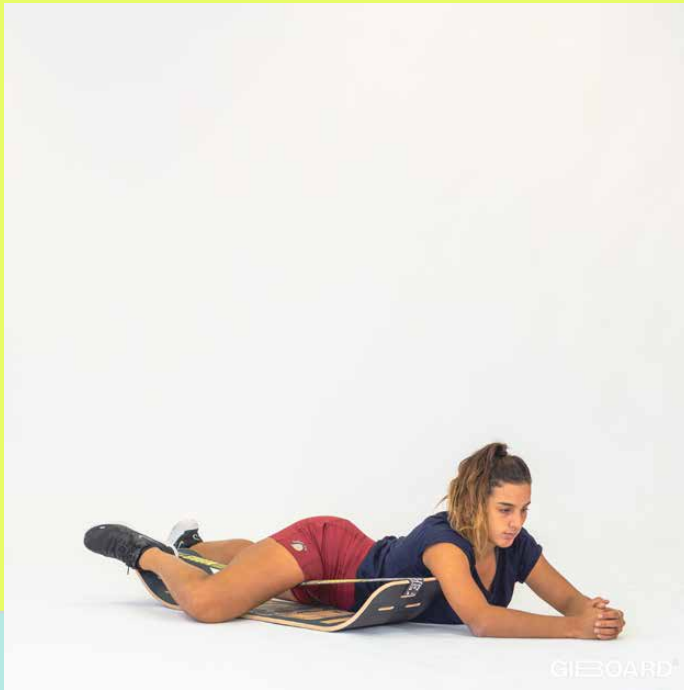
## GOAL

*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*

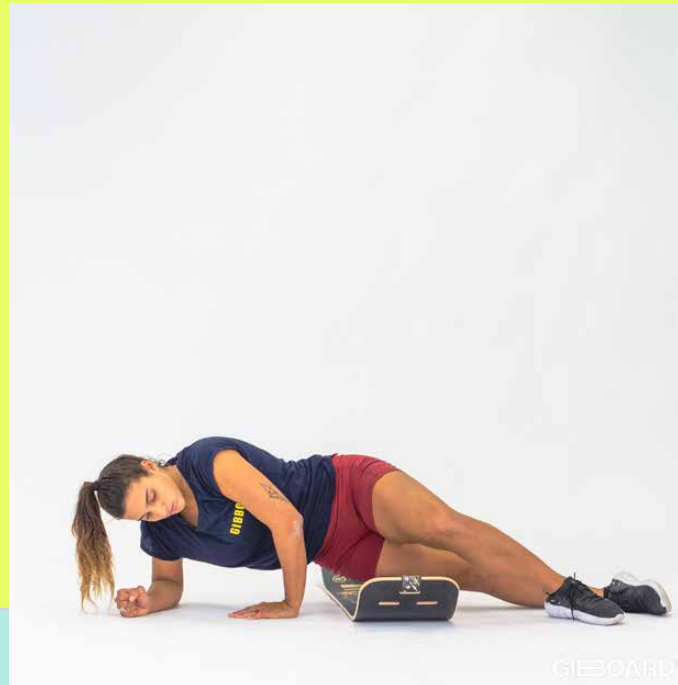
## GOAL

*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 iliotibialios*

## MOVEMENT

*Roll back and forth around the body axis*

## END POSITION

*Ease of tension*

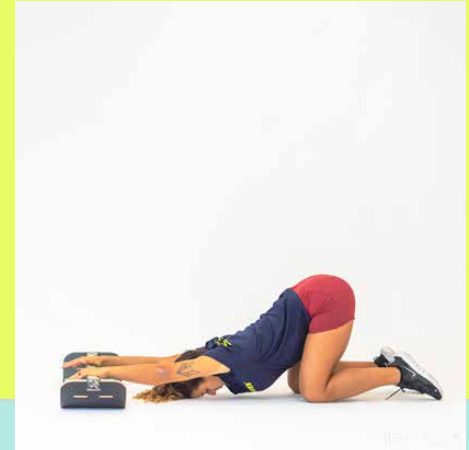
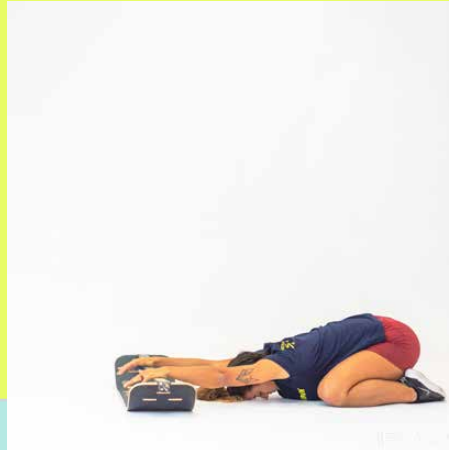
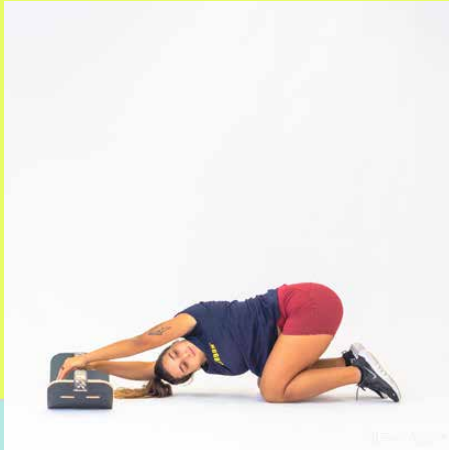
## GOAL

*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*





## 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

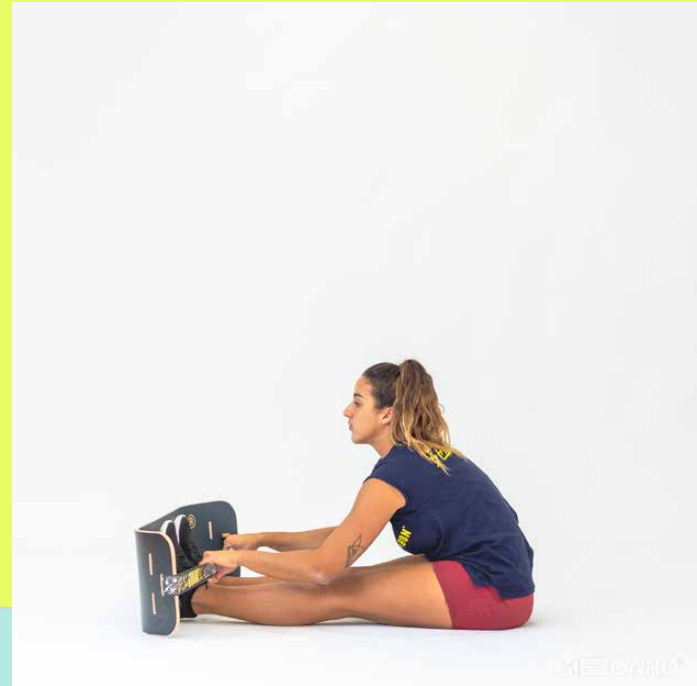
## GOAL

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

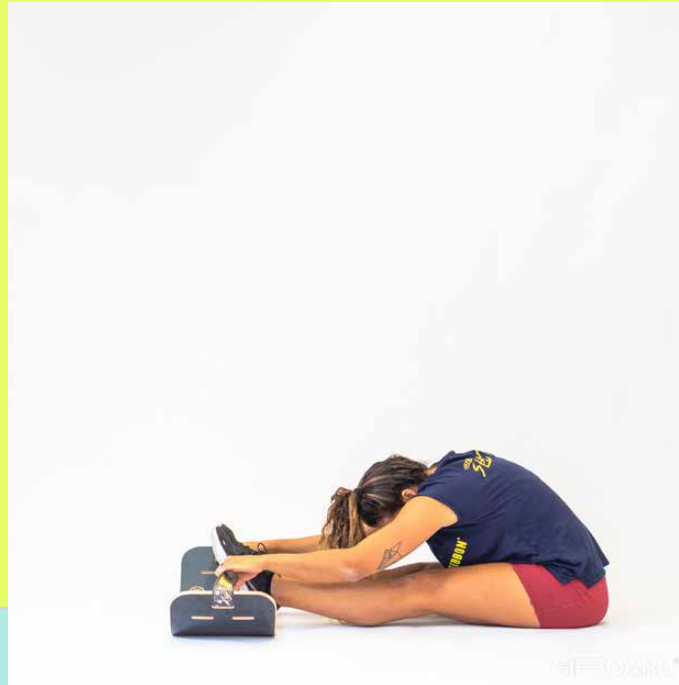
*Stretching of the ischios*

## 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*

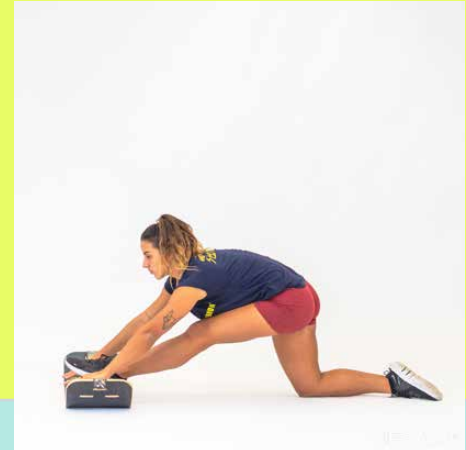
## MOVEMENT

*Upper body leans forward until tension is felt in the ischios*



## END POSITION

*Now pull your heel to intensify the stretch*



## GOAL

*Stretching on the back of the legs*

## 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*