

# 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 Gibboard in a rythm*

## 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 Gibboard*

## 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 koordination & 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 Gibboard*

## MOVEMENT

*actively jump onto the line. aktiv vom Boden auf die Line springen, kurz „Surfen“ und dann wieder zurück auf den Boden springen*



## 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 Gibboard*

## 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 shoulderblades sink towards the floor*

## END POSITION

*widen chest with active breathing in this position*

## GOAL

*relaxation and mobilisation*

## 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 ahead*

## 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 seat bones, legs are slightly tucked, arms to stabilise 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

*kneel 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

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

## MOVEMENT

stretch legs by raising heel for exzentric dorsal extension of the ankle

## END POSITION

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

## GOAL

concentric/excentric training of lower leg with focus on calves

## CRITICAL FACTOR

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



# LUNGES



GIBBON WORKOUT EXERCISES | STRENGTH

## STARTING POINT

*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

*rais 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

*concentric core stabilisation, exzentric calf training, shoulder stabilisation*

## 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*

GIBBON WORKOUT EXERCISES | STRENGTH

# LINE SQUAT



## STARTING POINT

*place heels shoulder wide on the line and use sticks, a table or door for stabilisation 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*

GIBBON WORKOUT EXERCISES | STRENGTH

# LINE CYCLING



## STARTING POINT

lie on back with spine along the line, stabilise 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



## 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, mobilisation 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 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 stabilisation of shoulders*

## CRITICAL FACTOR

*keep hips in position avoiding them to raise or drop, shoulder stays vertical over the line*

# SLACK BRIDGE I



## STARTING POINT

*lie in backp position perpendicular 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*



## 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 shoulderblades*

## CRITICAL FACTOR

*the line indicates if the arms are pulling towards the core*

# 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 shoulderblades 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 to strong impulse movements*

# 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 „playing“*



# PISTOL SQUAT I



## STARTING POINT

*stand with one foot in the middle of your line and use sticks, a table or door for stabilisation. 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*

# 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 Gibboard for support, other arm stretching upwards while free leg stretched along the Gibboard.

## 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 stabilisation, body control, leg axis training

## CRITICAL FACTOR

controlling the hip to avoid it from dipping while keeping balance

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# S3/C3

# 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, forth and back*

**END POSITION**

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

**GOAL**

*relaxation*

**CRITICAL FACTOR**

*find the pressure point*

# 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, ellbobows are fully extended*

# GASTROGNEMII



## 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*

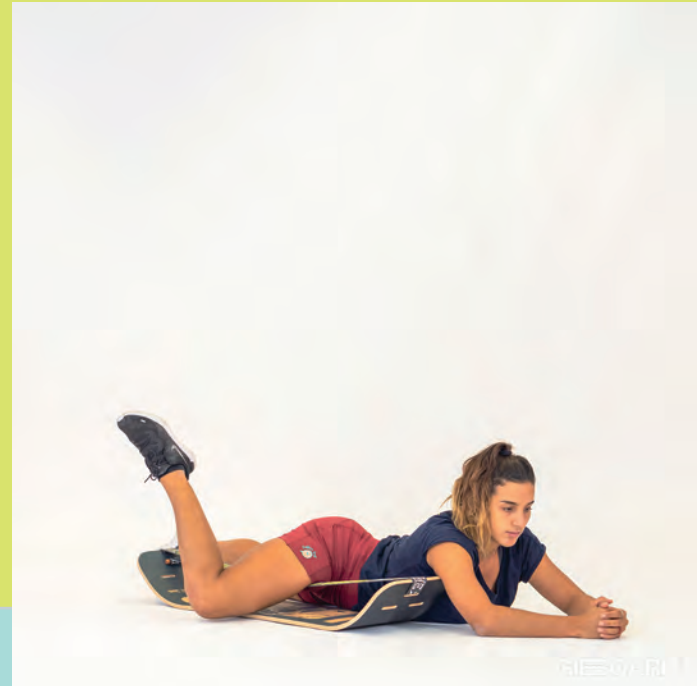
## GOAL

*muscle care, detensioning*

## CRITICAL FACTOR

*apply individual pressure*

# ADDUCTORS I



## STARTING POINT

*lie 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*

# BWS EXT

**STARTING POINT**

*sit on the floor with your back to the line. lean against it with the line on shoulder-blade high*

**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**

*mobilising the spine into extension*

**CRITICAL FACTOR**

*relax totally*



# OPEN SPINE



## STARTING POINT

seated with stretched legs more than shoulder wide apart with Gibboard 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 sek and release

## GOAL

mobilisation of spine rotation and posture

## CRITICAL FACTOR

push hips forward to enable more rotation coming from the spine

# VENTRAL CHAIN



GIBBON WORKOUT EXERCISES | MOBILITY

## STARTING POINT

*lunge with front foot heel-side on the line, same side elbow and opposite side hand on the line*

## MOVEMENT

*the body swing 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 loosening the ventral chain*

## CRITICAL FACTOR

*apply exercise in a rhythmic swinging motion*

# ILIOPSOAS QUADRICEPS



## STARTING POINT

Lunge along the Gibboard 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 Gibboard 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

mobilisation and stretching

## CRITICAL FACTOR

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