

GIBBOARD®

EXERCISE CARDS

BY  GIBBON®

H HEARTRATE

- 1 CROSS OVER STEPS
- 2 YMCA
- 3 LINE JOGGER
- 4 PLANK TWIST
- 5 JUMP AND SURF
- 6 MOUNTAIN CLIMBER
- 7 SQUAT JUMP I
- 8 SQUAT JUMP II

B BALANCE

- 1 POWER NAP
- 2 BALANCE STANCE
- 3 PENDULUM
- 4 KNEE EXPOSURE
- 5 LINE BREAKER
- 6 BACK BALANCE

S1 STRENGTH

- L1** CALF RISER
L2 LUNGES
L3 HIP THRILLER
L4 HEEL LIFTER
L5 LINE SCALE
L6 LINE SQUAT

- C1** LINE CYCLING
C2 SWIMMER
C3 BWS TWISTER
C4 BUDDHA CRUNCH
C5 DOG

- U1** LINE PUSH UP
U2 SNAKE

S2 STRENGTH

- L1** GIBBOARD LUNGES
L2 SLACK BRIDGE I

- C1** LINE CRUNCHES
C2 TIGER
C3 SWINGING TABLE
C4 CANDLE
C5 SIDE PLANK

- U1** ONE LINE PUSH UP I
U2 PLANK CLIMBING I
U3 ROCKER

S3 STRENGTH

- L1** PISTOL SQUAT I
L2 PISTOL SQUAT II
L3 SLACK BRIDGE II

- C1** ROLL UP
C2 UNSTABLE ARCH
C3 POWER BRIDGE
C4 STRONGMAN

- U1** ONE LINE PUSH UP II
U2 PLANK CLIMBING II

M MOBILITY

- L1** OCCIPUT
L2 TRICEPS
L3 SERRATUS/LATISSIMUS
L4 RHOMBOIDEEN
L5 QUADRICEPS
L6 GASTROGNEMII
L7 ADDUCTORS I
L8 TRACTUS ILIOTIBIALES

- L1** VENTRAL CORE ROTATION
L2 BWS EXT
L3 OPEN SPINE
L4 ISCHIOS I
L5 BWS ISCHIOS

- L1** HIPOPENER
L2 VENTRAL CHAIN
L3 VENTRAL & LEGS
L4 ADDUCTORS II
L5 ISCHIOS II
L6 ILIOPSOAS QUADRICEPTS

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 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 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 rytically 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



GIBBON



GIBBON



GIBBON

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



GIBBON®



GIBBON®



GIBBON®

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

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



GIBBON®

GIBBON WORKOUT EXERCISES | STRENGTH



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 Gibboard while left foot on back edge of Gibboard (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 Gibboard

CRITICAL FACTOR

control your movements without haste and focus on the movements ahead

BACK BALANCE



GIBBON WORKOUT EXERCISES | STRENGTH

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



GIBBOARD®



GIBBOARD®

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



GIBBOARD®



GIBBOARD®

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



GIBBOARD®



GIBBOARD®

STARTING POINT

place one foot in the direction of the Gibboard 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 strengthening of hip muscles

CRITICAL FACTOR

focus on the right posture during execution

LINE SQUAT



GIBBOARD®



GIBBOARD®

GIBBON WORKOUT EXERCISES | STRENGTH

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

LINE CYCLING



GIBBOARD®



GIBBOARD®

GIBBON WORKOUT EXERCISES | STRENGTH

STARTING POINT

lie on back with spine along the line, stabilise yourself left and right of the Gibboard 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

GIBBON is a registered trademark of the 1D Sports GmbH, Parler St 6, 70192 Stuttgart, Germany

S1/C1

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



GIBBON®



GIBBON®

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

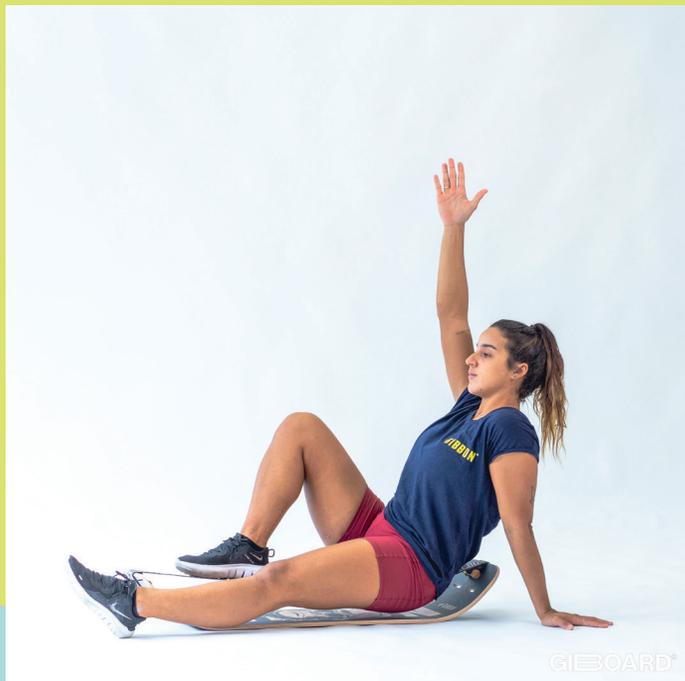
GOAL

training for leg strength, balance and leg axis

CRITICAL FACTOR

stretched hamstrings, watch your leg axis

POWER BRIDGE



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

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 ad 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



GIBBON®

GIBBON WORKOUT EXERCISES | MOBILITY



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



GIBBON®

GIBBON WORKOUT EXERCISES | MOBILITY



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

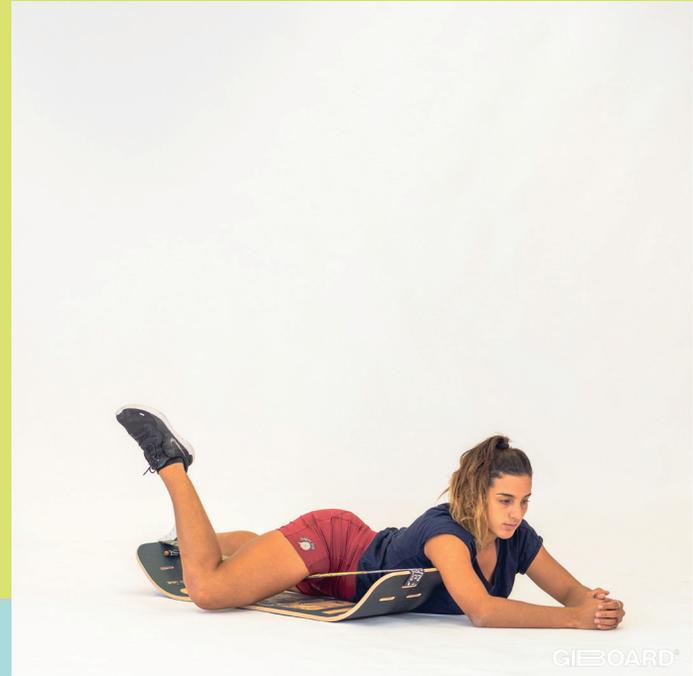
GOAL

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



GIBBOARD®



GIBBOARD®

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