

# SPRI

# CORE BOARD

## EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected, or hold balanced position for 30 seconds.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.
- Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

**BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.**

### INCLINE PUSHUPS



**START:** Place your hands on the Core Board slightly wider than shoulder-width apart. Plant your feet behind you at a distance apart from one another that feels comfortable to you. Keep in mind that the further apart your feet are, the more stable you will be. Your body should form a straight line making sure that your butt isn't sticking up or sagging. Keep your head looking slightly forward and your elbows slightly bent so they never lockout. Slowly begin to lower yourself as far down as you can go. If you can only go down until your arms are at a 90-degree angle that is completely fine.

**FINISH:** Pause at the bottom position, then push yourself back up to the starting position.

### CRUNCHES



**START:** Sit on the Core Board with your heels on the floor. Tuck your chin toward your chest, keeping your shoulders relaxed. Lean back.

**FINISH:** Exhale and bring your body and legs upward. Inhale and return to the start position. Repeat 10-15 times. Ensure that you maintain proper breathing throughout the exercise.

### LUNGES



**START:** With your feet hip-width apart, step forward right leg onto the Core Board, shifting your body weight forward. Slowly lower yourself until your right thigh is parallel with the floor while making sure your back remains straight and upright. If you are comfortably able to, let your left knee slightly tap the floor.

**FINISH:** Slowly press back up by shifting your weight back into your right heel till you return to the starting position. Repeat these steps, stepping with your left foot forward.

#BETTEREVERYDAY

SPRI.COM

## CORE BOARD

## EXERCISE GUIDE

### STRAIGHT LEG BALANCE (2-LEG)



**START:** Stand and position feet flat on top of board, hip-width apart. Straighten legs and point toes directly forward. Stand tall with shoulders and hips directly over board.

**FINISH:** Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor for 30 seconds.

### BENT LEG BALANCE (2-LEG)



**START:** Stand and position feet flat on top of board, hip-width apart. Bend legs slightly, sit back and point toes directly forward.

**FINISH:** Stand tall with head and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor for 30 seconds.

### STRAIGHT LEG BALANCE (1-LEG)



**START:** Stand and position one foot flat on top of center of board. Straighten leg and point toes directly forward. Bend opposite leg and lift foot off floor slightly in front of body.

**FINISH:** Stand tall with hips and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor for 30 seconds. Switch legs and repeat for 30 seconds on opposite leg.

### BENT LEG BALANCE (1-LEG)



**START:** Stand and position one foot flat on top of center of board. Bend leg slightly, sit back and point toes directly forward. Bend opposite leg, sit back and lift foot off floor slightly in front of body.

**FINISH:** Stand tall with head and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor for 30 seconds. Switch legs and repeat for 30 seconds on opposite leg.

### 1-LEG SQUAT



**START:** Stand and position one foot flat on top of center of board. Straighten leg and point toes directly forward. Bend opposite leg and lift foot off the floor in front of the body.



**FINISH:** Bend balance leg and sit back with head and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor. Continue to balance, straighten balance leg and return to start position. Perform 8-12 times, then switch legs and repeat.

### 2-LEG SQUAT



**START:** Stand and position feet flat on top of board, hip-width apart. Straighten legs and point toes directly forward. Stand tall with shoulders and hips directly over board.



**FINISH:** Bend legs and sit back with head and shoulders directly over board. Tighten abdominal muscles and attempt to balance on center of board with edges of board off floor. Continue to balance, straighten legs and return to start position. Perform 8-12 times.