


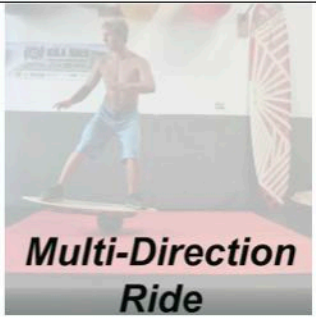




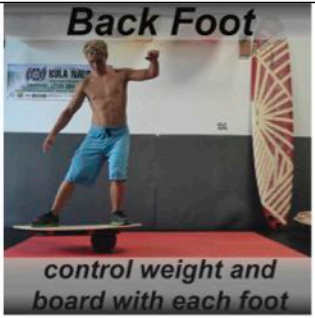

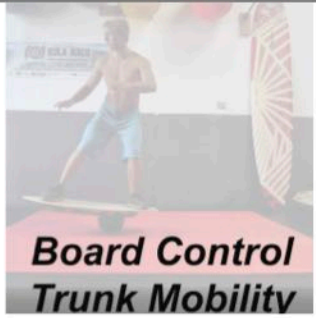

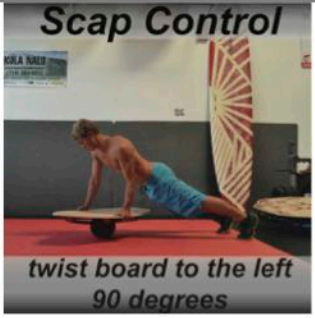
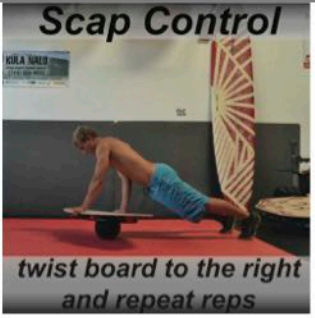


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Special thanks to Howard Keliinoi and Dylan Cotton
For their time and expertise.

 <p>Howard Keliinoi</p>	 <p>Dylan Cotton</p>	<h3>Key Concepts</h3> <ol style="list-style-type: none"> 1: Multi-direction movement of Si Board to simulate surf board control 2: Strengthen front side and back side legs independently 3: Control rotational forces then load legs and trunk with strong spine 4: Simulate dynamic movement from horizontal to vertical 5: Land on unstable surface for greater core activation and hip control 	<h3>Training Benefits</h3> <ol style="list-style-type: none"> 1: Flexibility and mobility for better power generation and quickness 2: Core stability and spine control for injury prevention 3: Confidence in landing aerial jumps and pop up positions 4: Shoulder stability for board control and paddling arm range of motion 5: Leg strength and endurance for deep stance positions and long rides
<h3>Training Tools</h3>  <p>Optional Tools CrossCore® BOSU Ball®</p> <p>Surf Original 42" x 18"</p> <p>8.5" Half Balls 6.5" / 5.5 lb Medium Balls 8.5" / 12.5 lb Large Ball</p>	 <h3>Multi-Direction Ride</h3>	 <h3>Ride</h3> <p>set your stance and have fun</p>	 <h3>Wide Stance</h3> <p>increase leg strength and foot to foot control</p>
 <h3>Rail Stall</h3> <p>ride hard against the rail and hold position</p>	 <h3>Hip Control</h3> <p>turn board and enjoy the 360° rotation</p>	 <h3>Back Foot</h3> <p>control weight and board with each foot</p>	 <h3>Multi Direction</h3> <p>stabilize shoulders over hands using one ball</p>
 <h3>Board Control Trunk Mobility</h3>	 <h3>Board Control</h3> <p>move board in any direction and stabilize</p>	 <h3>Scap Control</h3> <p>twist board to the left 90 degrees</p>	 <h3>Scap Control</h3> <p>twist board to the right and repeat reps</p>

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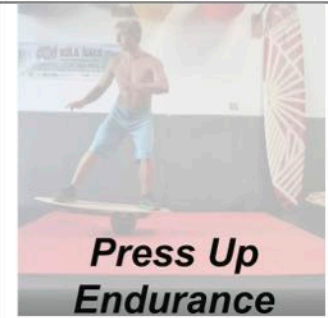
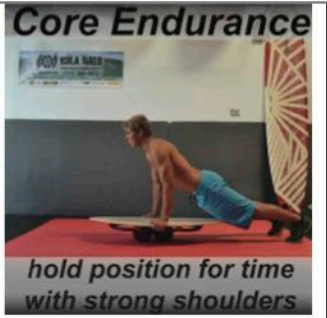

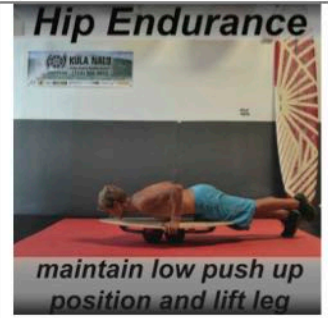
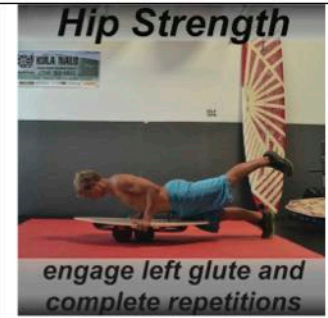
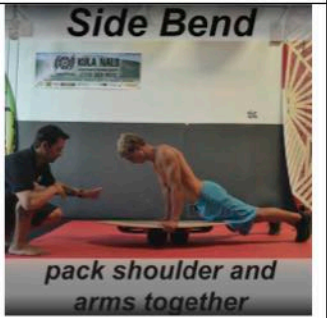
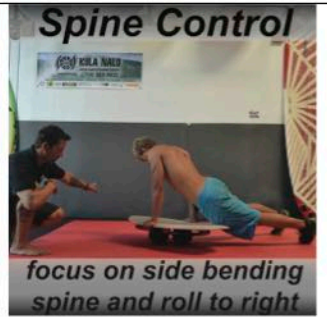


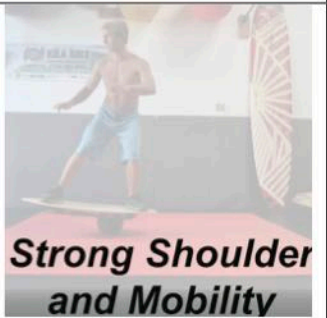


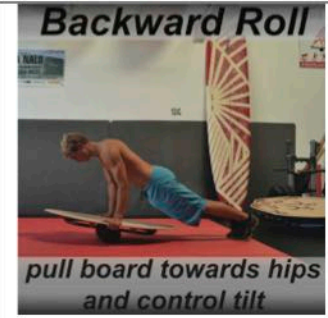
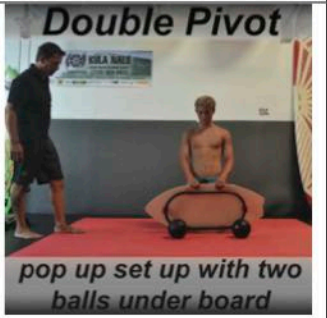
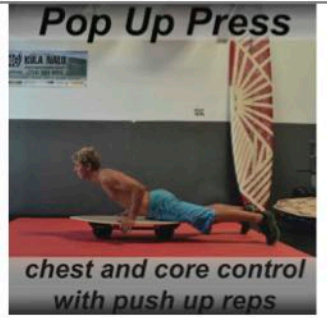
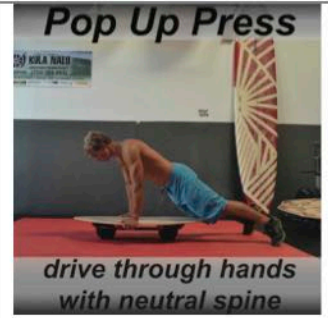
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<p>Shld Mobility</p>  <p>neutral spine and move board in all directions</p>	<p>Scap Rhythm</p>  <p>board movement for shoulder stability</p>	<p>Chest Strength</p>  <p>move board until the ball touches rail</p>	<p>Board Control</p>  <p>weight the hand over the ball and hold</p>
<p>Leg Under</p>  <p>close feet with chest centered over board</p>	<p>Board Control Core Stability</p> 	<p>Core Strength</p>  <p>engage right hip and drive left knee forward</p>	<p>Core Stability</p>  <p>thread leg under body and hold position</p>
<p>Core Control</p>  <p>engage glute, lift leg and hold push up</p>	<p>Chest Control</p>  <p>lower slowly and stay centered over board</p>	<p>Chest Balance</p>  <p>press up with equal arm strength</p>	<p>Pop Up Stability</p> 
<p>Double Pivot</p>  <p>place two balls close and in center of board</p>	<p>Board Control</p>  <p>start with shoulders over hands and balls</p>	<p>Roll In</p>  <p>pull board and hands towards hips</p>	<p>Roll Out</p>  <p>push hands forward and beyond shoulders</p>

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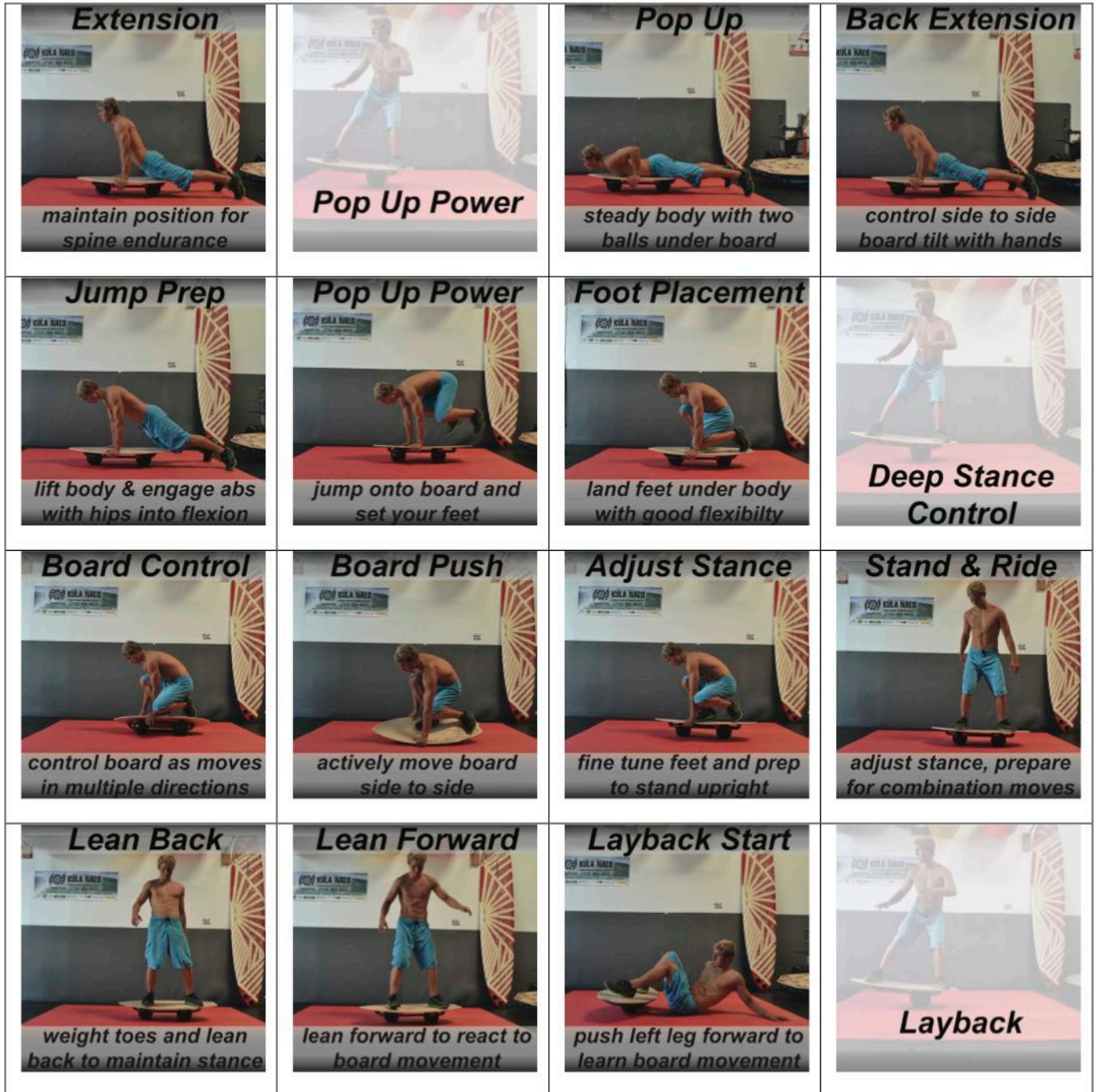
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 <p>Press Up Endurance</p>	 <p>Core Endurance hold position for time with strong shoulders</p>	 <p>Core Strength engage right glute and left hip to hold position</p>	 <p>Hip Endurance maintain low push up position and lift leg</p>
 <p>Hip Strength engage left glute and complete repetitions</p>	 <p>Side Bend pack shoulder and arms together</p>	 <p>Spine Control focus on side bending spine and roll to right</p>	 <p>Spine Mobility roll board left without unpacking shoulders</p>
 <p>Side By Side place two balls next to each other under board</p>	 <p>Strong Shoulder and Mobility</p>	 <p>Board Tilt control forward and backward tilt</p>	 <p>Forward Roll keep board level as you roll it forward</p>
 <p>Backward Roll pull board towards hips and control tilt</p>	 <p>Double Pivot pop up set up with two balls under board</p>	 <p>Pop Up Press chest and core control with push up reps</p>	 <p>Pop Up Press drive through hands with neutral spine</p>

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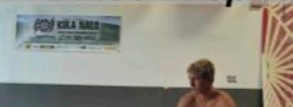

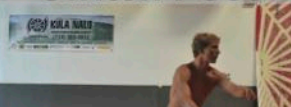
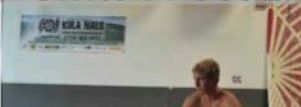
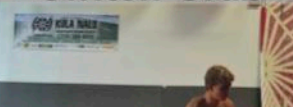


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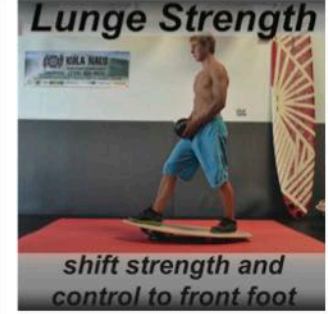

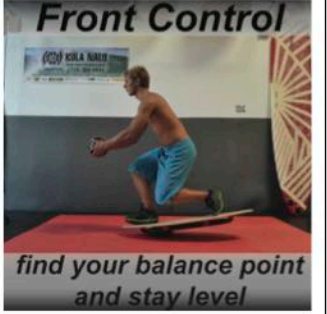
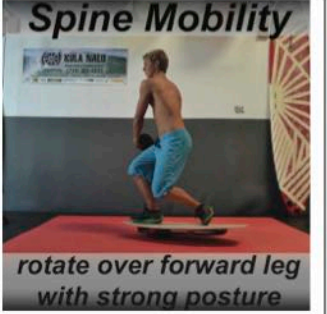
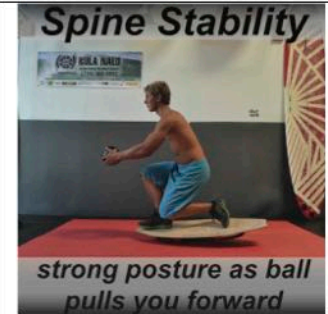
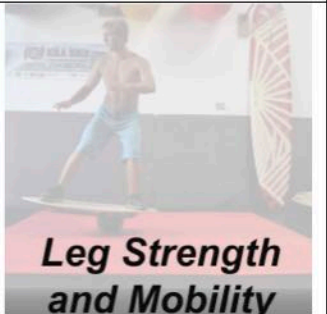

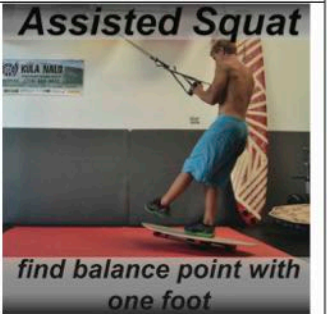
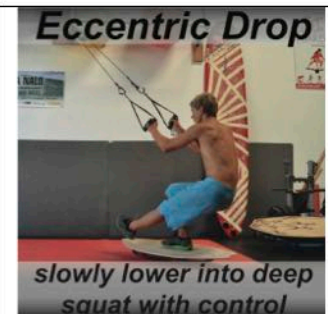
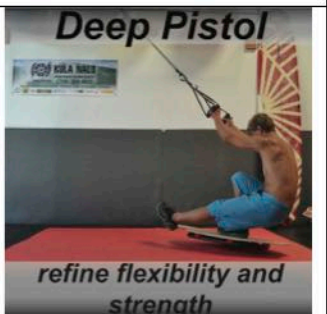
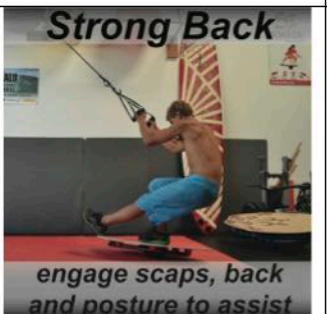
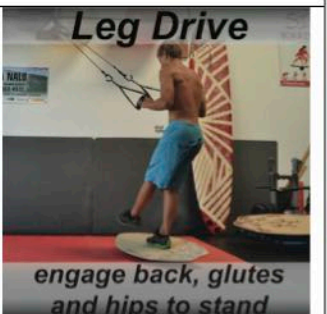

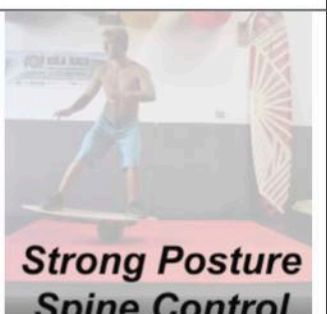
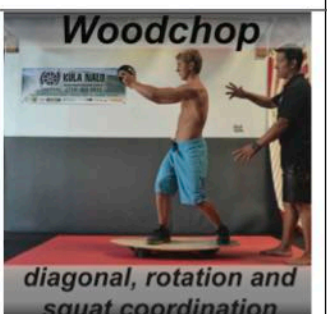
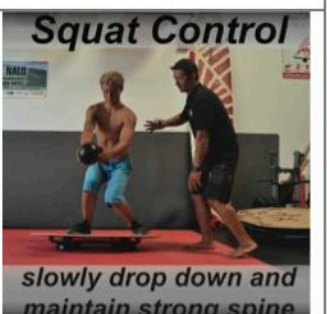
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<p>Layback Start</p>  <p>begin with hips on the ground</p>	<p>Layback Hold</p>  <p>progress with strong shoulder hold</p>	<p>Layback Push</p>  <p>push left foot forward to rotate board</p>	<p>Layback Pull</p>  <p>engage hamstring and pull left leg toward body</p>
<p>Layback Dip</p>  <p>slowly drop hips with strong shoulder press</p>	<p>Layback Lift</p>  <p>engage glutes and abs to lift hips level</p>	<p>Back Side</p>  <p>half ball on back side for back foot control</p>	<p>Back Foot Control</p> 
<p>Rail Touch</p>  <p>touch all rail sides to ground for foot strength</p>	<p>Knee Drop</p>  <p>squat and strengthen back leg for endurance</p>	<p>Board Grab</p>  <p>get deep and hold position</p>	<p>Switch Foot</p>  <p>strengthen right leg or non-dominant side</p>
<p>Switch Foot 2</p>  <p>strengthen back left leg</p>	<p>Switch Grab</p>  <p>board grab in a switch stance position</p>	<p>Front Foot Control</p> 	<p>Front Side</p>  <p>half ball at front for front foot strength</p>

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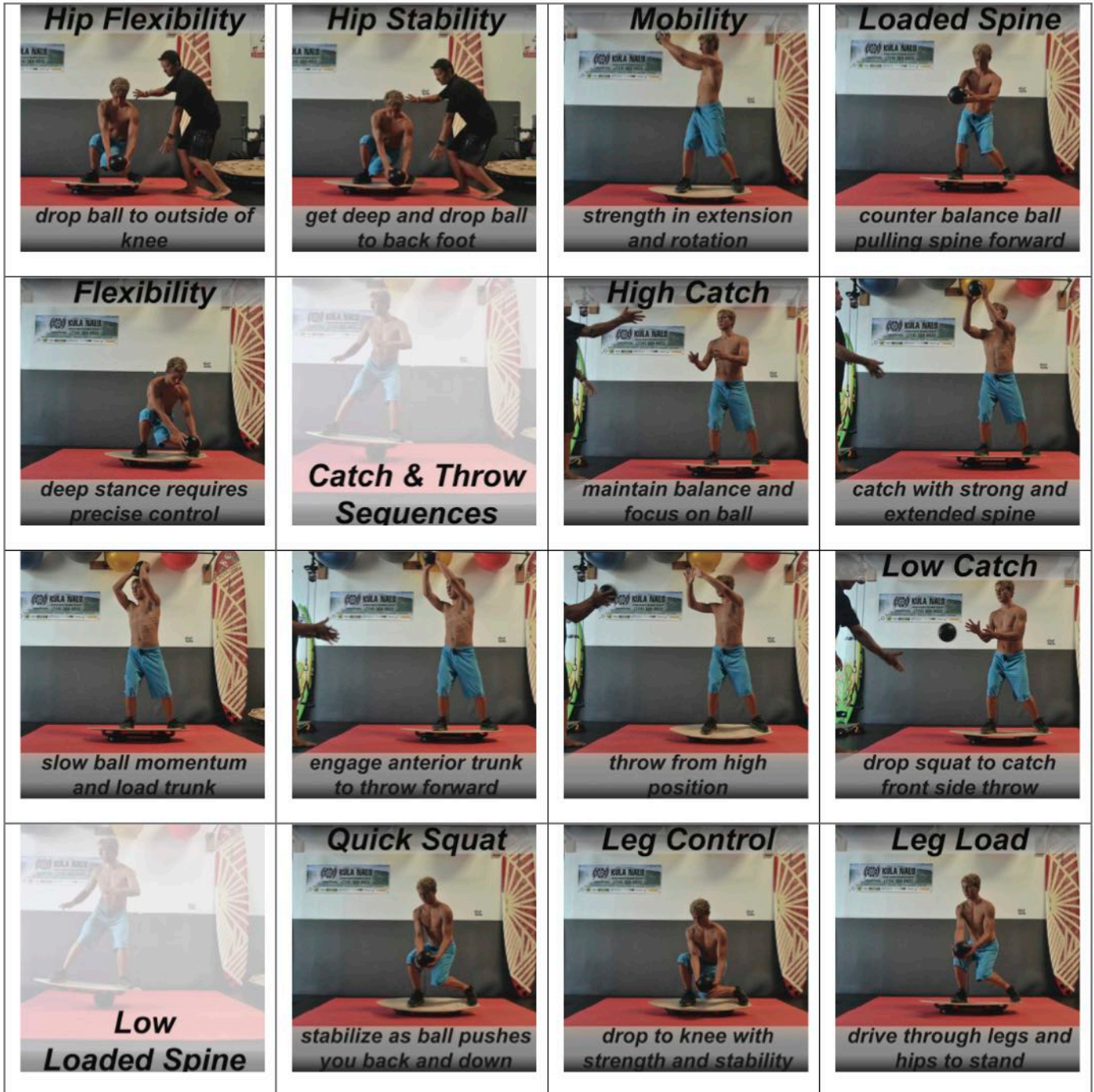
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 <p>Lunge Strength</p> <p>shift strength and control to front foot</p>	 <p>Lunge Control</p> <p>touch front then back edges to the ground</p>	 <p>Front Control</p> <p>find your balance point and stay level</p>	 <p>Spine Mobility</p> <p>rotate over forward leg with strong posture</p>
 <p>Spine Stability</p> <p>strong posture as ball pulls you forward</p>	 <p>Leg Strength and Mobility</p>	 <p>Assisted Squat</p> <p>half ball under center of board</p>	 <p>Assisted Squat</p> <p>find balance point with one foot</p>
 <p>Eccentric Drop</p> <p>slowly lower into deep squat with control</p>	 <p>Deep Pistol</p> <p>refine flexibility and strength</p>	 <p>Strong Back</p> <p>engage scaps, back and posture to assist</p>	 <p>Leg Drive</p> <p>engage back, glutes and hips to stand</p>
 <p>Rockerboard</p> <p>2 Half Balls under board</p>	 <p>Strong Posture Spine Control</p>	 <p>Woodchop</p> <p>diagonal, rotation and squat coordination</p>	 <p>Squat Control</p> <p>slowly drop down and maintain strong spine</p>

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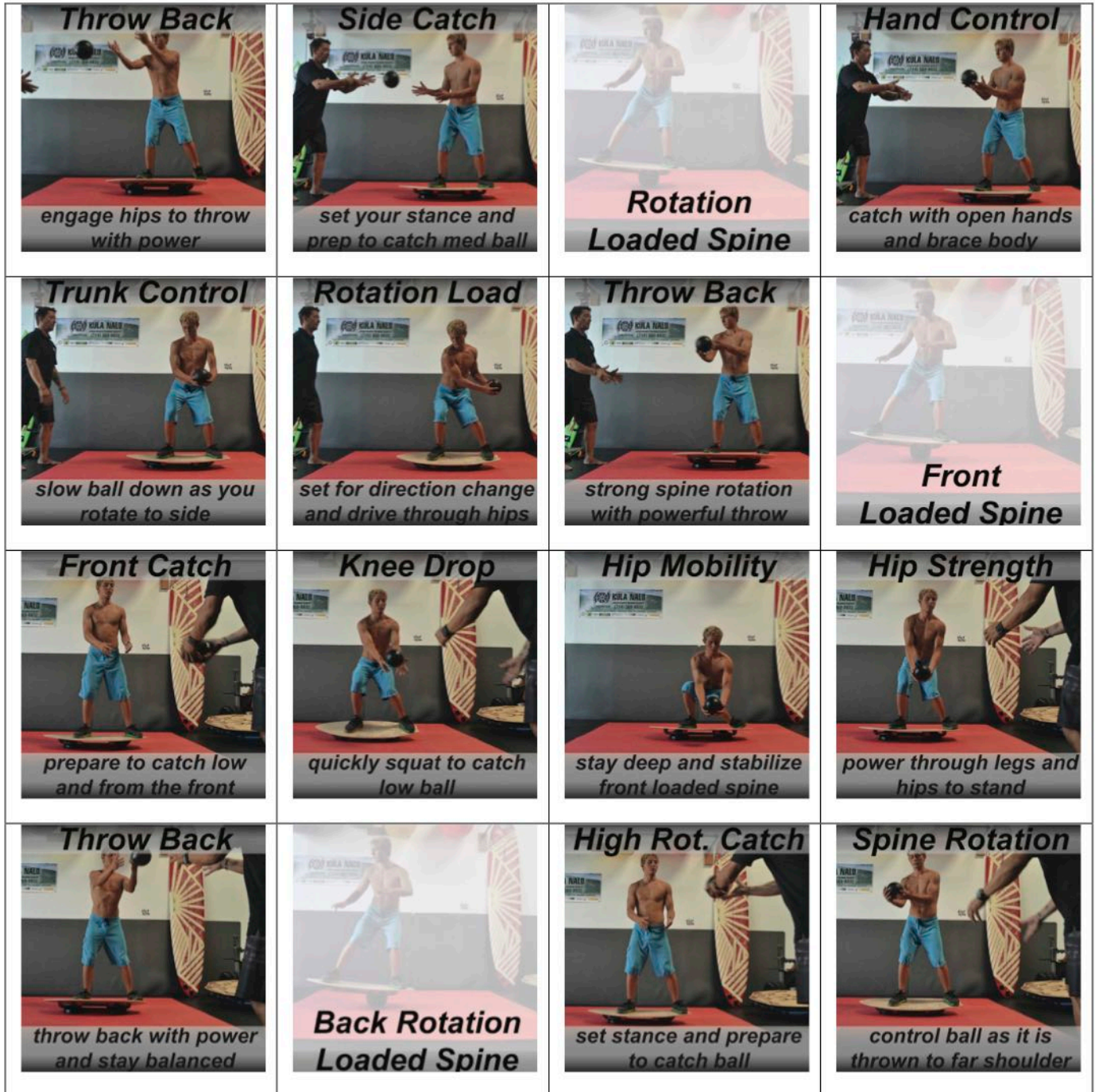
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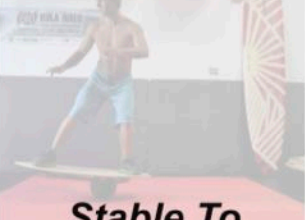







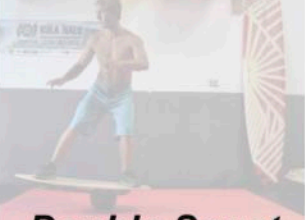




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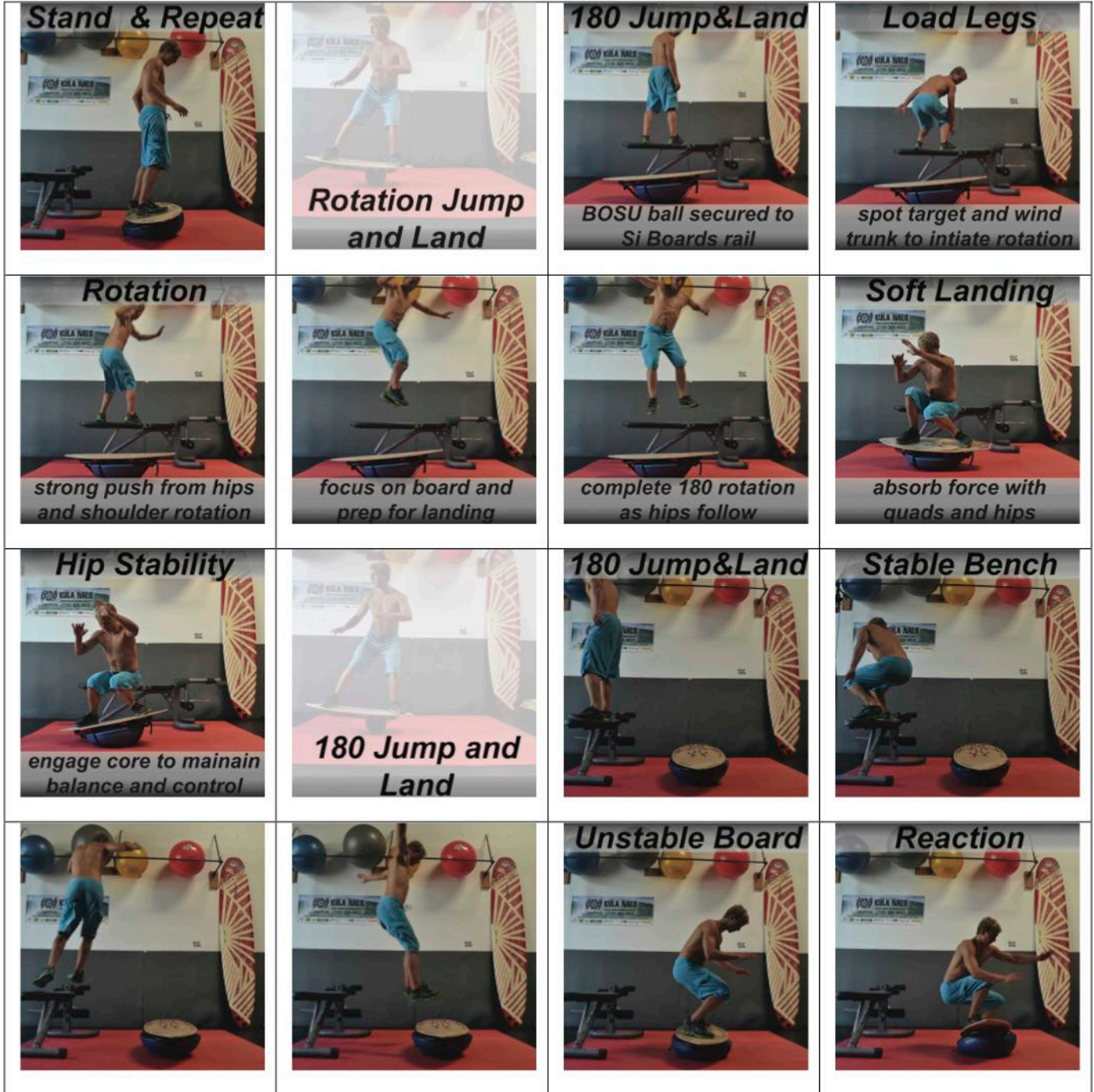
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<p>Trunk Mobility</p>  <p>back rotation to end range and hold</p>	<p>Rotation Load</p>  <p>engage hips and legs to reverse direction</p>	<p>Rotation Throw</p>  <p>drive through legs to throw with power</p>	 <p>Stable To Unstable Load</p>
<p>Jump & Land</p>  <p>secure BOSU ball to Si Boards rail</p>	<p>Jump 2 & Land</p>  <p>prep to jump upward onto a stable surface</p>	<p>Land & Load</p>  <p>land with hip stability and load quads</p>	<p>Quick Re-Jump</p>  <p>engage glutes and hips to jump again</p>
<p>Landing Prep</p>  <p>focus on board and foot position</p>	<p>Soft Landing</p>  <p>eccentric load and stabilize as you land</p>	<p>Jump 2 & Land</p>  <p>side view of jump, jump and land distance</p>	 <p>Double Squat Jump</p>
<p>Stable Bench</p> 			<p>Unstable Board</p> 

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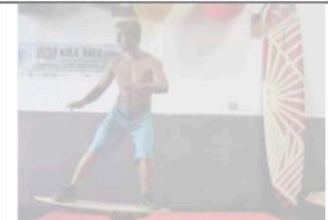


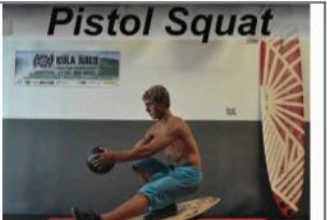
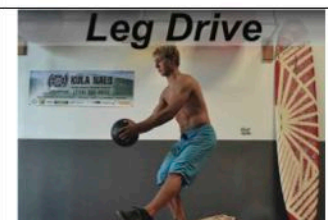
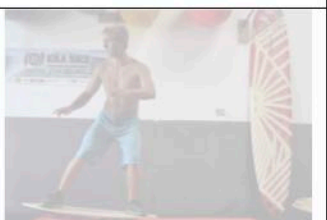
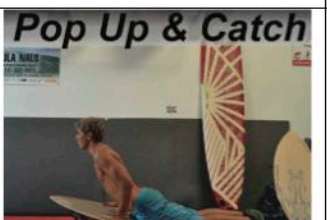
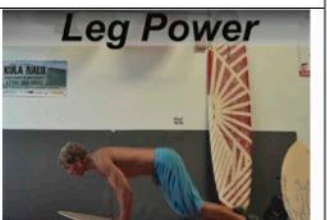
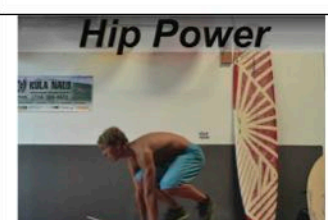
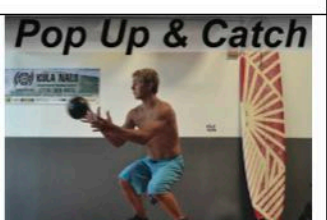
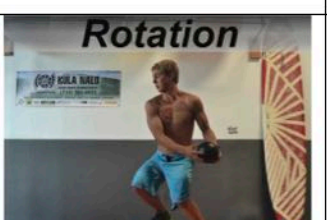
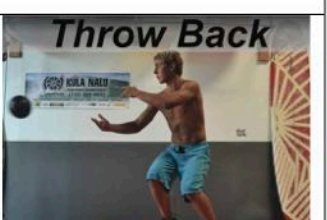
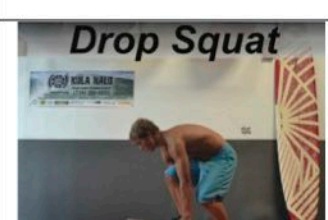

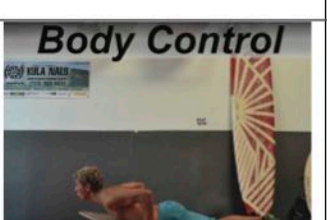
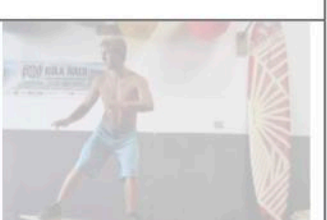
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 <p>Leg Power and Flexibility</p>	<p>Strong Leg</p>  <p><i>maintain balance on one leg</i></p>	<p>Front Loaded</p>  <p><i>lower hips with control and strong posture</i></p>	<p>Pistol Squat</p>  <p><i>flexibility and strength of entire lower body</i></p>
<p>Leg Drive</p>  <p><i>drive through foot and return to standing</i></p>	 <p>Pop Up Power and Reaction</p>	<p>Pop Up & Catch</p>  <p><i>prep for horizontal to vertical dynamic jump</i></p>	<p>Leg Power</p>  <p><i>jump off hips and feet with strong chest</i></p>
<p>Hip Power</p>  <p><i>tuck knees up and prep to land feet</i></p>	<p>Pop Up & Catch</p>  <p><i>catch ball quickly after landing feet</i></p>	<p>Rotation</p>  <p><i>slow ball momentum with strong trunk</i></p>	<p>Throw Back</p>  <p><i>engage trunk rotation and throw powerfully</i></p>
<p>Drop Squat</p>  <p><i>quickly return hands to board and prep to jump</i></p>	<p>Glute Power</p>  <p><i>jump off board and return to start position</i></p>	<p>Body Control</p>  <p><i>stabilize board and prep to pop up again</i></p>	 <p>Mobility and Flexibility</p>

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