

Push Series Program: Foundational (Push 1)

Mobility

Purpose: prepare upper and lower body to work in unison for good hip and knee mechanics when doing quad and chest dominant moves

Key Points: focus on shoulder control



Side to side board motion with hands



Child pose to cobra, add board twist



Rockstar hip lifts with overhead reach

Strength

Purpose: walking motions with hands pressing into board to simulate pushing carts, doors or heavy objects on ground

Key Points: walk slowly to maintain spine stability

3 sets x 10 reps



Push-up position, walk feet toward board, stand, press board overhead



Dip position, walk feet out, keep hips off ground



Torso lift with feet on board, hold weight and press hand into air

Endurance

Purpose: use feet and abs to simulate real life pushing motions while walking or in movement transition

Key Points: spread feet wide for stability

4 reps x 15 second holds



Push-up position, bend elbows, bend front knee, hold opposite leg in air



Pike position, feet close to board, bend elbows, hold position with hands

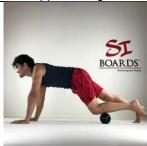


Press board into ground to tilt, stabilize board tilt with top hand

Recovery

Purpose: to aid in recovery by alleviating localized points of tension associated with the full body motions

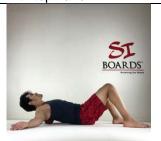
Key Points: add arm or foot motion to create a deeper release



Shin rolling



Calf rolling



Spine and Shoulder blade release with arm movements



Push Series Program: Advanced (Push 2)

Mobility Warm Up

Purpose: greater abdominal control while stretching for heavier movements or unknown forces coming at you

Key Points: focus on strength in long ab stretches



Squat with board push and pull on ball, stand while lifting board



Drop one hip toward ground, twist opposite arm toward hip



Rockstar hip lifts with hand on ground, lift opposite hand in air

Strength

Purpose: dynamic motion and sit to stand transitions for sport or strength moves requiring power and quickness

Key Points: break moves into phases with control

3 sets x 10 reps



Push-up position, jump feet to side of board, stand, board overhead



Dip position, walk feet out and in, lean forward, press into heels, stand



Knee tuck to chest, roll board in an out, pad under knees if needed

Endurance

Purpose: strengthen shoulder and arms needed to push objects for long distance

Key Points: maintain ab contraction for balance on the board

4 reps x 15 second holds



1 arm chest press, lift same arm and leg in air



Pike, foot close to board, lift one leg off ground, dip head toward board



Thighs on board, press elbow / hand on ground, raise arm and both feet

Recovery

Purpose: to aid in recovery by alleviating localized points of tension associated with the full body motions

Key Points: add arm and foot motion to create a deeper release



Shin rolling



Calf rolling



Spine and Shoulder blade release with arm