







Push Series Program: Foundational (Push 1)

<p>Mobility</p> <p>Purpose: prepare upper and lower body to work in unison for good hip and knee mechanics when doing quad and chest dominant moves</p> <p>Key Points: focus on shoulder control</p>	 <p>Side to side board motion with hands</p>	 <p>Child pose to cobra, add board twist</p>	 <p>Rockstar hip lifts with overhead reach</p>
<p>Strength</p> <p>Purpose: walking motions with hands pressing into board to simulate pushing carts, doors or heavy objects on ground</p> <p>Key Points: walk slowly to maintain spine stability</p> <p>3 sets x 10 reps</p>	 <p>Push-up position, walk feet toward board, stand, press board overhead</p>	 <p>Dip position, walk feet out, keep hips off ground</p>	 <p>Torso lift with feet on board, hold weight and press hand into air</p>
<p>Endurance</p> <p>Purpose: use feet and abs to simulate real life pushing motions while walking or in movement transition</p> <p>Key Points: spread feet wide for stability</p> <p>4 reps x 15 second holds</p>	 <p>Push-up position, bend elbows, bend front knee, hold opposite leg in air</p>	 <p>Pike position, feet close to board, bend elbows, hold position with hands</p>	 <p>Press board into ground to tilt, stabilize board tilt with top hand</p>
<p>Recovery</p> <p>Purpose: to aid in recovery by alleviating localized points of tension associated with the full body motions</p> <p>Key Points: add arm or foot motion to create a deeper release</p>	 <p>Shin rolling</p>	 <p>Calf rolling</p>	 <p>Spine and Shoulder blade release with arm movements</p>

Push Series Program: Advanced (Push 2)

<p>Mobility Warm Up</p> <p>Purpose: greater abdominal control while stretching for heavier movements or unknown forces coming at you</p> <p>Key Points: focus on strength in long ab stretches</p>	 <p>Squat with board push and pull on ball, stand while lifting board</p>	 <p>Drop one hip toward ground, twist opposite arm toward hip</p>	 <p>Rockstar hip lifts with hand on ground, lift opposite hand in air</p>
<p>Strength</p> <p>Purpose: dynamic motion and sit to stand transitions for sport or strength moves requiring power and quickness</p> <p>Key Points: break moves into phases with control</p> <p>3 sets x 10 reps</p>	 <p>Push-up position, jump feet to side of board, stand, board overhead</p>	 <p>Dip position, walk feet out and in, lean forward, press into heels, stand</p>	 <p>Knee tuck to chest, roll board in an out, pad under knees if needed</p>
<p>Endurance</p> <p>Purpose: strengthen shoulder and arms needed to push objects for long distance</p> <p>Key Points: maintain ab contraction for balance on the board</p> <p>4 reps x 15 second holds</p>	 <p>1 arm chest press, lift same arm and leg in air</p>	 <p>Pike, foot close to board, lift one leg off ground, dip head toward board</p>	 <p>Thighs on board, press elbow / hand on ground, raise arm and both feet</p>
<p>Recovery</p> <p>Purpose: to aid in recovery by alleviating localized points of tension associated with the full body motions</p> <p>Key Points: add arm and foot motion to create a deeper release</p>	 <p>Shin rolling</p>	 <p>Calf rolling</p>	 <p>Spine and Shoulder blade release with arm</p>