

CoolBoardTM.co.uk

the ultimate balance board

6 STEP BEACH-BOD PLAN

1. THE COOLBOARD CRUNCH



Blast that wobbly belly in to submission with our killer crunch!

Start position: Place the CoolBoard on the floor with the ball positioned underneath to one side. Sit on the bottom of the board and lean back on to it with knees bent at 90degrees and feet on the floor.

Exercise: Contract your abdominal muscles into a classic sit up or 'crunch' until your abs tremble. If you are not feeling the tremble, move further back over the ball! Return to the start position and repeat. Do 3 sets of 20 reps

Progression: Gradually move feet together.

2. THE PIPELINE



Named after the famous Hawaiian surf break, this variation of the plank will swiftly tone your tummy and is great for core stability.

Start position: Start in the press up position, with hands on the board

Exercise: Slowly slide the board to one side and hold, repeat for the other side. Hold each position for five seconds (or longer if you can!). Push-ups can be done from this position for an extended work out

Progression: Gradually move feet together, and then raise one foot. Or try a push-up!

3. SURFER'S SQUAT



Uses a staggering 70% of the body's muscles with a particularly vigorous assault on cellulite ridden thighs!

Start position: Ensure one side of the CoolBoard is placed on the floor. Place the ball underneath against the outer edge of the ring.

Exercise: Stand on the CoolBoard in its 'seesaw' position and slowly squat as low as you can. Keep your weight evenly balanced, shoulders level, back straight and ensure the knees remain behind the toes. Return to the start position then tilt the board to the opposite direction to work the other side. Try for three sets of twenty squats. Pulse and hold if you dare!

Progression: Gradually hyper extend by bending knee over 90°.

4. DIAZ DIPS

Banish those bingo wings with an exercise designed to sculpt your arms and shoulders. Backless sundress here you come!



Start position: Place the CoolBoard on the floor with the ball positioned centrally underneath. Sit on the board and grip the outer ends with your hands.



Exercise: Transfer your weight on to your arms and slowly lift your bum off and forward from the board. Slowly lower in a classic 'dip' action until your bum is nearly touching the floor without letting your back touch the board. Push up using the backs of your arms, making sure your legs don't take over. Aim for three sets of fifteen dips.

Progression: Gradually move feet together, straighten leg and then raise one foot.

5. WAIKIKI LIFT

Simply the best way to achieve toned thighs and a toned bottom!



Start position: Place the CoolBoard on the floor with the ball underneath. Place your feet on the grips with your bottom on the floor, approximately six inches away from the board. Push with your feet so that the board balances on the ball.



Exercise: Raise your bottom from the floor as high as possible, hold and then slowly lower. Aim for three sets of twenty-five. To intensify the exercise, cross your arms over your chest.

Progression: Cross arms over chest. Gradually move feet together, and then raise one foot.

6. THE BONDI BALANCE

Get your legs looking long and lean whilst giving your bum and hips a surfer's seeing to!



Start position: Stand and balance on your CoolBoard. Make sure you stand near something which you can use as a support – just to give you a start!

Exercise: Keep balancing! Yep, that's all there is to it. The longer you balance unaided, the better your agility, core stability and strength and posture.

Progression: Introduce controlled movements or **squats** and gradually increase time for an advanced work out. Ten minutes = toned triumph!

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