

QUICK 6 STEP GENERAL BODY WORKOUT

1. THE COOLBOARD CRUNCH

Achieve rock hard abs and work your core 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 three sets of twenty reps.

Progression: Gradually move feet together.

2. THE PUNISHING PUSH-UP

This variation of the push-up will swiftly work on your abs, upper body and core.



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



Exercise: Lower yourself until your chest nearly touches the board then extend back to the start position. To intensify, move your feet closer together. You can also swiftly tone your abs and core with a **SLIDING PLANK**. Start in the same position and hold for 10 seconds. Slowly slide your body to one side and hold, repeat for the other side.

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

3. INCLINED SQUAT



Uses a staggering 70% of the body's muscles with a particularly vigorous assault on your glutes!

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, weights optional.

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

4. PRO DIPS



A traditional exercise technique with a twist, designed to sculpt your arms and shoulders.

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 buttocks almost touch 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 athletic legs and buns of steel!



Start position: Place the CoolBoard on the floor with the ball underneath. Place your feet on the grips with your buttocks 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 buttocks 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 and core looking strong and lean whilst perfecting your balance skills for any board sport.



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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