

THE CORE BOARD

Whenever you perform an exercise on an unstable surface, you will get increased muscle work-- the reason is that your muscles will have to move your body and also stabilize your body.

The core board tilts front and back, tips side-to-side, and rotates. The center of the board is more stable than the outer part of the board.

When you stand on the board, your foot and arch muscles, knee muscles, hip muscles, lower back, and ab muscles all work harder to keep your body stable. A benefit of more muscle work is more calories burned.

When you place your hands on the core board, your shoulder muscles, spine muscles, lower back muscles, ab muscles, and hip muscles work harder than if you were just on the floor.

Core Board Plank Twists: Focus on Shoulders and Abs

Starting Position: Simply hold on to the sides of the core board with your hands and balance on your toes.

Form: While keeping your body straight and in alignment, twist the core board as far as you can to the left. Hold for a brief second and then twist as far as you can go to the right. Keep alternating sides.



Core Board Push Ups: Focus on Upper Body and Abs

The core board push up can increase your shoulder stability. It's performed in the same way as regular push ups, but you can add a couple of variations to spice it up.

Starting Position: Place your hands on the sides of the Reebok Core Board and balance on your toes.

Form: Lower your chest towards the board. Hold for a brief second & then push back up to the starting position.



Reebok Core Board Twisting Knee Raises: Focus on Abs and Obliques

This is one of my favorite core board exercises for the abs.

It is an advanced variation of the core board plank twist. When I show this to my clients, they really feel a ton of muscle work especially in the obliques.

Starting Position: Begin in the same position as the core board plank with a twist.

Form: Twist the Reebok core board to the left and bring your right knee towards your left elbow. Hold for a brief second and repeat on the other side.



Core Board 1-Legged Hip Hinge (Dead lift): Focus Balance, Hips, Lower Back, and Back of the Thigh (Glutes, Hamstrings, & low back muscles)

Remember, that your core is more than just your abs and lower back. Your core is also your hip girdle and shoulder girdle. So hip stability and coordination is important for core training and functional training.

If you think about walking, running, and jumping these activities all require good hip/ core stability.

Starting Position: Begin by standing on 1 foot towards the center to the Reebok core board.

Form: Keep your back straight and your standing knee very slightly bent. Lean forwards as far as you can go without changing the position of your back. Hold for a brief second and then return to the starting position.



Perform 10-15 repetitions of each exercise

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