

### 1 Plank & Sliding Plank

Incredible Core buster & Midriff toner



**Start:** On your knees holding CoolBoard in the **middle of the edges**, feet wide. Flatten your body into position - chest above CoolBoard.

**Plank:** Keeping CoolBoard **very flat** hold start position for a count.

**Sliding Plank:** Slide the board to one side **keeping it level** and hold; repeat in other direction.

**Progression:** Move feet closer together. Eventually try to raise one foot.

### 2 CoolBoard Crunch

Ab trembling nirvana



**Start:** Place CoolBoard on the ball with ball to one end. Sit on the bottom of the board with **feet wide**. Lean backwards and push back with your legs until close to tipping.

**Crunch:** Contract your abs into a classic sit up or 'crunch'. **Your abs should tremble instantly.** If not, roll further back over the ball until you do. Repeat the crunch.

**Progression:** Gradually move feet together.

### 3 Inclined Squat

Learn to protect your back from uneven surfaces  
Weights optional



**Start:** Place CoolBoard on the ball with ball at one end of the ring.

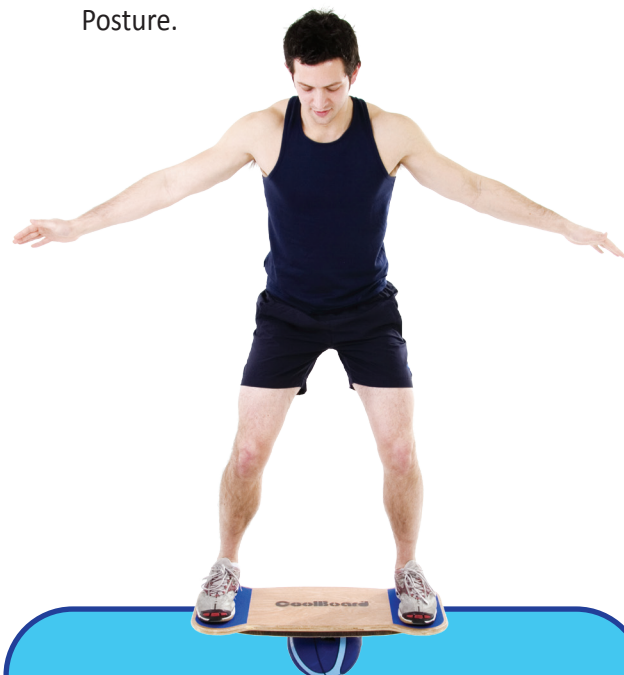
**Squat:** Stand on the CoolBoard lower foot first. Squat down keeping your **weight evenly balanced, shoulders level, back straight** and ensure your **knees remain behind the toes**. Return to start position and repeat. After one set move the ball to the other end of the CoolBoard.

**Progression:** Gradually increase extension by bending knee over 90deg. Try pulses and holds. Add weights.

See exercise videos on website

### 7 Bondi Balance

Agility, Core Strength & Stability, Legs, Back and Posture.



**Beginners:** Preferably start on the Disc. Be careful on the Ball and follow the full instructions.

**Start:** Stand and balance on your CoolBoard. If on the ball use a support until you are competent.

**Bondi Balance:** Keep balancing. Learn to control CoolBoard rather than it controlling you!

**Progression:** Introduce controlled movements and/or squats. Increase time. **Dance to music!**

### Fantastically effective & quick workout

- Keep CoolBoard as **level** and **still** \* as possible to gain full benefit of the movement. \*Unless told otherwise.
- These exercises can be done as **slow** or **fast repetitions**, or as a **hold**. If doing repetition(s) - start low, say **2 sets of 10 reps** and build up across sessions. If doing holds - start low, say **2 holds of 10 seconds** and build up.
- Using the **Disc** instead of a **Ball** will make the exercise easier but less effective. Use the Disc fully inflated, except (7) for novices.
- Perform exercises in a **clear** and **safe** area with plenty of space around you. A mat will make the floor more comfortable.
- Take exercises **slowly** & build up once comfortable & after repeated sessions. **Stop** any exercise that does not feel right.

### 6 Pro Dips

Shoulders, Tris & Core



**Start:** Hold CoolBoard in the **middle of the edges**, feet wide. Sit on floor in front of CoolBoard.

**Pro Dips:** Take your weight into **arms (not legs)**. Extend your arms lifting your torso. Lower into a classic 'dip' until buttocks almost touch the floor. Repeat.

**Progression:** Move feet together - increase instability. Move feet away - increase arm effort.

### Ultimate Push-up 4

The most effective push-up ever  
Arms, Core, Chest, Shoulders & Back



**Start:** On your knees holding CoolBoard in the **middle of the edges**, feet wide. Flatten your body into position - chest above CoolBoard.

**Push-up:** Keeping CoolBoard **flat** lower yourself then extend back to the start position. Aim to get as low as possible in a controlled movement. Do not do push-ups on your knees - instead try only lowering a little and build from there.

**Progression:** Move feet closer together. Add a slide or a twist.

### Waikiki Lift 5

Buns & Thighs of steel  
& Core



**Start:** CoolBoard on floor, ball inside ring centred between where your toes would be. Lie down with your feet on and grips and your knees bent 90deg. Arms wide. Push with your feet so that the board balances on the ball. You may move closer or further from CoolBoard for your ideal position.

**Waikiki Lift:** Raise your buttocks from the floor as high as possible, hold and then slowly lower.

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

If you are concerned or suffer from any injuries or illness consult a doctor or trained professional before use.

This information is provided as guidance only, use CoolBoard at your own risk.

# CoolBoard

fun balanced fitness

Videos of exercises - [coolboard.co.uk/content/exercises](http://coolboard.co.uk/content/exercises)

More workouts - [coolboard.co.uk/workouts](http://coolboard.co.uk/workouts)

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