

Get Ready to Board - Level 1



The freeFORM Board builds multidirectional strength, endurance, flexibility and control. Because it creates a low friction, unstable surface or base of support, the freeFORM Board activates more muscle fibers for a given exercise and delivers better results faster. All of the exercises below are 'off board' equivalents of 'onboard' exercises

and as such, they are an excellent preparation for freeFORM Training. The exercises and body positions have been specifically selected to flow naturally from one exercise to the next not unlike a freeFORM workout.

A few extra points to keep in mind;

- A simple warm up like a brisk walk some light jogging on the spot or equivalent is advised before commencing this routine.
- When commencing a new exercise routine, it is advisable to get medical advice on the suitability of the routine to your needs particularly if you have any

injuries or medical conditions.

- You do not have to do the full routine with all exercises and all repetitions to get a benefit, you can keep adding exercises and repetitions on a weekly basis.
- Some simple stretching after your workout is also recommended.

Half Squat Phase 1



Standing with the feet hip width apart and arms extending forward for balance.

Half Squat Phase 2



Inhale and bend the knees as far as you can without strain to the knees or lower back. Exhale and straighten the legs and repeat 10 – 12 repetitions.

Lunge Phase 1



Standing with the left leg forward and the right leg back, hands resting on hips.

Lunge Phase 2



Inhale and bend the right knee almost to the floor and bend the left knee 90 degrees. Exhale as you return to the starting position. Perform 6 - 8 repetitions and repeat on the opposite side.

Side Lunge – Start Position



Standing with the hands resting on the hips and the legs wide with the feet turned out.

Side Lunge Phase 1



Inhale and as you exhale bend the right knee to the right and stretch the left groin.

Side Lunge Phase 2



Exhale and return to the starting position before bending the left knee. Repeat alternate sides, performing 6 – 8 repetitions on each side.

Half Press Up Phase 1



Resting on the hands and knees with the arms and spine straight.

Half Press Up Phase 2



Inhale and bend the elbows and lower the chest towards the floor. Exhale and return to the starting position. Repeat 10 – 12 repetitions.

Front Support



Resting on elbows and knees with the spine straight and abdomen off the floor. Hold for 30 – 40 seconds.

Lateral Lift Phase 1



Resting on your left side with your knees bent 90 degrees and your left hip and elbow on the floor.

Lateral Lift Phase 2



Exhale as you raise the left hip from the floor until the knees, hips and torso form a straight line. Inhale and lower down again. Repeat 10 - 12 times.

Static Side Support



Hold the final raise position for 30 seconds. Repeat on the right side.

Dynamic Bridge Phase 1



Lying on your back with your feet hip width apart, heels in close to hips and arms by your side.

Dynamic Bridge Phase 2



Exhale as you raise your hips as high as you can without straining the back. Inhale and lower the hips. Repeat 8 – 10 times holding the last lift for 30 seconds.

Back Stretch



Holding the knees with the hands and pull them tight to the chest releasing the lower back.

Spinal Twist Start Position



Extend the arms out to the sides and raise the legs with both the hips and the knees bent 90 degrees. Keep both shoulders pressing down to the floor.

Spinal Twist Phase 1



Inhale and as you exhale lower the legs towards the floor on the right side keeping the knees and ankles pressing together. Inhale to the starting positions.

Spinal Twist Phase 2



Exhale to the left side. Repeat 8 – 10 times on each side.

Program Structure

- These exercises have been arranged in a circuit training format. This means that you perform 1 set of each exercise before moving to the next with minimal rest. Once you have completed all exercises, rest for 40 seconds to a minute before repeating the entire sequence again.
- Circuit training builds local muscular endurance and cardio, aerobic fitness, there is also a flexibility component to many of the exercises.
- Circuit training is intense and it's best to aim for 3 – 4 circuit training sessions per week.
- Once you can complete 3 – 6 rounds of the entire circuit, you can move on to 'Get Ready to Board' level 2.