

freeFORM BOARD

In its simplest sense, the most unique feature of the **freeFORM Board** is its unlimited freedom of movement. With no end range or directional restrictions, the **freeFORM Board** allows supported body weight exercises previously impossible.

In doing so, **freeFORM** provides a simple and natural extension of the body, helping develop functional core strength, mobility, control, balance, flexibility, agility and endurance more efficiently and effectively than ever before.



The **freeFORM Board** allows you to condition every major muscle-joint complex in the body through a full range of motion, in every direction, and through every angle and plane of motion.

Here are a small selection of some of the many **freeFORM** exercises you can do with your clients or in a class format.

<h3>1. ANTERIOR HIP DRIVER WITH ARM DRIVER</h3> <p>Benefits: Triple extension of ankle, hip and thoracic spine, eccentric loading of the anterior chain.</p> <p>Technique & Movement: Bend the standing leg as you drive the freeFORM leg anteriorly. As you do so, drive the ipsilateral arm back into an extended and externally rotated position. Be sure to maintain the hips and spine in neutral position.</p>	<h3>2. SINGLE LEG DEADLIFT</h3> <p>Benefits: Strong loading of gluteals, hamstrings, and quadriceps of the standing leg and activation of the entire posterior chain.</p> <p>Technique & Movement: Imagine you are holding a barbell or two dumbbells. Bend the standing leg and bend the torso forward from the hips as you drive the freeFORM leg posteriorly. Reach the hands toward the floor being sure to keep the spine extended.</p>	<h3>3. SPEED SKATER</h3> <p>Benefits: Strongly activates the lateral pelvic stabilisers of the standing leg and spiral line through the torso. Increases heart rate.</p> <p>Technique & Movement: Bend the standing leg and keep it bent throughout the movement. Drive the freeFORM leg in a posterior diagonal direction. As you do so, rotate the torso in the opposite direction allowing the arms to swing freely to maintain balance.</p>
<h3>4. SUPPORTED BIRD DOG</h3> <p>Benefits: Activates the spinal stabilisers on the transverse plane. Benefits from the support of the freeFORM Board on the lower limb.</p> <p>Technique & Movement: From a four point prone position place the left big toe in the centre of the freeFORM Board extending the left leg straight and raise the right arm up. Once you are stable, roll the left knee in to touch the right elbow before straightening the arm and leg once again.</p>	<h3>5. PRONE ROLL OUT MEDIUM LEVER</h3> <p>Benefits: Strengthens the front line eccentrically including the rectus abdominus and the hip flexors. Also works the shoulder extensors eccentrically.</p> <p>Technique & Movement: From a kneeling position place both elbows on the freeFORM Board and roll the board away until you are in the front plank position with elbows directly beneath the knees. (Do not allow the lumbar spine to move into extension).</p>	<h3>6. PRESS TUCK LONG LEVER</h3> <p>Benefits: Strengthens the entire anterior line, the pectoral muscles, anterior shoulder and triceps.</p> <p>Technique & Movement: Move into a front plank position with your feet on the freeFORM Board and hands on the floor. Perform a push up with the upper body and during the up phase of the push up, bend the knees as you tuck the feet in towards the hands. Roll the feet out on the subsequent down phase of the push up.</p>
<h3>7. SHORT LEVER SIDE PLANK ON KNEES & ELBOWS</h3> <p>Benefits: Builds stability and muscular endurance in the obliques and lateral line while mobilising the hips.</p> <p>Technique & Movement: Move into a side plank supported on your right elbow and knee. Place your left foot onto the freeFORM Board and work through various ranges of flexion and extension, and internal and external circumduction.</p>	<h3>8. MEDIUM LEVER KNEELING LATERAL ROLL OUT</h3> <p>Benefits: Strengthens the lateral line, including lateral pelvic and core stability and shoulder stability.</p> <p>Technique & Movement: Kneel on your right outer knee with the left stacked on top of the right. Place your right elbow on the freeFORM Board and your left hand on the board as a secondary support. Roll the board out to the right keeping the body aligned laterally with the left shoulder directly over the right. Be sure to stop the movement when the spine reaches a neutral position. The right shoulder abducts from between 90°-180°.</p>	<h3>9. LONG LEVER REAR SUPPORT WITH HAMSTRING CURL</h3> <p>Benefits: Stretches the pectoral muscles and anterior shoulder while strengthening the posterior chain including the hamstrings.</p> <p>Technique & Movement: From a seated position place the hands on the floor behind you, keep the elbows locked. Place the heels on the freeFORM Board with the legs extended. Bend the knees and roll the board in towards the hands before straightening the legs once again.</p>

Kelly is part of the Physical Company and GRAVITY UK training team and comes with over 20 years fitness experience from cruise ships to fitness management. She currently works as a UK Master Trainer in GRAVITY® on Total Gym, BOSU® Balance Trainer, Flowin, Gliding, Trigger Point - The GRID and Kranking. She has also brought her experience as a triathlete to become part of the Livestrong Indoor Cycling team in 2010. With her passion and enthusiasm Kelly continues to present unique training throughout the UK, whilst also running her own Bootlicious Boot Camp Urban workouts which have received widespread media attention.

