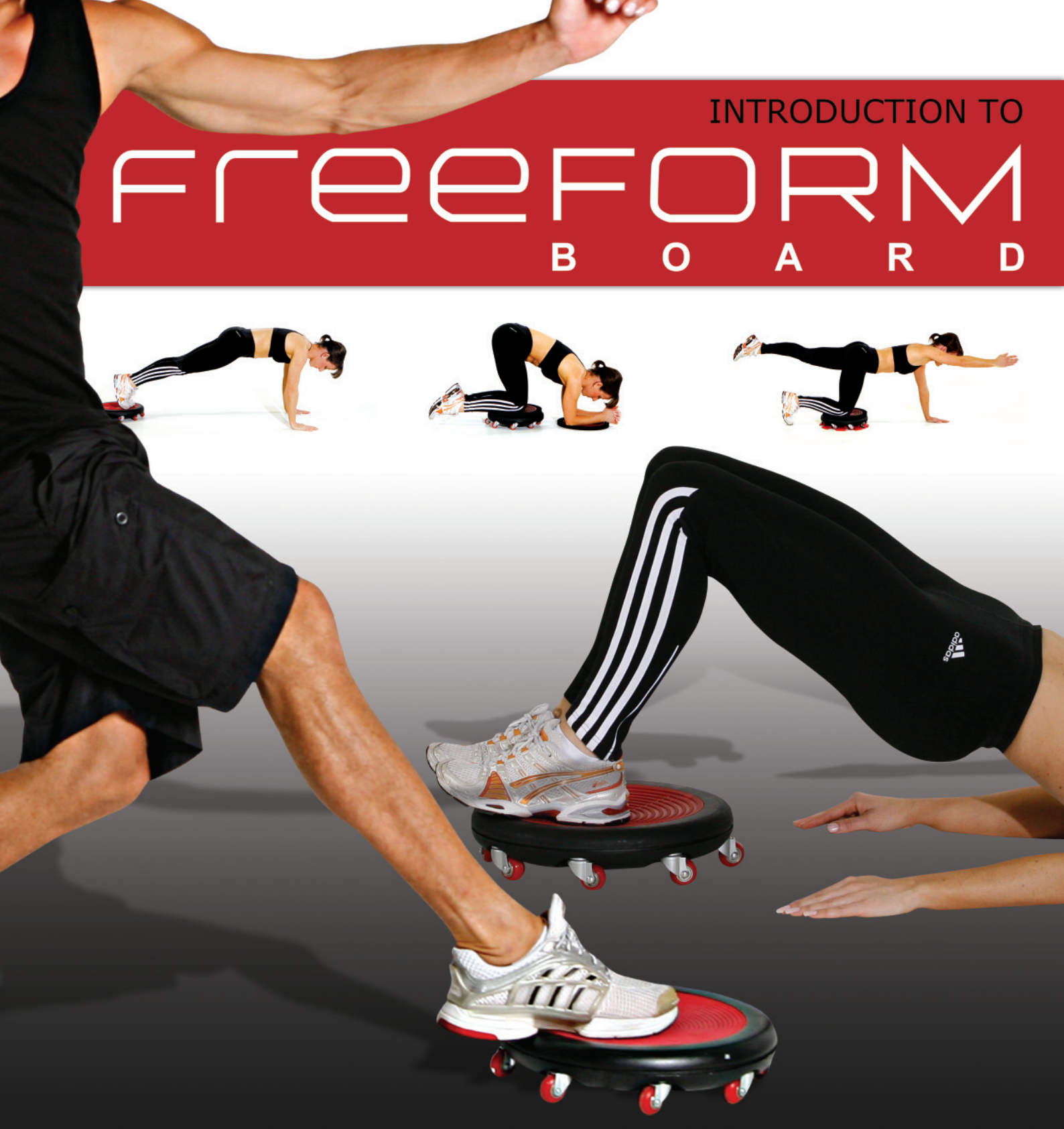


INTRODUCTION TO

# FREEFORM

B O A R D



**AOK**<sup>TM</sup>  
The Power of Balance!

 **AUSTRALIAN  
GRADUATE SCHOOL  
OF HEALTH &  
SPORT SCIENCE**

# WELCOME

On behalf of my colleagues I would like to welcome you to the Australian Graduate School of Health and Sport Science and an exciting phase in health and fitness education and training in Australia.

**Bradley Wilson**

**Principal**

**Australian Graduate School of Health and Sport Science**

As a long standing yoga and martial arts practitioner, whole body synergy has always been my preferred model in relation to human conditioning and performance. Having said this, I've never been afraid to break a skill or a movement down into a series of logical parts in terms of both the performance parameters and body segments provided that the isolation technique was considered in the context of the whole skill, the whole body and the whole person. A chain is only ever as strong as its weakest link and I believe that it is often necessary to act locally provided one is thinking globally.

I've also never been afraid to look outside of my own paradigm for a solution to problem. When I first attempted Pilates, I began as an intermediate to advanced practitioner due the years of investment I'd made in various other forms of conditioning however some intensive efforts in enhancing ankle stability, scapula control and core strength helped my yoga practice progress in leaps and bounds. As a yoga teacher, I was inspired to prescribe more conventional strength exercises to clients on a case by case basis, a practice that would have been derided by some of my more purist yoga teacher peers. I think that one of the biggest traps that anyone can fall into is to invest their energy in following a particular model at all costs rather than focusing on finding a solution that works regardless of the origin or source of the technique.

These simple descriptions are an ever so subtle introduction to freeFORM not as one physical product but as a philosophy and a way of thinking. It is for this very reason that the freeFORM Board lends itself so readily to multiple conditioning paradigms including conventional conditioning, functional training, yoga, martial arts, Pilates and physical therapy. The freeFORM Board was initially conceived in order to support and facilitate one particular skill. It was invented because no existing product on the market could fulfill this function. Once the first homemade freeFORM Board prototype was built, many years of martial arts, yoga, strength training, Pilates and other disciplines began to inspire a never ending series of new exercises. Once the first professional prototype was built, I had the good fortune on drawing on the minds of doctors of exercise science, functional training experts, former world champion athletes, world renowned strength coaches, elite sports physiotherapists, elite sports specific coaches in gymnastics, diving, all football codes to name a few.

What this manual is not is the sum total of all this knowledge and experience. What it is is an ever so gentle, simple, safe and accessible first step in a long and continuous process. Every new product needs its own methodology and due to the endless diversity of freeFORM applications the freeFORM Board needs a clear and simple system more than most.

freeFORM could be considered a new modality and exercise category in and of itself. This can be justified on the basis that the freeFORM Board allows for a continuity of multi-directional movements that have never before been possible. This manual however has been designed to align freeFORM exercises with the most commonly practiced, tried, tested and understood movement patterns already being used in the mainstream fitness industry, squats and lunges, pikes, and rollouts, planks and four point prone positions. Future manuals and courses will build on this material by introducing unique freeFORM applications and also by showing how these discrete movements can be linked together in graceful continuous flows in a manner unmatched by any other training apparatus.

I thank you for this opportunity to share with you the first steps in the process. My promise to you is that the freeFORM Board used wisely and in accordance with the principles laid out in the following pages will become one of the most popular, effective and diverse pieces of equipment in your gym or studio.

Yours in strength, in health and vitality,

**Tony Susnjara**

**Creative Director**

**freeFORM Fitness**

# OBJECTIVES

This workshop explores the relationship between movement, posture and musculoskeletal function. The content includes investigation into the following aspects:

## Functional training considerations

The movements can be very challenging from the perspective of balance (core, control) and the demands on the vestibular system (proprioceptive requirements). Movements can be regressed to suit all levels of fitness to the degree that it can be utilised in rehabilitation.

## Body composition

Depending on the level and complexity of movements, clients with an objective of fat loss and caloric consumption can perform movements in a more aerobic sequence. Long levers and speed of repetitions will greatly impact on energy spent.

There are 3 approaches to fat loss as indicated below. The freeFORM Board can be used in any of these ways, by adjusting the size of the lever, by monitoring the number of sets and repetitions, by increasing or decreasing the speed at which movements are performed, and by adding weights, bands or using your own body weight to resist a movement.

1. Low intensity cardio – burns a higher proportion of fat relative to glycogen
2. High intensity cardio – burns more calories in total and potentially more total fat consumption even though glycogen is consumed at a proportionately higher rate than fat
3. Strength training – raises base metabolic rate leading to more calories consumed at rest

## Postural balance

Every move has to be performed balancing strength and mobility for both agonists (prime mover) and antagonists (counteracts another muscle, the agonistic) muscle groups.

Areas that need to be monitored constantly are engagement of core muscles, neutral spine, shoulders maintained away from ears, neck kept in correct alignment and so on.

## Mobility

- **Loaded and unloaded Range of Movement (ROM)**

Unloaded relates to movements used during an active warm up, or during rehabilitation exercises or during movements that facilitate improved Range of Movement.

Loaded refers to movements that are prescribed to increase strength through full Range of Movement.

- **Dynamic stretching during warm up and recovery**

The value of dynamic stretching is well documented. It refers to a series of controlled movements that are similar in nature to the exercises that will be performed during the session.

It is effective way of getting the body ready for an activity as it assists in blood circulation, raises muscle temperature, elongates muscle groups, lubricates the joints and gets the nervous system ready. All of the factors involved during dynamic stretching decrease the risks of injury and reduces muscle soreness after the session.

- **Static stretching at the end of the session**

Holding a stretch for around 15 seconds or more helps to increase the range of motion of the joints.

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# Product Functionality

## Participants will be shown:

- How to safely lock, unlock, dock and undocked the freeFORM Board.
- Encourage instructor control of the class at all times.
- Pre-empt potential errors.
- Scale exercises appropriately & show level 1 version first with progressions one participants have demonstrated the capacity to progress.
- Elastic ankle straps on standing exercises if required.

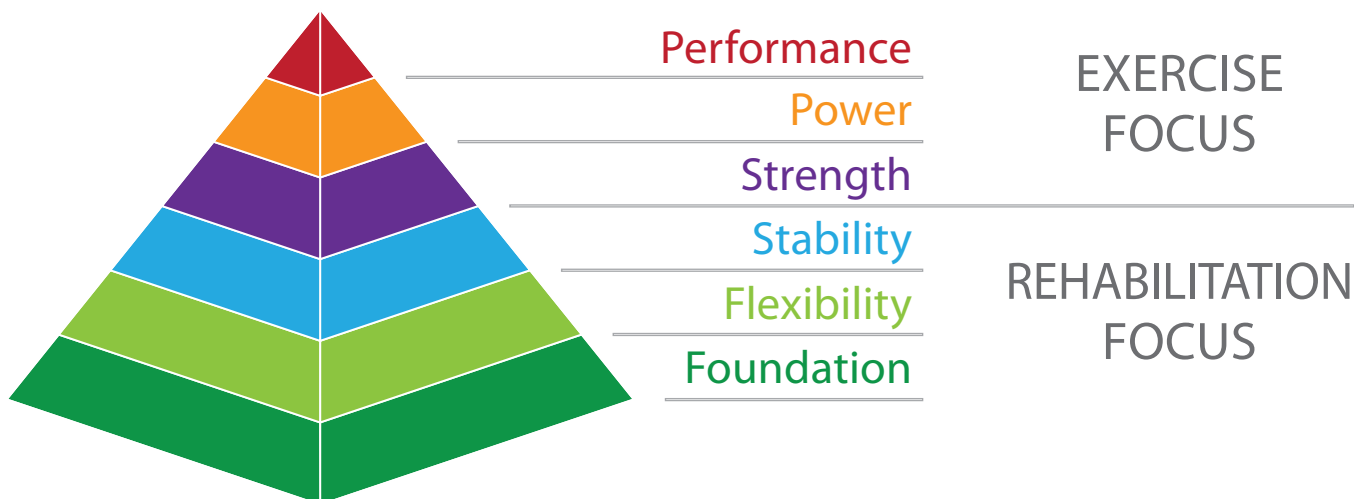
# Product Safety

## Safety guidelines

1. The freeFORM Board must only be used in accordance with the instructions contained in the Owner's Manual. The information is also available on [www.freeFORMBoard.com.au](http://www.freeFORMBoard.com.au)
2. It is strongly recommended to seek medical advice before using the freeFORM Board.
3. The safe maximum loading of the freeFORM is 130 Kilograms (286 lbs). Users weighing more than 130 kg can still use the Board when it only bears part of the whole body weight.
4. Do not stand on the freeFORM Board with full body weight unless it is securely engaged in the dock.
5. A clear area of at least 3 meters in diameter is recommended for safe and effective use of the freeFORM Board. The most effective surface is a smooth firm surface like gym floors. Carpet is acceptable depending on the density of the pile.
6. Only perform exercises at your appropriate fitness level, experience and medical condition.
7. Begin with the most basic exercise regardless of your fitness level to ascertain how your body will respond to the freeFORM Board training.

## Pyramid of Performance

The pyramid of performance represents a simple exercise movement model, which establishes the importance of exercise and movement progression to achieve maximum physical performance whilst minimising musculoskeletal pain and injury. It is an excellent educational tool for professionals and clientele alike.



The pyramid of performance is divided into 2 distinct sections: the upper 3 levels, which are traditionally attributed to exercise intervention and the lower 3 levels which are traditionally attributed to rehabilitation. Too often exercise is prescribed to individuals without considering the lower 3 levels of the pyramid. In doing so the accuracy and therefore effectiveness of the exercise prescription is hampered. Incomplete assessment of these lower 3 levels can also lead to overload and eventual injury.

Each section of the pyramid of performance has been formulated and designated due to their relative relevance and importance in the overall system of exercise programming.

"There is no such thing as an ideal set of exercises for all individuals. An individual's training objectives must be identified, (be they rehabilitation, specifically to reduce the risk of injury, optimise general health and fitness, or maximise athletic performance), and the most appropriate exercises chosen. While science cannot evaluate the optimal exercises for each situation, the combination of science and clinical experiential "wisdom" must be utilised..."

Unknown

Despite misconceptions to the contrary, there is no such thing as a "perfect" program, for at least two reasons: first, everyone is different and will respond differently to the same program. Second, even if you could design the perfect program, the body will adjust to it after a period of time meaning that you would experience diminishing results until eventually you would hit a complete plateau.

Principles of Effective Training by Charles I. Staley, B.S (Posted 8/5/96)

# Anatomical Movements

## Flexion

The act of bending a joint or limb in the body by the action of flexors. This relates to movements using the freeFORM Board such as moving forward on to the sagittal plane.

## Extension

The amount or degree to which something is or can be extended. This relates to movements using the freeFORM Board such as moving back on the sagittal plane.

## Internal rotation

The turning of a limb about its axis of rotation toward the midline of the body. This relates to movements using the freeFORM Board such as standing with one leg on top of the Board and drawing circular motions towards the centre of the body.

## External rotation

Turning outwardly or away from the midline of the body. This relates to movements using the freeFORM Board such as standing with one leg on top of the Board and drawing circular motions away from the centre of the body.

## Abduction

Lateral movement of a limb away from the midline of the body. This relates to movements using the FreeFORM Board such as standing with one leg on top of the Board and moving it frontal plane, away from the body.

## Adduction

Lateral movement of a limb toward the median axis of the body. This relates to movements using the FreeFORM Board such as standing with one leg on top of the Board and moving it frontal plane, towards the body.

## Circumduction

Circular movement of a limb such as the distal end of a limb delineates an arc. This relates to movements using the FreeFORM Board such as standing with one leg on top of the Board and drawing a semi circular motions in the sagittal plane.

# Kinetic Chains

In rehabilitation settings such as sports and physical therapy clinics, the body is often viewed as functioning in interconnected segments such as arms, shoulders and spine. The theory behind this is that movement of one part affects the others via a chain reaction. The term "kinetic chain" is used to describe how movement happens in our bodies. This can be in either in open kinetic chain or closed kinetic chain. The difference lies in whether the moving part (either an arm or leg) is loose in space or fixed against a hard, unrelenting surface.

If it is fixed, this is closed kinetic chain movement. It provides resistance back into the trunk. The body parts that the resistance moves through make up the components of the chain. Closed kinetic chain movements provide simultaneous movements of the interconnected segments, and can affect the back. In rehabilitation, there are back exercises that work your muscles in closed kinetic chain movement. This type of exercise will strengthen muscles of the trunk or core and will help to stabilize our posture.

# Planes of motion

The universal movement matrix describing the following variables

## Body position

This applies to the three planes of motion

1. Sagittal – Divides the body from left to right.  
Sagittal plane motion would include bending forward and leaning back.
2. Frontal - Also known as the coronal plane, divides the body from front to back. Frontal plane motion would include leaning from left to right (spinal side-bending), side tapping when standing on the Board, squats to the sides.
3. Transverse - Divides the body from top to bottom.  
Transverse plane motion would include rotating the head or torso, or standing on the Board and tapping or stepping down diagonally back.

## LOL (length of lever)

When the body performs a movement, it works by using a system of levers which work together to produce coordinated action. This can be dynamic if muscles are moving, or static if muscles are working in keeping the body stable. This applies to movements on a freeFORM Board which increase or decrease the length of lever, for example, when executing a prone roll out (plank), the short lever will be with knees on the Board and elbows on the floor. The same movement can be intensified if the lever is increased by placing feet on the Board and hands on the floor.

## BOS (base of support)

When the contact surface of any supporting limb or a body part is reduced, the exercise becomes harder and more demanding on the stabilizing muscles. The further away from the point of support on the floor that the limbs or body part are the more difficult the exercise will be. The limb or body part refers to hands, elbows, torso, hips, knees and feet.

The stability of the base of support can be modified by how many of the body parts or limbs are in contact with the unstable surface (the FreeFORM Board) and by how broad or narrow is that base of support, which relates back to the length of lever.

## ROM (range of motion)

The term that is used to describe the amount of movement you have at each joint. When performing a movement, the joints such as knees, elbows and shoulders need to be fully stretched without locking them or hyper extending them. To decrease the difficulty and intensity of the movement, the range of movement can be decreased.

## Movement complexity and choreography

This parameter relates to choreography, skill and how challenging the movements are to follow. As the movements become less linear and more directional changes and transitions are introduced, the exercises become more challenging mentally and physically from a neurological point of view. Movement complexity relates to motor learning and to skill.



## Muscle activation

- **Isometric** - isometric muscle contraction, or static exercise, is one in which the muscle fires but there is no movement at a joint. In this type of muscle contraction, there is no change in length of the muscle, and no movement at the joints but muscle fibres are firing.
- **Isotonic** – isotonic muscle contraction without appreciable change in the force of contraction; the distance between the muscle’s origin and insertion becomes lessened.
- **Concentric** - type of muscle activation that increases tension on a muscle as it shortens. Concentric contractions are the most common types of muscle activation athletes perform in a gym when lifting weights.
- **Eccentric** - type of muscle activation that increases tension on a muscle as it lengthens. Eccentric contractions typically occur when a muscle opposes a stronger force, which causes the muscle to lengthen as it contracts.
- This is relevant for the FreeFORM Board as eccentric contraction is a major aspect that sets the Board apart from other exercise equipment. The ultra low friction on a smooth surface greatly challenges the neuromuscular system to control and decelerate movement and increase difficulty and neuromuscular activation in long range, long lever movements.

## Universal Movement Matrix (simplified)

<b>Body position</b>	<b>BOS Base of Support</b>	<b>LOL Length of Lever</b>	<b>ROM Range of Motion</b>	<b>Movement complexity</b>
<b>Upright</b>	Lying down	Lying down	Short	Linear repetition
<b>Prone</b>	4 limb	Short	Medium	Same side transitions in direction / plane of motion
<b>Lateral</b>	3 limb	Medium	Full	Alternating sides with linear repetition
<b>Supine</b>	2 limb	Long		Alternating sides with directional transitions
<b>Sitting</b>	1 limb Unstable surface	Extended		

## Practical Applications

Moving through the matrix – demonstrating and practicing examples of each level

### Varying Body Positions

- Upright
- Prone
- Lateral
- Sitting
- Supine

### Demonstrate

- Image
- Start position
- Execution
- Benefits
- Contraindications
- Tips

### Varying lever lengths

Short, medium, long, extended lever progressions

### Varying base of support

- **BOS continuum** – lying down, hands, elbows, hips, knees, feet
- **Stability** – instability continuum

### Varying range of motion

Short to full range – loaded and unloaded

### Key relationship between LOL, BOS & ROM

Each modification in one aspect, will have some impact on the other aspects. When the base of support is reduced, such as kneeling in all fours (hands and knees), the length of lever decreases as well. If the range of movement increases under load, the length of lever will also increase.

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## Modules and Sequences

Within each module, a movement is shown with the exercise description and with a photograph. However, each module relates not just to that movement, but to a series of submodules which incorporate the Universal Movement Matrix. Using the principles of LOL, BOS and ROM as interrelated factors, the approach to the module becomes more complex, multi directional and of higher intensity.

## Module 1

### Upright Sequence

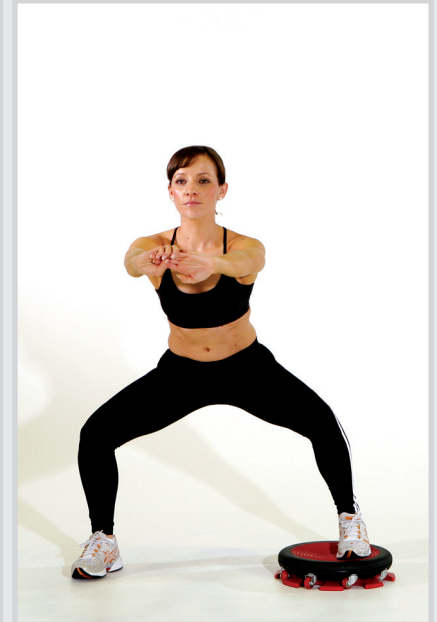
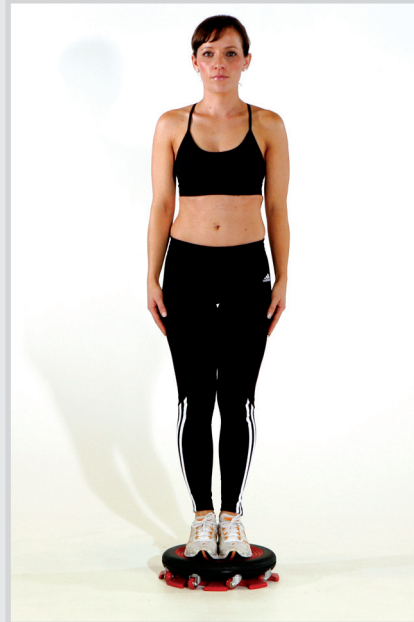
Recommended - 3 sets of 8-12 reps

1. Squats
2. Lunges

## 1. Squats Board docked and locked

### Intermediate level

- Stand on the freeFORM Board in a neutral positioning
- As you inhale, keep your head positioned above the midline of your body as you step right foot off the Board, moving into a squat position on the frontal plane, keeping the upper body in neutral, legs bent at 90 degree knee flexion, right heel in contact with the floor, chest lifted.
- As you exhale, return to the initial position.
- Repeat squats with the same leg.
- Change sides.



### Advanced level

- Stand on top of the freeFORM Board in a neutral positioning
- As you inhale, keep your head positioned above the midline of your body as you step right foot off the Board, moving into a squat position on the frontal plane, keeping the upper body in neutral, legs bent at 90 degree knee flexion, right heel in contact with the floor, chest lifted. Arms fully extended above your head.
- As you exhale, return to the initial position.
- Repeat squats alternating legs.



### Sub Modules

**LOL** - The length of lever is long

**BOS** - By **unlocking the Board**, the unstable surface will require that both legs are working at higher levels both at the starting position and during the executing phase.

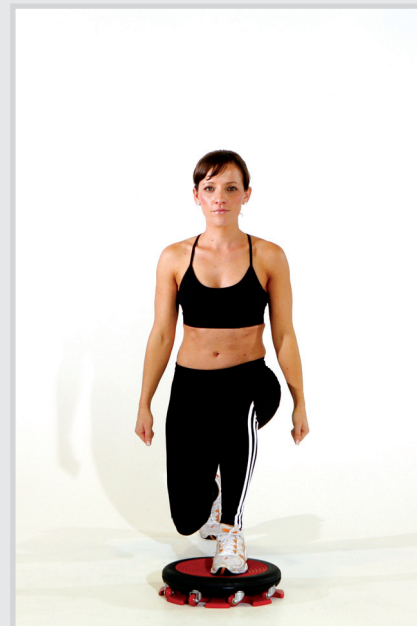
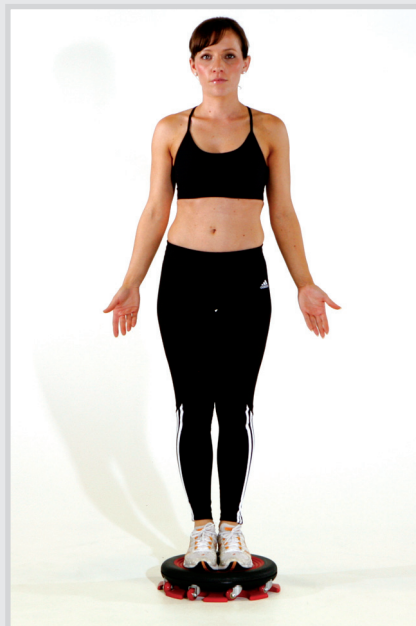
**ROM** - By stepping further from the Board, the intensity will increase as legs will be working through a higher range of motion.

**Complexity** - The movement becomes more complex and challenging when the squats are performed in a multi directional way. The leg that steps out can travel in the sagittal and transverse planes. For higher complexity, alternate each leg as the squat is performed.

## 2. Lunges Board docked and locked

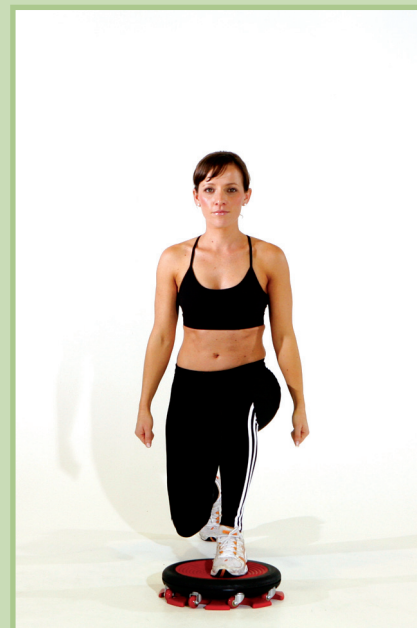
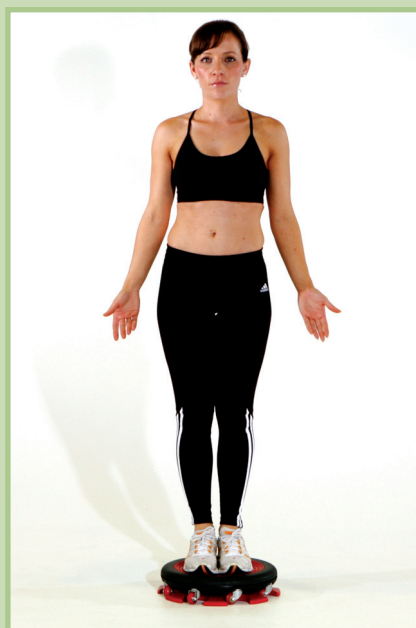
### Intermediate level

- Stand on top of the freeFORM Board in a neutral positioning
- As you inhale, keep your head positioned above the midline of your body as you step right foot off the Board, moving into a lunge position stepping to the back, with right knee towards the floor, keeping the upper body in neutral, feet at shoulder-width apart and parallel, chest lifted.
- As you exhale, return to the initial position.
- Repeat lunges with the same leg.
- Change sides.



### Advanced level

- Stand on the freeFORM Board in a neutral positioning
- As you inhale, keep your head positioned above the midline of your body as you step right foot off the Board, moving into a lunge position stepping to the back, with right knee towards the floor, keeping the upper body in neutral, feet at shoulder-width apart and parallel, chest lifted. Arms fully extended above your head.
- As you exhale, return to the initial position.
- Repeat lunges alternating legs and step further away.



### Sub Modules

**LOL** - The length of lever is long

**BOS** - By **unlocking the Board**, the unstable surface will require that both legs are working at higher levels both at the starting position and during the executing phase.

**ROM** - By stepping further from the Board, the intensity will increase as legs will be working through a higher range of motion

**Complexity** - The movement becomes more complex and challenging when the squats are performed in a multi directional way. The leg that steps out can travel in the sagittal and reverse sagittal planes. For higher complexity, alternate each leg as the lunge is performed.

## Module 2

### Prone Sequence

Recommended - 3 sets of 8-12 reps

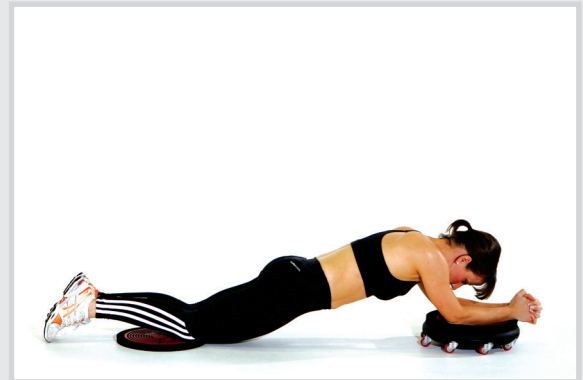
1. **Prone roll out**
2. **Prone Tuck**
3. **Four point kneeling, knee to elbow**

## 1. Prone roll out Board undocked and unlocked

### Intermediate level

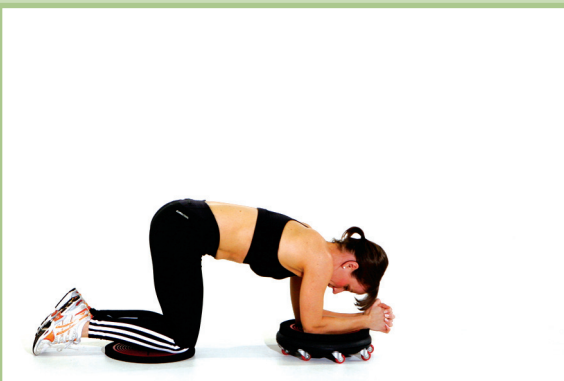
Resting the elbows on the freeFORM soft pad and bring the knees onto the freeFORM Board. You may wish to place a second soft pad on the freeFORM Board to cushion the knees

- Exhale and roll knees towards elbows and inhale rolling the Board away until the spine is straight.
- Keep the elbows under the shoulders throughout the exercise.
- Perform the prescribed number of repetitions



### Advanced level

- Resting the elbows on the freeFORM soft pad and bring the knees onto the freeFORM Board. You may wish to place a second soft pad on the freeFORM Board to cushion the knees.
- Exhale and roll knees towards elbows and inhale rolling the Board away until the spine is straight. At this point, keep rolling the body away from the elbows lengthening the base of support between the knees and elbows. From this lengthened shoulder position return the knees to the elbows.
- To further increase the intensity perform this movement on your feet rather than on your knees.



### Sub Modules

**LOL** - The length of lever is short but can then progress to long by extending arms further.

**BOS** - By unlocking the Board, the unstable surface will require that both arms are working at higher levels both at the starting position and during the executing phase.

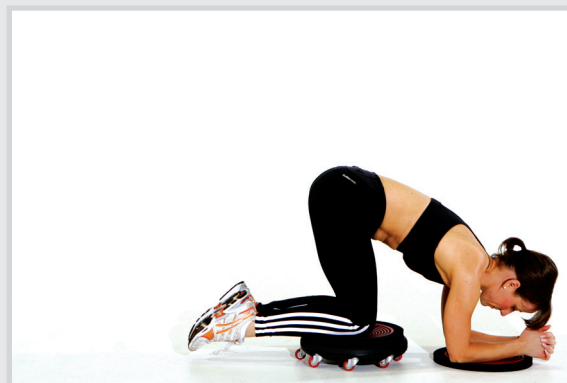
**ROM** - By performing the movement on your toes instead of the knees, the body will move at a full range of motion.

**Complexity** - The movement becomes more complex and challenging when the tucks are performed in a multi directional way. The Board can travel in the sagittal, diagonal, and frontal planes, as well as circumduction interior and exterior.

## 2. Prone tuck Board undocked and unlocked

### Intermediate Levels

- Move into a front support position resting the upper body on the elbows on top of soft pad.
- Place both knees in the centre of the freeFORM Board
- As you exhale tuck the knees into the chest rolling the freeFORM Board in towards the elbows, as you inhale, return to the starting position with the shoulders above the elbows.



### Advanced Levels

- Repeat movement with both feet on top of the freeFORM Board.



### Sub Modules

**LOL** - The length of lever is short but can then progress to long by extending arms and legs further.

**BOS** - By unlocking the Board, the unstable surface will require that both legs are working at higher levels both at the starting position and during the executing phase. The 4 limb support can be reduced to 3 limb support by having only one leg on the Board, the other one extended without support.

**ROM** - By performing the movement on your toes instead of the knees and on your hands instead of the elbows, the body will move at a full range of motion.

**Complexity** - The movement becomes more complex and challenging when the roll outs are performed in a multi directional way. The Board can travel in the sagittal, diagonal, and frontal planes, as well as circumduction interior and exterior.

### 3. Four point kneeling, knee to elbow

Board docked and locked

#### Intermediate Level

- Place the left hand on the floor and extend the right arm at the level of the shoulder. The right knee is placed onto the freeFORM Board while the left is off the floor.
- Inhale as you extend the left leg straight maintaining the spine in a neutral position, at the same time that the right arm is fully extended.
- Exhale as you bend the left leg returning the knee to the chest at the same time that the right elbow touches the knee.
- Change sides.



#### Advanced Levels

- Repeat the above movement but keep the toes of the supporting leg **off the floor**.
- Change sides.



#### Sub Modules

**LOL** - The length of lever is short but can then progress to long by extending arms and legs further.

**BOS** - By unlocking the Board, the unstable surface will require that both legs are working at higher levels both at the starting position and during the executing phase. When the toes are raised from the floor as shown in advanced levels, the intensity of the movement and the challenge to balance increase.

**ROM** - By performing the movement with one foot on the Board instead of the knee and both hands on the floor, the body will move at a full range of motion.

**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in the sagittal, diagonal, and frontal planes, as well as circumduction interior and exterior.

## Module 3

### Lateral Sequence

Recommended - 3 sets of 8-12 reps

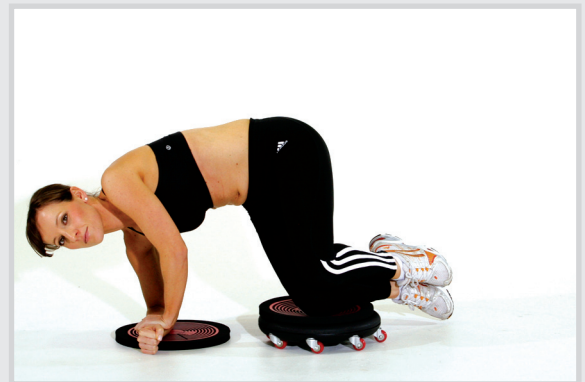
1. Lateral tuck
2. Lateral roll out

## 1. Lateral tuck

Board undocked and unlocked

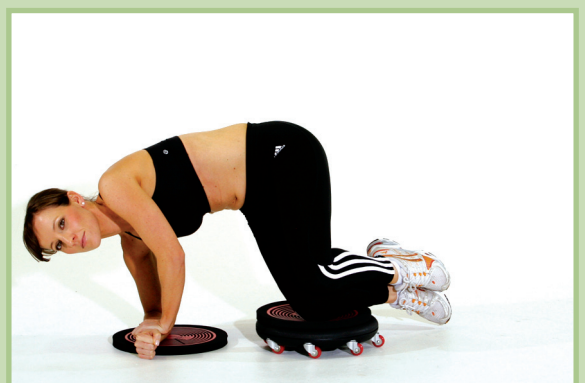
### Intermediate Levels

- Place right elbow on the floor and your left hand close to the right wrist as a secondary support.
- Bring your outer right knee onto the freeFORM Board with your left knee directly above your right.
- As you exhale, roll the freeFORM Board and the right knee up towards the right elbow, inhale and return to the starting position.
- Change sides.



### Advanced Levels

- Place your right elbow on the floor pad with arm parallel to the floor.
- Bring your outer right knee onto the freeFORM Board with your left knee directly above your right.
- As you exhale, roll the freeFORM Board and the right knee up towards the right elbow, inhale and return to the starting position.



### Sub Modules

**LOL** - Length of lever is short but can progress to long by extending arms and legs further.

**BOS** - The 4 point base of support can be reduced to 3 and 2, increasing the intensity. The 3 point support is achieved by lifting one arm off the ground or by lifting one leg off the ground. The 2 point support can be achieved by lifting both arm and leg simultaneously off the ground.

**ROM** - By performing the movement with both hands on the ground instead of the elbows, or by placing the feet rather than the knees on the Board, the body will move at a full range of motion.

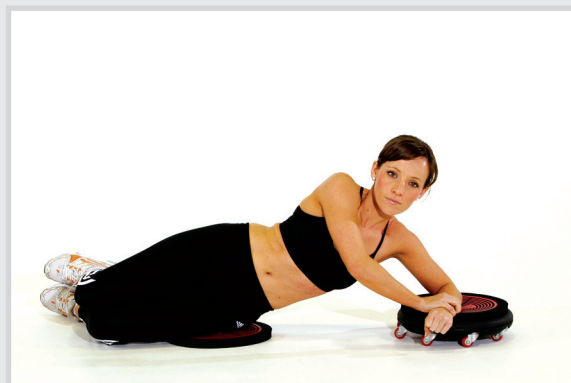
**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in the sagittal, diagonal, and frontal planes, as well as cumduction interior and exterior.



## 2. Lateral roll out Board undocked and unlocked

### Intermediate Levels

- Kneeling on a freeFORM soft pad, bend sideways to the left and place your left elbow on your freeFORM Board. Place the palm of your right hand on the freeFORM Board as a secondary support. The spine is bent to the left side and freeFORM Board is close to the left knee.
- Inhale and roll the left elbow away to the left extending the spine straight until the left elbow is under the left shoulder at 90 degrees.
- Exhale and return to the starting position, and then change sides.



### Advanced Levels

- Kneeling on a freeFORM soft pad, bend sideways to the left and place your left elbow on your freeFORM Board. Place the palm of your right hand on the freeFORM Board as a secondary support. The spine is bent to the left side and freeFORM Board is close to the left knee.
- Inhale and roll the left elbow away to the left extending the spine straight until the right elbow is further away than the left shoulder at 180 degrees.
- Exhale and return to the starting position, and then change sides.
- To add more intensity, the movement can be performed on your feet, rather than on your knees.



### Sub Modules

**LOL** - Length of lever is short but can progress to long by extending arms and legs further.

**BOS** - The 4 point base of support can be reduced to 3 and 2, increasing the intensity. The 3 point support is achieved by lifting one arm off the ground or by lifting one leg off the ground. The 2 point support can be achieved by lifting both arm and leg simultaneously off the ground.

**ROM** - By performing the movement with both hands on the Board instead of the elbows, or by placing the feet rather than the knees on the ground, the body will move at a full range of motion.

**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in the sagittal, diagonal, and frontal planes, as well as circumduction interior and exterior.

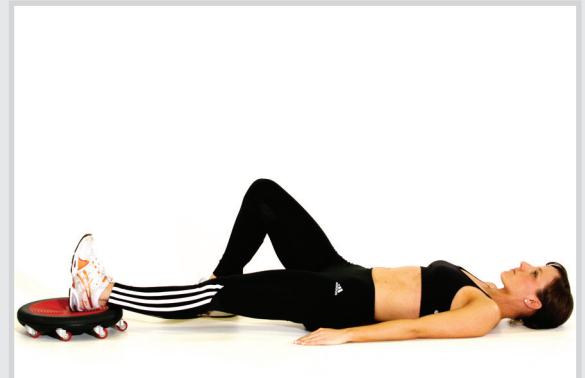
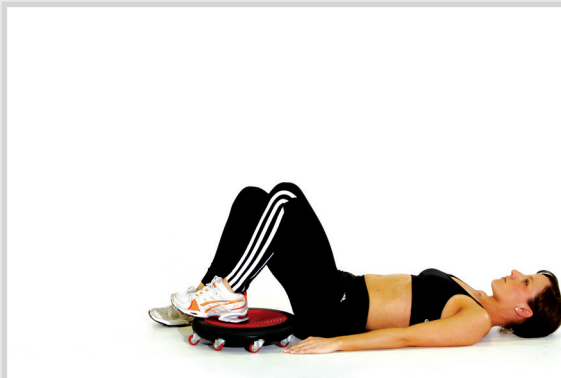
## Module 4 Supine Sequence

1. Single hip mobilisation
2. Double leg mobilisation
3. Sit up and crunch
4. Shoulder bridge

### 1. Single leg mobilisation Board locked and undocked.

#### Intermediate Levels

- Lying on your back with your arms by your side, palms down.
- Bend the knees so the feet rest on floor close to the hips.
- Place your left heel in the centre of the freeFORM Board.
- As you inhale roll the left foot away from the left hip straightening the left leg. As you exhale, return to the starting position.
- Change sides.



#### Advanced Levels

- Lying on your back with both arms stretching to the ceiling.
- Bend your knees, lift your right leg up to table top position so the knee is in alignment with the hip.
- Place your left heel in the centre of the freeFORM Board.
- As you inhale roll the left foot away from the left hip straightening the left leg. As you exhale, return to the starting position.
- Change sides.
- To add intensity, the left leg on the Board can be moved in a sweeping motion



#### Sub Modules

**LOL** - The length of lever is long

**BOS** - The 2 point base of support can be reduced to 1 increasing the intensity, by lifting the leg off the ground. Both arms can be also off the ground. By unlocking the Board, the unstable surface will require that the leg is working at higher levels

both at the starting position and during the executing phase.

**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in the sagittal and frontal plane, as well as circumduction interior and exterior.

## 2. Double leg mobilisation Board locked and undocked.

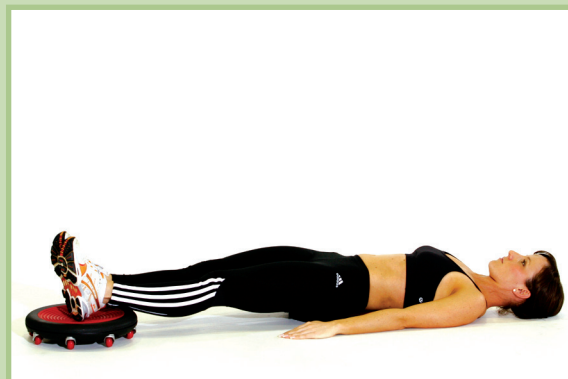
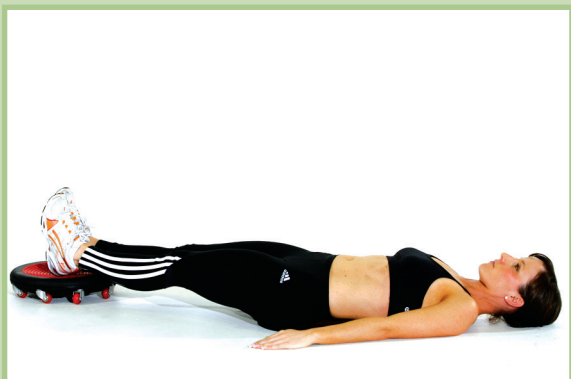
### Intermediate Levels

- Lying on your back with your arms by your side, palms down.
- Bend the knees so the feet rest on floor close to the hips.
- Place both your heels in the centre of the freeFORM Board.
- As you inhale extend your legs fully. As you exhale, return to the starting position.



### Advanced Levels

- Lying on your back with your arms by your side, palms up.
- Place both your heels in the centre of the freeFORM Board with your legs fully extended.
- As you inhale sweep your legs to the left, and as you exhale, sweep to the right in a lateral motion.
- Maintain Pelvic Stability throughout the movement.
- To add intensity, raise arms towards the ceiling, flexing shoulders 90 degrees



### Sub Modules

**LOL** - The length of lever is long

**BOS** - Both arms can be lifted off the ground.

**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in the sagittal and frontal plane, as well as circumduction interior and exterior.

### 3. Sit up and crunch **Board locked and undocked.**

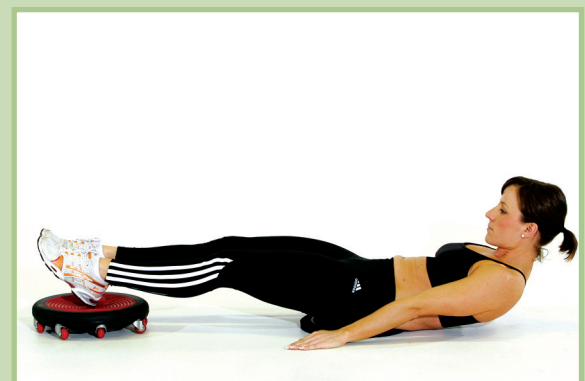
#### Intermediate Levels

- Lying on your back with both arms by your side.
- Bend the knees so the feet rest on floor close to the hips.
- Place both your heels in the centre of the freeFORM Board.
- As you inhale roll the feet away front he right hip straightening the legs. At the same time, engage your core to lift head and shoulders off the floor, keeping both arms fully extended.
- As you exhale, return to the starting position.



#### Advanced Levels

- Lying on your back with both arms by your side.
- Bend the knees so the feet rest on floor close to the hips.
- Place both your heels in the centre of the freeFORM Board.
- As you inhale roll the feet away front he right hip straightening the legs. At the same time, engage your core to lift head and shoulders off the floor, keeping both arms fully extended. Staying in that position, continue to move your legs side to side (lateral sweeps).
- As you exhale, return to the starting position.



#### Sub Modules

**LOL** - The length of lever is long

**BOS** - Both arms can be lifted off the ground.

**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in the sagittal and frontal plane, as well as circumduction interior and exterior.

## 4. Shoulder bridge Board locked and undocked.

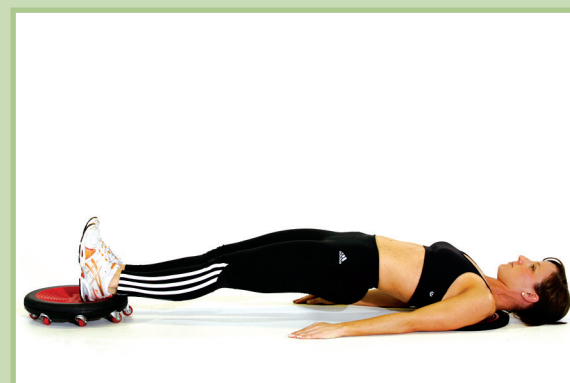
### Intermediate Levels

- Lying on your back with both by your side.
- Bend the knees so the feet rest on floor close to the hips.
- Place your left heel in the centre of the freeFORM Board.
- As you inhale lift one vertebrae at the time for a shoulder bridge. Maintaining pelvic stability, roll the left foot away from the left hip straightening the leg
- As you exhale, return to the shoulder bridge position.
- Change sides.



### Advanced Levels

- Lying on your back with both by your side.
- Bend the knees so the feet rest on floor close to the hips.
- Place both heels in the centre of the freeFORM Board.
- As you inhale lift one vertebrae at the time for a shoulder bridge. Maintaining pelvic stability, roll both feet away from the hips straightening both legs.
- As you exhale, return to the shoulder bridge position.
- Change sides.



### Sub Modules

**LOL** - The length of lever is long

**BOS** - The 2 point base of support can be reduced by having both feet on the Board. Intensity increases. By unlocking the Board, the unstable surface will require that the leg is working at higher levels both at the starting position and during the executing phase.

**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in the sagittal and frontal plane, as well as circumduction interior and exterior.

## Module 5

### Cool Down Sequence

Recommended - 2 sets of 8-12 reps

1. **Kneeling lunge**
2. **Hamstring Stretch**
3. **Wide legged forward bend**
4. **Cross legged bends**

### 1. **Kneeling lunge** Board unlocked and undocked.

#### Intermediate and Advanced Levels

- Place both hands on the floor directly below your elbows, arms fully stretched.
- Place your right foot in the centre of the freeFORM Board in a lunging position.
- As you inhale stretch the right foot further away from your hands and hold for a few seconds.
- As you exhale, return to the lunge position, then change sides.



### 2. **Hamstring stretch** Board unlocked and undocked.

#### Intermediate and Advanced Levels

- Place your left foot on top of freeFORM Board, and place your left knee on soft freeFORM pad.
- Place both hands on the floor directly below your elbows, arms fully stretched.
- As you inhale stretch the left foot further away from your hands and hold for a few seconds.
- As you exhale, return to the lunge position.
- Change foot.



### Sub Modules

**LOL** - The length of lever is extended.

**BOS** - By unlocking the Board, the unstable surface will require that the leg is working at higher levels both at the starting position and during the executing phase.

**Complexity** - The movement becomes more complex and challenging when the advanced level is performed on toes rather than on knees.

### 3. Wide legged forward bend – lateral sweeps

Board unlocked and undocked.

#### Intermediate and Advanced Levels

- Standing with legs wide apart, knees soft, bend from the waist.
- Place both hands on top of the FreeFORM Board in front of you.
- As you inhale roll the Board away from your body until the arms are fully stretched.
- As you exhale, roll the Board in lateral sweeps, from left to right, hold for further stretch.



#### Sub Modules

**LOL** - The length of lever is short.

**BOS** - By unlocking the Board, the unstable surface will require that the upper body is working at higher levels both at the starting position and during the executing phase.

**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in a circumduction interior and exterior planes.

### 4. Cross legged bends – forward and diagonal

Board unlocked and undocked.

#### Intermediate and Advanced Levels

- Sit cross legged on top of soft freeFORM pad with both hands on top of the Board in front of you.
- As you inhale roll the Board away from your body until the arms are fully stretched.
- As you exhale, return to the sitting position.
- As you inhale roll the Board in a diagonal direction, and as you exhale, return to the sitting position.
- Repeat to the other side and hold the positions for further stretch.



#### Sub Modules

**LOL** - The length of lever is extended.

**BOS** - By unlocking the Board, the unstable surface will require that the upper body is working at higher levels both at the starting and during the executing phase.

**Complexity** - The movement becomes more complex and challenging when the movements are performed in a multi directional way. The Board can travel in a circumduction interior and exterior planes.

## Further Education

This Introductory course is designed as a platform to further understand the dynamics of movement using the freeFORM Board and philosophy of fluid movements. The selection of a set of movements that are challenging but simple in the choreography makes it easier to improve skill levels, fitness levels and achieve a great workout.

The following levels will offer the following:

1. A broader understanding by performing exercises at various levels
2. A Deeper understanding by offering more detail and depth of information both theoretically and practically.
3. Performing more advanced applications.

The workshops will offer a paradigm that shows exactly why we should respect different modalities and philosophies in relation to health, wellness and conditioning the human body. We will offer a philosophy of how such systems can be integrated into a broader conceptual paradigm.

## The workshops will review the sequencing techniques designed for

- Yoga
- Pilates
- Conventional
- Functional
- Strength & Conditioning
- Circuit

## Sequencing principles

### Interwoven

This is where the potential of using a freeFORM Board can be fully explored. Sequencing will vary if the Board is used by a Personal Trainer to train a client or if it is used to teach a group exercise class.

### Variables that will impact a training session include

- Pretension/pre-activation
- Core specific
- Integration after isolation exercises
- Load through ROM
- Alternative intensity to existing training which will keep a client motivated
- Pre-training dynamic ROM
- Post training dynamic and static ROM, cool down and recovery
- Multi dimensional
- Multi planner
- A more sophisticated training tool where strength and skill are inter related

### Perceived exertion – time under tension & work rest ratio

- Intersperse passive ROM exercises between in weight bearing exercises
- Shift loads from upper to lower to core to allow for micro local recovery of muscle groups



## Example – prone

**CHOREOGRAPHY / MOVEMENT COMPLEXITY PROGRESSION – adding basic transitions** (transition implies SEAMLESS transition from one movement to another with no need to dismount or reconfigure Board in a major way)

- a. Prone tuck – transition to- transverse hip rotations in elbow plank
- b. Prone roll out – transition to - unilateral shoulder circumduction in kneeling plank
- c. 4 Point hip and shoulder flexion / extension – transition to – shoulder and hip abduction / adduction - transition to - circumduction, internal and external hip and shoulder rotation.

## As a step by step process

1. Define the base movement pattern e.g. prone flexion/extension – sagittal plane
2. Define the first, basic, beginners iteration of the core movement pattern – e.g. prone tuck, short lever on knees and elbows
3. Offer HORIZONTAL alternative movements – e.g. prone roll out or 4 point hip and shoulder flexion
4. Offer choreography and movement complexity progression in the form of SEAMLESS TRANSITIONS e.g. prone tuck transitions to transverse hip rotations
5. Define load progressions by varying LOL, BOS, ROM and repeat the above process at a more difficult level
6. Repeat for each body position, upright, lateral, supine, sitting etc.
7. Body position transitions – this involves not only transitions within a given body position but from upright to prone or prone to lateral or lateral to supine etc.

