



LEVEL 3:

- 1. Jump squat bosu ball**
- 2. Assisted 1 legged squat**
- 3. Under switch**
- 4. Plyometric jump through**
- 5. Spine routine without air**
- 6. Ball throwing with buddy**
- 7. Prone paddle elastic band**
- 8. WVWT**
- 9. Shoulder mobility**



1. Jump squat at bosu ball

- Purpose: to enhance advanced stability of landing
- From a higher surface, jump onto the flat surface of the bosu ball with 2 feet, ending in a squat position
- Keep the surface of the bosu ball horizontal during landing
- Keep your body compact, your knees above the ankles
- 2x10 repetitions
- If you are comfortable and able to control the knees, you can combine this exercise with exercise 10 of level 2: dynamic balance rotational squat. Jump, land and go straight into the rotational squat



2. Assisted 1 leg squats

- Purpose: to improve strength and stability of the leg
- Stand on one leg and hold on to a stable object or your buddy
- Squat until your knee gets to a 90-degree angle
- Keep your back straight, your chest pointing forward, your buttocks moving backwards
- Make sure that the knee is pointing forward (not inward). Bend less than 90 degrees if this is too hard
- Come back up until the knee is fully extended
- 4 seconds down, 2 seconds up
- 3x8 repetitions



3. Under switch

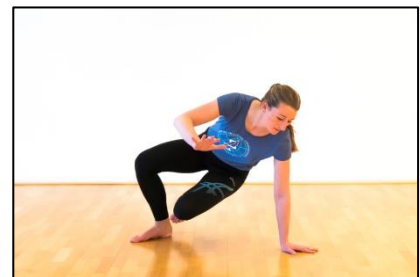
- Purpose: to train core stability, flexibility
- Start on hands and knees in reversed tabletop position (picture 1), fingers pointing backwards, hips hovering above the floor
- Lift your right arm and your left leg, keep your weight centred (picture 2)
- Rotate your body to the left, moving your left leg underneath your body (picture 3)
- End the rotation in normal tabletop position (picture 4)
- Continue the rotation by lifting your left arm and right foot and rotating to the left (picture 5,6,7)
- 8x to the right, 8x to the left



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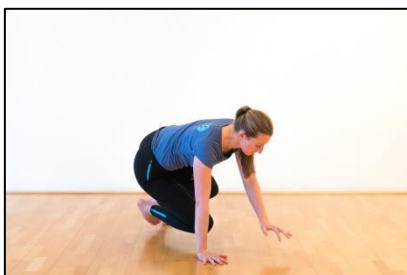
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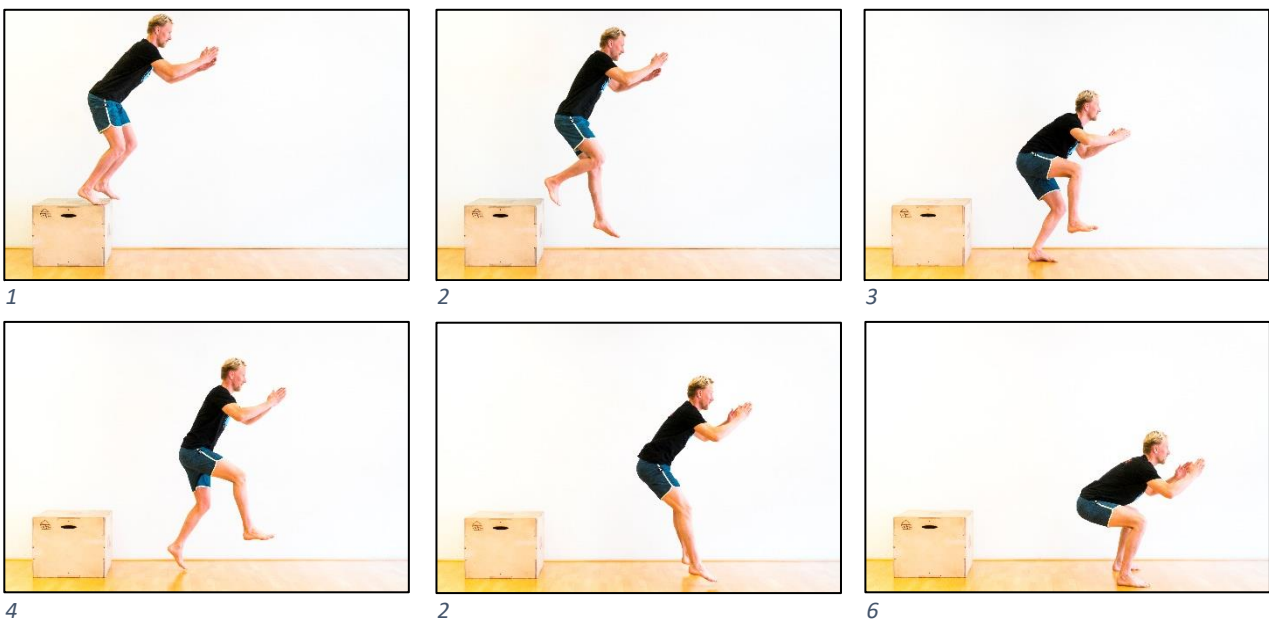
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4. Plyometric box jump

- Purpose: to train your stability and explosive strength
- Start in the squat position on a box
- Jump forward, off the box (picture 1,2)
- Land on 1 foot and keep the stability by keeping your knee bent (picture 3)
- Without pausing, jump again, this time you land on 2 feet (picture 4,5,6)
- Repeat 3x10 each leg
- To intensify this exercise, increase speed and repetitions



5. Spine routine without air

- Purpose: to keep working on your breathing and breath hold skills, we do the same routine as in level 1 and 2 but this time fully exhaled
- Sit down on your knees with the feet flexed, spine in neutral position (picture 1)
- Hold your arms in the air and look upwards (picture 1)
- Breath in deeply and exhale totally
- Hold your breath during the spinal routine:
 - Straighten the spine. Grab your left wrist with your right hand and bend sideways to the right (picture 2)
 - Reverse the exercise to the left (picture 3)
 - Elongate the spine, left hand on the right thigh and right hand behind you. Rotate to the right (picture 4)
 - Reverse the exercise (picture 5)

- Bend forward touching the ground as far away as you can (picture 6)
- Place your hands behind you, fingers pointing backwards (picture 7)
- Breathe in deeply from the belly



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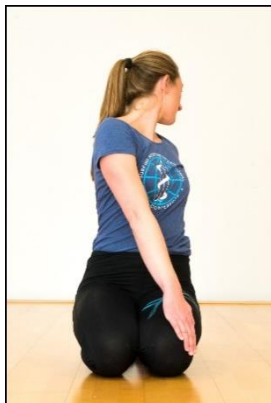
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6. Ball throwing with buddy

- Purpose: to improve core stability, reactivity
- Stand with a buddy side by side
- Both standing in a squat position
- Throw a medicine ball (5kg) sideways to your buddy
- Keep your hips aligned and only rotate your upper body
- To intensify this exercise, increase the repetitions, the weight of the ball or the distance between you and your buddy
- 3x8 repetitions



7. Prone paddle with elastic band

- Purpose: to improve paddle strength and conditioning
Note: especially for those who don't surf that often
- Lay down on a big ball, legs extended, feet wide and touching the floor
- Attach a rubber band in front of you and take it in both hands
- Paddle with the resistance of the band and keep your posture
- 5x1 minute
- To intensify this exercise, increase the speed or duration of the sets or increase the resistance of the elastic band



8. TWVV

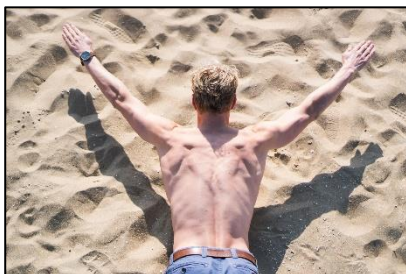
- Purpose: to improve upper back strength
- Lay down in prone position (on a higher surface), lift your shoulders, extend the upper back
- Keep facing the floor, your chin tucked in a little
- Extend the arms to the side (letter “T”) (picture 1)
- Pull the elbows and shoulders down (letter “W”) (picture 2)
- Keep your elbows and wrists at the same height
- Extend the arms forward (letter “V”) (picture 3)
- Go back to the letter “W” (picture 4)
- 3x8 repetitions
- To intensify this exercise, increase sets or repetitions



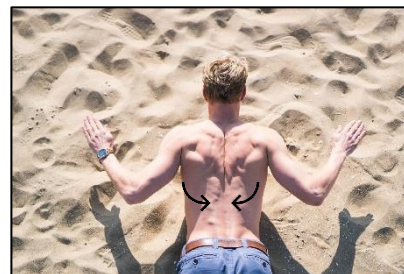
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9. Shoulder mobility

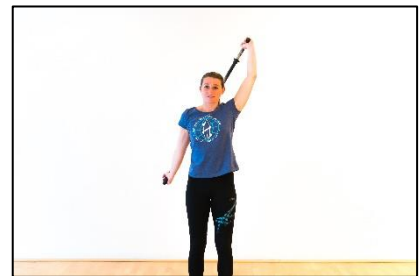
- Stand up straight holding a stick at both ends in front of you against your thighs, palms facing backwards (picture 1)
- Bring your left hand up until overhead (picture 2,3)
- Lower the left arm down so the stick is behind you (picture 4)
- Now move the right arm up to the overhead position (picture 5)
- And bring that arm down too to get in the starting position (picture 6)
- 3x10 repetitions, alter directions every 5 repetitions
- To intensify this exercise, try to hold your hands a little closer together every 5 repetitions



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