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# HOW TO SUP FIT

# FANATIC





## SQUAT WITH SHOULDER PUSH

### STARTING POSITION:

Your feet should be positioned shoulder width apart, in line with the point where the rubber band is fixed. Lift the rubber band across your shoulder.

### EXERCISE:

While squatting down to your knees, slide your arms towards you, pulling the rubber band slightly upwards. Make sure that your elbows are a little bent. Buttocks, shoulders and wrists should form one line. Stay in this position for a couple of seconds, then straighten your knees, put your hands back on your shoulders and get back to your starting position. Repeat in 2 sets of 15.

### IMPORTANT ASPECTS:

Your buttocks move backwards and your knees must stay behind your toes while bending them. Try to keep your stomach muscles as tensed as possible so your hollow back is in a continuous position during the whole exercise. Your shoulders should pull back and your neck stays stretched during the whole movement so the main operation is located in your arms.

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## BUTTERFLY

### STARTING POSITION:

Canoeists position ( kneeling with one leg forward) - your back knee should be in line with the point where the rubber band is fixed. Hold the band below your shoulders besides your body with slightly bent arms. Your back knee, hip and shoulders should form one line.

### EXERCISE:

Stay in this position for a couple of seconds. Your core stays tensed and stable while you are moving your arms forward until they are right in front of your chest. Revert to starting position after you have held the position for a couple of seconds. Repeat in 2 sets of 15.

### IMPORTANT ASPECTS:

Your body must be stable and your shoulders should be pulled back during the whole exercise. Arms have to stay in your field of vision. Make sure you do not pull them too far back, you should still be able to see them.

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## BODY SIDE

### STARTING POSITION:

Canoeists position ( kneeling with one leg forward) - your back knee should be inline with the point where the rubber band is fixed. Grab the band on your front knee's side and pull upwards untill it's at your shoulder's level.

### EXERCISE:

Lift up your arm and bend your body slightly towards your back knee. Put the other hand on your hip to make the position more stable. Get your core and arm back in the starting position. Take care that your arm is never completely stretched in the end-position. Repeat in 2 sets of 15.

### IMPORTANT ASPECTS:

Try to tense your bottom and stomach muscles as much as possible to make the position more stable during the whole exercise. The Body gets bent into one direction and a little bit forward. Take care your shoulders stay low.

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PARADISE



## CORE ROTATION

### STARTING POSITION:

Canoeists position ( kneeling with one leg forward) - your back knee should be in front of the point where the rubber band is fixed. Grab the band with both hands and move them forward at your shoulders height, until they touch in front of your chest. Your elbows should be slightly bent.

### EXERCISE:

Keep your arms fixed in the starting position and rotate your whole core to your front knee's side. Take care that your arms stay in front of your chest during the whole exercise. Repeat in 2 sets of 15.

### IMPORTANT ASPECTS:

Your shoulders should be pulled backwards and your hips must be stable. Keep your eyes fixed on your hands.

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PARADISE



## LEG-LIFTS

### STARTING POSITION:

Fix one rubber band on both sides across the board and wrap the band around your calf until it feels tight. Move to the on all fours position and stretch out one leg. Your ankle should be inline with the rubber bands fixing point at this position.

### EXERCISE:

Move your stretched out leg up slightly. The movement is controlled by your buttocks muscles. It's a very small movement, therefore it's important that the rubber band is under tension the whole time. Repeat in 2 sets of 15.

### IMPORTANT ASPECTS:

Make sure your hips are not moving and your head is the extension of your spine. Your leg has to move slightly upwards and your shoulders, elbows and wrists should form one line.

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## SITTING PADDLE MOVE

### STARTING POSITION:

Fix the rubber band on both sides across the board. Sit down and place your feet in front of you. Lean back with your upper body until you reach an angle of 45°. Grab the rubber band with both hands.

### EXERCISE:

Move your elbows backwards while tensing your upper body. At the same time you pull the rubber band towards your chest. Shoulders pull back as well. Return to your starting position and repeat in 2 sets of 15.

### IMPORTANT ASPECTS:

Try to keep your stomach muscles as tensed as possible so your hollow back is in a continuous position during the whole exercise. Your head should stay in one line with your spine.

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