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HOW TO SUP YOGA

FANATIC





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YOGA EXERCISES ON YOUR FLY AIR FIT

Paddling and surfing are only a small part of what you can do with a SUP board. Herewith we would like to give you some examples of how you can train your physical fitness with countless exercises using our Fanatic Fly Air Fit. Be careful when trying for the first time and never exercise in shallow water or near rocks.

HOW TO SUP YOGA EXERCISES



DOWNWARD DOG

An exercise that helps to stretch and strengthen your entire body. Start on your hands and feet. Your knees should be in one level with your hands right in front of your shoulders level. Spread your fingers and lift your knees and your backside upside backwards. Stretch your legs and move your heels towards the board. Give active pressure to your hands and feet to lift your hip up. Make sure you relax your neck at the same time. Press your heels active towards the board and hold this position for a few breaths.



CROW POSE

Hands should be shoulder distance apart, with the weight distributed evenly across the whole palms, including the five finger pads. Knees are pressing into the upper arms. The inner thighs are active and drawing in towards each other. The elbows are drawing in, not flapping out to the side. The triceps are firming in to the midline. To round through the upper back, press your hands on the board as though you're pushing the mat away from you.



CAMEL POSE (USTRASANA)

Begin by kneeling upright with your knees hip distance apart. Rotate your thighs inward and press your shins and the tops of your feet into the floor. Rest your hands on the back of your pelvis, with your fingers pointing to the floor. Lengthen your tailbone down toward the floor and widen the back of your pelvis. Lean back, with your chin slightly tucked toward your chest. Beginners can stay here, keeping their hands on their back pelvis. If you are comfortable here, reach back and hold onto each heel. Hold for 30-60 seconds. To release, bring your hands back to your front hips. Inhale and lift your torso by pushing your hips down toward the floor. Your head should come up last.

HOW TO SUP YOGA EXERCISES



URDHVA DHANURASANA (FULL WHEEL)

While lying on your board, bent your knees, feet flat close to your sitting bones. Plant hands, arms bent, next to the ears. Be careful not to point toes outward, but to point them forward and straight. Once you have your hands and feet in place, use the core, legs and arms to push yourself up into Wheel Pose. Keep the gluteus muscles tight, core engaged and shoulders strong. Hold for 5 deep breaths, letting the inhalations flow deeply into the rib cage, expanding the heart center. Slowly, lower down when ready. Repeat 2-3 times. Do not hug the legs into the chest, or go into a forward fold immediately.



ONE LEGGED SIDE PLANK (SIDESTRETCH)

Come into Plank Pose with your shoulders over the wrists and fingers spread. Root down evenly through every knuckle. Step the feet together, and move the left hand to the center of the board. Roll onto the pinkie edge of the left foot, stacking the right foot directly on top of the left. Keep the feet flexed. Extend the right arm toward the front, stacking the right shoulder over the left. Draw the bottom tip of the left shoulder blade down the back to free the neck. Lift the frontal hip points toward the heart and reach the tailbone toward the heels. Stack the right hip and place your back foot on the board. Take around 8 – 10 breaths here and change sides after.



HEADSTAND (SHIRSHASANA)

Kneel down on your board and grab your elbows with your hands. Keep the elbows where they are and interlock the fingers in front of you, elbows and hands now form an equilateral triangle. Place the very top of your head on the mat with the back of your head resting against the fingers. Straighten the knees, raise your hips, your body now resembling an inverted V. Keeping your knees straight as much as possible, walk with little steps, bringing your feet as close as possible to your head. This will shift the weight from the feet onto the head/arms. Keep your back as straight as possible to prevent your neck from arching. Bend the knees keeping them close to the chest and your feet close to your buttocks. Keep your knees bent and point them to the sky, then straighten your legs slowly. Make sure that your head is supporting not more than 10% of your body weight, the rest being applied on the elbows. At first hold it for 5 seconds, increase gradually. Come down slowly while using your stomach muscles.

HOW TO SUP YOGA EXERCISES



ONE-LEGGED PIGEON POSE

Begin on all fours, with your knees directly below your hips, and your hands slightly ahead of your shoulders. Slide your right knee forward to the back of your right wrist; at the same time angle your right shin under your torso and bring your right foot to the front of your left knee. The outside of your right shin will now rest on the floor. Slowly slide your left leg back. Lower the outside of your right buttock to the floor. Position the right heel just in front of the left hip. The right knee can angle slightly to the right, outside the line of the hip. Your left leg should extend straight out of the hip rotated slightly inwardly, so its midline presses against the floor. Exhale and lay your torso down on the inner right thigh for a few breaths. Stretch your arms forward and grab your foot.



VIRASANA

Kneel on your board with your thighs perpendicular to the floor, and touch your inner knees together. Slide your feet apart, slightly wider than your hips, with the tops of the feet flat on the floor. Angle your big toes slightly in toward each other and press the top of each foot evenly on the floor. Exhale and sit back halfway, with your torso leaning slightly forward. Then sit down between your feet. Make sure both sitting bones are evenly supported. Allow a thumb's-width space between the inner heels and the outer hips. At first stay in this pose around 30 seconds, gradually extend. To come out, press your hands against the board and lift your buttocks up, slightly higher than the heels. Cross your ankles underneath your buttocks, sit back over the feet and onto the board, then stretch your legs in front of you.



TWISTING LUNGE WITH QUAD STRETCH

Start standing straight up on the board - start in a high lunge pose, press palms together, hinge forward at the waist and press outer elbow in to outer knee. Stay and breathe 5 to 8 breaths, lift to stand and repeat on opposite side.



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