

# Improving Your Fitness Skills

## *Indo Board Fitness Amps Up the Fun and the Challenge*

*By Arthur HSU, Personal Trainer, NASM, CAFS*

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OSF Readers were offered a great training opportunity in the Winter 2014 issue when Indo Board's Director of Training and Education, Arthur Hsu, provided a challenging work out plan using the The Indo Board. This year, Indo Board is again providing readers with another fantastic workout, this time incorporating not only an Indo Board, but also additional equipment that may already be on the fitness floor.

Shares Arthur, "When looking for a fun and exciting way to add challenges to your workouts, both mentally and physically, look no further than The Indo Board. The Indo Board alters the environment from which you've typically performed traditional exercises. Improvements to your fitness skills will include Agility, Reaction, and Speed on the Indo Board. Your ability to control forward and backward, side to side, up and down, and left to right movements on the Indo Board will progress from an increase in strength, mobility, and endurance. Pictured, with written descriptions, are some of my favorite Indo Board exercises."

Remember, The Indo Board is a challenge so use caution! A Regression option for all of these exercises is to use a more stable surface under The Indo Board. Says Hsu, "Substituting the Indo Roller for the Indo Flo-Cushion may assist in making these exercises easier. By determining how inflated you wish the Flo-Cushion to be, your difficulty balancing will either be more or less."



### **Indo Board/RIP Squat Row:**

This full body combo move will bring focus to the side of the body that the resistance cord is on. If the resistance cord is on the left side (like the picture), then you will feel it more through the left side. This will require the use of a TRX RIP Trainer with a medium resistance cord. Make sure you anchor the RIP Trainer approximately 4 feet off the ground on a secure anchor point i.e. bar or post.

Follow the same protocol for the Indo Board Squat (see Winter 2014 issue), but maintain an upright standing position with soft

knees and a long, strong, and straight torso. Once you are standing comfortably on the deck, grab hold of your RIP Trainer with your hands wrapped around the far ends of the the black rubberized handles as shown in the picture. Make sure you are standing far enough away from the RIP Trainer anchor point, that the resistance cord has some tension on it. Hold the RIP Trainer at about chest height, with arms fully extended out towards the RIP Trainer anchor point. If you are finding that the pull of the resistance cord is too much and is preventing you from standing on the deck, move the Indo Board towards the anchor point to take tension off the resistance cord. As you begin to descend into your squat pull the RIP Trainer towards your chest (try to make contact with your chest if possible), squat as low as you can maintaining position on the deck. You should feel that you are working to keep the RIP Trainer close to your chest as you are fighting the pull of the resistance cord. Press your feet into the deck as you begin to ascend from the squat extending your arm at the same time back towards the RIP Trainer anchor point. Maintain your position on the deck, as you don't want the pull of the resistance cord to pull you off the deck.

Repeat for time or reps depending on your goals or mood.

**Regression:** If squatting up and down makes rowing too difficult, a good modification would be to maintain a standing position on the deck, focusing on the row portion of the exercise.

**Progression:** For a greater challenge you could change your hand position on the RIP Trainer handles (moving the hand (left) closest the resistance cord towards the middle of the bar a hand width at a time).

**Caution:** Please note, The Indo Board/Rip Squat Row will create a pulling force from the side of the RIP Trainer resistance cord. This will cause the deck to roll to side to side which could in turn promote left and right tilting and or turning.



### **Indo Board/Dumbbell Bent Over Cross Reach:**

Follow the same protocol for the Indo Board Squat, but you maintain an upright standing position with soft knees and a long, strong, and straight torso. Once you are standing comfortably on the deck, grab hold of your dumbbells, start with light weights and slowly work your way up only after you shown that you can control yourself with said weight performing this combo move.

Get into a bent over dumbbell row position with arm hanging straight down. As the picture details, lift the left arm up above the left hip, while simultaneously lifting the right arm up and across so that it's in front of the left shoulder. once both arms reach their respective highest/farthest point, simultaneously switch so that the right arm travels back and up above the right hip, while the left arm come forward, up, and across in front of the right shoulder.

Repeat for time or reps depending on your goals or mood. If you need a break in between reps and or sets stop, stand, and recover. You will still need to stay mindful and active while recovering since you'll still be standing on the Indo Board.

**Caution:** The Indo Board/Dumbbell Bent Over Cross Reach will generate momentum that will cause the deck to roll side to side. This in turn could promote left and right tilting and turning.



### **Indo Board/Body Bar Off-Centered Bicep Curl:**

A fun mind and body focused spin on an old favorite. Follow the same protocol for the Indo Board Split Squat, (see the Winter 2014 issue) but you will maintain an upright standing position with soft knees and a long, strong, and straight torso. Once you are standing comfortably on the deck, grab hold of your Body Bar, start with a light weighted bar and slowly work your way up to a heavier bar only after you've shown the ability to successfully perform the exercise. As seen in the photo grab the bar on end (left hand) and in the middle (right hand). This will create a weight shift that may guide the torso into lateral flexion, rotation, flexion, and extension to varying degrees and combinations.

Begin your bicep curl with arms straight down and elbows extended. Then curl the bar up towards your shoulders, and carefully bring the bar back down until elbows are extended. While performing the exercise, try

to keep the bar parallel to the floor.

**Variations:** Some variations include, shifting the bar from one side to the other at either the top or bottom positions. Variations in curl height includes 1/4 curls, 1/2 curls, 3/4 curls, full curls, and overhead curls. Adding rotation by turning the torso to the left and right during the curls will add a great challenge to the movement. Curling up as your squatting down and extending the arm down as you stand up. Don't forget to switch which leg is forward and back, and to work the longer part of the bar to both sides. Repeat for time or reps depending on your goals or mood.

**Regression:** If off-centering the weighted bar is too much to control, you may want to hold the bar in a more traditional manner balanced in the middle.



### **Indo Board/Body Bar Off-Centered Overhead Shoulder Press:**

This exercise really challenges your upper body's ability to remain centered. Fear not, as your legs will soon remind you that they too, are heavily involved in this game. Depending on your pace and weight used, you may also find your heart rate soaring. Follow the same protocol for the Indo Board Split Squat, but you will maintain an upright standing position with soft knees and a long, strong, and straight torso. Once you are standing comfortably on the deck, grab hold of your Body Bar, start with a light weighted bar and slowly work your way up to a heavier bar only after you've shown the ability to successfully perform the exercise. As seen in the photo grab the bar on end (right hand) and in the middle (left hand). This will create a weight shift that may guide the torso into lateral flexion, rotation, flexion, and extension to varying degrees and combinations.

Begin your overhead shoulder press starting with arms at shoulder height, with elbows flexed underneath your hands. Then press (push) the bar up and over your head, finishing with your elbows extended. Carefully lower the bar down back to shoulder height, and repeat. While performing the exercise, try to keep the bar parallel to the floor. Some variations include, shifting the bar from one side to the other at either the top or bottom positions. Repeat for time or reps depending on your goals or mood.

**Variations:** Variations in shoulder press height includes 1/4 press, 1/2 press, 3/4 press, and full presses. Adding rotation by turning the torso to the left and right during the overhead press start or end position adds a greater challenge through your torso. You can also keep your body facing forward and rotate the Body Bar left to right, at the top of the press. Starting in the split squat's down position, and pressing up to stand, or vice versa will quickly increase the intensity of the exercise. Don't forget to switch which leg is forward and back, and to work the longer part of the bar to both sides.



**Regression:** If off-centering the weighted bar is too much to control, you may want to hold the bar in a more traditional manner balanced in the middle.

### **Indo Board/BodyBlade Side to Side Pulse:**

This will require the use of a BodyBlade (Novice: CxT blade, Intermediate: Classic blade, Advance: Pro blade). Follow the

same protocol for the Indo Board Squat, but you maintain an upright standing position with soft knees and a long, strong, and straight torso. Once you are standing comfortably on the deck, grab hold of your BodyBlade with your fingers wrapped around or interlocked around the center handle, and the narrow part of the blade facing you like the picture shows.

Hold the blade handle at about chest height, and begin to pulsate the blade side to side at a continuous and manageable tempo. Keep the range of motion small, just enough to get the blade ends shifting side to side at pace.

**Regression:** Keeping the arms bent and the blade closer to the body will decrease the intensity.

**Progression:** Extending the arms away from the body will make it more challenging. Squatting up and down will also add a level of difficulty for those seeking an advance combo move.

**Caution:** The Indo Board/BodyBlade Side to Side Pulse will generate momentum that will cause the deck to roll side to side. This in turn could promote left and right tilting.



### **Indo Board/Body Blade Rotational Low/High Pulse:**

This will require the use of a BodyBlade (Novice: CxT blade, Intermediate: Classic blade, Advance: Pro blade). Follow the same protocol for the Indo Board Squat, but maintain an upright standing position with soft knees and a long, strong, and straight torso. Once you are standing comfortably on the deck, grab hold of your BodyBlade with your hands side by side and fingers wrapped around center handle with the flat part of the blade facing you like the picture shows.

To start, hold the blade handle on the outside of the right hip, and begin to pulsate the blade up and down at a continuous and manageable tempo. Start to rotate the bodyblade, your arms, and torso together diagonally upward over the left shoulder like the picture shows (try to keep the blade handle centered to your midline). Rotate as far as you can manage without losing your bearings, then return to your start position on the outside of the right hip.

Keep the pulsing motion constant throughout the exercise until you are finished with the set.

**Progression:** Keeping the head forward while rotating the upper body in the beginning pattern, if you want a more difficult progression have your eyes follow the blade handle from start to finish. Another way to add more challenge to this exercise is to change your start and ending position. Try starting and returning to the knee to the ankle for instance. You can also

alternate sides continuously (like drawing an X across your body). Squatting up and down while rotating up across and down across will also add a level of difficulty for those seeking an advance combo move.

**Caution:** The Indo Board/BodyBlade Rotational Low/High Pulse will generate momentum that will cause the deck to roll side to side and potential left and right turns of the deck over the roller. This in turn could promote left and right tilting.

\*\* Indo Board (EABO, Inc.) AHPT, Inc. and OnSite Fitness Magazine strongly recommends that you consult with your physician before beginning any exercise program. All of the Indo Board exercises shown are advanced progressions of traditional basic movements and therefore should only be attempted and performed by advanced level fitness professionals, athletes and fitness enthusiasts or under the guidance of a competent and certified Indo Board personal trainer.

You should be in good physical condition and be able to participate in exercise. Indo Board (EABO, Inc.) AHPT, Inc. and OnSite Fitness Magazine are not licensed medical care providers and represent that they have no expertise in diagnosing, examining or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in an exercise or exercise program, there is a possibility for physical injury, even death. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Indo Board (EABO, Inc.) AHPT, Inc. and OnSite Fitness Magazine from any and all claims or causes of action, known or unknown.

### **General Guidelines when Using an Indo Board:**

- Read all instructions carefully.
- This is not a toy! Adult supervision is required whenever a child is near an Indo Board, the Indo Roller and or the Indo Flo-Cushion.
- Care should always be taken when getting on and off the Indo Board, the Indo Roller and or the Indo Flo-Cushion
- Keep fingers and toes from Underneath the Indo Board, the Indo Roller and or the Indo Flo-Cushion.
- Use only as instructed. Not recommended for any other use.
- Falling off could result in injury, always use a trained spotter when using the Indo Board, the Indo Roller and or the Indo Flu Cushion.

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