

SKATEBOARD WORKOUT

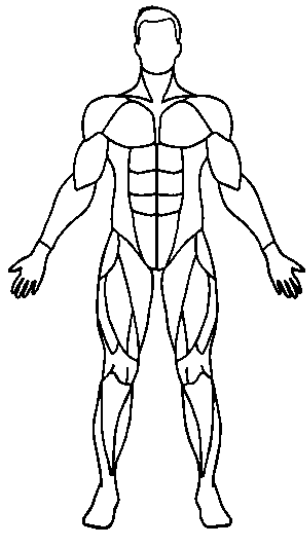


INTRODUCTION

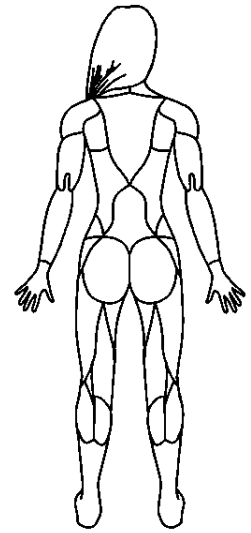
- A great whole body workout to perform outdoors in a city!
- In the cards you find a wide selection of exercises to choose from; some are more fitness-emphasized whereas others give the workout through playing and fun. You can vary your sessions by choosing different cards.
- More information: joktan.willem@howest.be

- What you need:
 - Skateboards
 - Chalk (optional)
 - Timer





VITAL SCHOOLS



SKATEBOARD WORKOUT



INFORMATION

- Choose as many exercises as you wish for one session.
- Choose at least one exercise for each big muscle group.
- There are exercises with 1, 2 or more persons: see the cards for details and consider this when planning your class.
- Organisation:
 - BEFORE STARTING: Draw a circle with a diameter according to your body length.
 - TIME:
 - Individual exercises: 1 min work, 1 min rest
 - Exercises with two: 1 min work → switch the positions
 - Games: as long as it takes
- Note: You will find a basic movement in the middle, and re- and progression to vary each exercise for different fitness levels



Draw the diameter according to your body length.



SKATEBOARD WORKOUT

Warm-up

Focus on:
GETTING FAMILIAR WITH THE
SKATEBOARD - WARMING UP THE

REGRESSION

EXERCISE: Carry Your Partner Home

PROGRESSION

- The more the partner (who is standing on the board) is in an upright position, the easier it gets.
- Partner stands on the skateboard, maintaining his/her body straight.
- The other holds him/her with a firm grip under the armpits and walks around.
- The more the partner (who is standing on the board) is in an incline, the heavier it gets.



SKATEBOARD WORKOUT

Warm-up

Focus on:
MOBILITY - AGILITY - WARMING UP

REGRESSION

EXERCISE: Under the Tunnel

PROGRESSION

- Slow pace
- Other one places the feet and hands on the ground, buttocks towards the sky.
- The partner slides underneath with the skateboard and leaves the board for the other.
- Switch the positions after each time you glide underneath.
- CONTINUOUS MOVEMENT!
- Fast pace
- Can be done with several participants.
- NOTE: If performed with a group, always slide the board back for the first person in the row.



SKATEBOARD WORKOUT

Warm-up

Focus on:
GETTING FAMILIAR WITH THE
SKATEBOARD - WARMING UP THE

REGRESSION

EXERCISE: Walk Your Dog

PROGRESSION

- Grab from the thighs.
- Other places hands in the middle of the skateboard, on the outer edges.
- The partner grabs the legs above the knees and walks around.
- Grab from the shins/ankles.



SKATEBOARD WORKOUT

Legs

Focus on:
GLUTEALS -
QUADRICEPS



REGRESSION

EXERCISE: Skateboard Squat

PROGRESSION

- The smaller the movement, (front leg remains closer to the body, standing leg doesn't flex so much), the easier it gets.

- Place other foot in the middle of the board.
- Perform a squat and let the skateboard move forwards and backwards.
- Change the side each 10 reps.

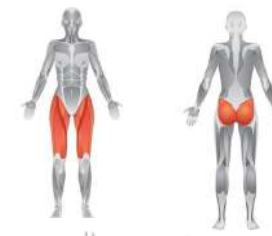
- The further you go (front leg moves more forward and standing leg flexes more), the heavier it gets.



SKATEBOARD WORKOUT

Legs

Focus on:
GLUTEALS -
QUADRICEPS



REGRESSION

EXERCISE: Lunge Backwards

PROGRESSION

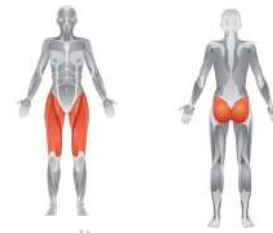
- The smaller the movement, (standing leg flexes less, back leg remains closer to the body), the easier it gets.
- Place other foot in the middle of the board.
- Perform a lunge and let the back leg move backwards and forwards with the board.
- Maintain the knee and ankle of the standing leg aligned.
- Change side each 10 reps.
- The further you go (front leg flexes more, back leg moves further behind), the heavier it gets.



SKATEBOARD WORKOUT

Legs

Focus on:
GLUTEALS -
QUADRICEPS



REGRESSION

EXERCISE: Squat – Lunge Combination

PROGRESSION

- The smaller the movement, (standing leg flexes less, other leg remains closer to the body), the easier.

- Place other foot in the middle of the board.
- Perform a squat: let the board move forwards.
- From the squat: move into a lunge.
- Continuous movement.
- Change side each 10 reps.

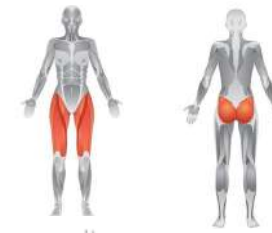
- The bigger the movement, (standing leg flexes more, the other leg moves further away from the body), the heavier.



SKATEBOARD WORKOUT

Legs

Focus on:
GLUTEALS -
QUADRICEPS



REGRESSION

EXERCISE: Forward Lunge

PROGRESSION

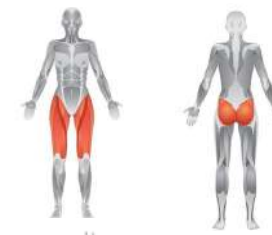
- The smaller the movement, (front leg remains closer to the body and flexes less), the easier it gets.
- Place other foot in the middle of the board.
- Perform a lunge forwards, with the board is sliding back and forth.
- Hold core engaged for control.
- Don't let the knee of the front leg pass the ankle alignment.
- Change the side each 10 reps.
- The further you go (front leg more flexed), the heavier it gets.



SKATEBOARD WORKOUT

Legs

Focus on:
GLUTEALS -
QUADRICEPS



REGRESSION

EXERCISE: Side Squat

PROGRESSION

- The smaller the movement, (side leg remains closer to the body, standing leg doesn't flex so much), the easier it gets.
- Place other foot in the middle of the board.
- Perform squats and let the board slide sideways along the midline of the circle.
- Keep the knee and ankle of the standing leg aligned.
- Keep the extended leg straight.
- Change the side each 10 reps.
- The further you go, (straight leg moves more to the side and standing leg flexes more), the heavier it gets.



SKATEBOARD WORKOUT

Legs

Focus on:
GLUTEALS -
QUADRICEPS



REGRESSION

EXERCISE: Circling

PROGRESSION

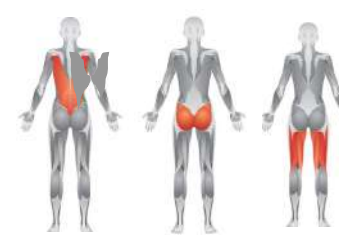
- Place the skateboard inside of the circle.
- Place other foot in the middle of the circle and the other on the board.
- Move the board around the circle.
- Place the board on the outside of the circle.



SKATEBOARD WORKOUT

Lower back

Focus on: LOWER
BACK - GLUTEALS -
HAMSTRINGS



REGRESSION

EXERCISE: Bridge on the Skateboard

PROGRESSION

- Place your arms on the ground to give support.

- Place your both feet in the middle of the board.
- Keep extending and flexing your legs.
- Hold the buttocks up throughout the movement.

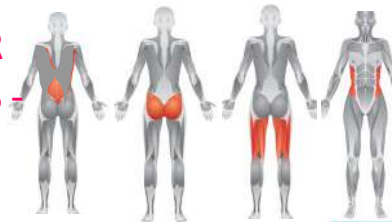
- Extend other leg up in the air.
- Change legs every 5 repetitions.



SKATEBOARD WORKOUT

Lower back + Abs

Focus on: LOWER
BACK - GLUTEALS -
HAMSTRINGS -
OBLIQUES



REGRESSION

EXERCISE: Side Bridge

PROGRESSION

- Perform a smaller movement (keep the board closer to the midline of the circle when sliding to the sides).
- Your partner can help to slow down the movement of the skateboard by grabbing from the ends of the board.

- Place both feet on the skateboard.
- Slide the feet from side to side, controlling the movement with your core.
- Hold your buttocks up throughout the movement.

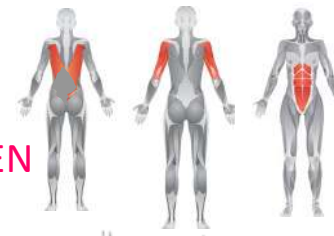
- Perform a bigger movement (move the board further away from the midline of the circle when sliding to the sides).



SKATEBOARD WORKOUT

Middle back + Core

Focus on:
MIDDLE BACK -
TRICEPS - ABDOMEN



REGRESSION

EXERCISE: Skateboard Pulldown

PROGRESSION

- Make a smaller movement (maintain the skateboard closer to your legs).
- Place your knees on the ground and hands on the outer edges in the middle of the board.
- Slide straight arms forwards and backwards.
- Make a bigger movement (bring the skateboard further away from your legs).



SKATEBOARD WORKOUT

Chest

Focus on:
CHEST - TRICEPS



REGRESSION

EXERCISE: Push-ups with Side Extension

PROGRESSION

- Perform a smaller movement (the skateboard remains closer to the body), or place your knees on the ground.
- Place other hand in the middle of the board, fingers pointing to the side.
- Perform push-ups, the board sliding to the side and back.
- Change sides each 10 reps.
- When going down → go as slow as possible.
- When going up → go fast.



SKATEBOARD WORKOUT

Arms

Focus on: TRICEPS



REGRESSION

EXERCISE: Push-ups with Forward Extension

PROGRESSION

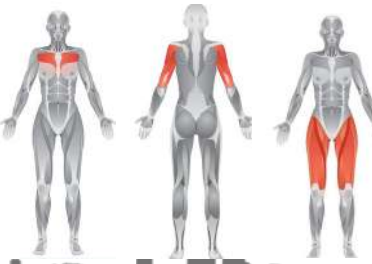
- Perform a smaller movement (the skateboard remains closer to the body), or place your knees on the ground.
- Place other hand in the middle of the skateboard.
- Perform push-ups and let the other hand slide forwards and backwards on the board.
- Change sides each 10 reps.
- When going down → go as slow as possible.
- When going up → go fast.



SKATEBOARD WORKOUT

Chest

Focus on:
CHEST - TRICEPS ·
QUADRICEPS



REGRESSION

EXERCISE: Push-up + Squat

PROGRESSION

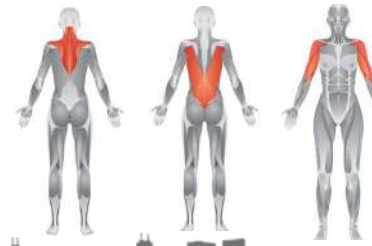
- The push-up partner's legs are held from knee level.
- Other one places both hands on the ends of the board and performs push-ups.
- Simultaneously, the partner holds the push-up partner's legs below the knees AND performs squats.
- The push-up partner's legs are held from the feet.



SKATEBOARD WORKOUT

Back + Biceps

Focus on:
UPPER BACK -
MIDDLE BACK -
BICEPS



REGRESSION

EXERCISE: Inverted Chin-up Row

PROGRESSION

- Perform a sit-up when making the row (less weight).

- The partner holds the skateboard and the person on the ground performs inverted rows with a palm grip.
- Keep legs flexed, buttocks come up in the air when rowing.

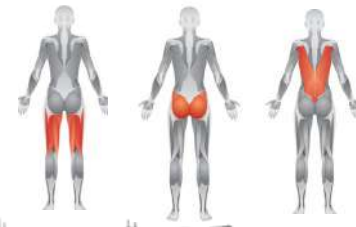
- Maintain your body straight when making the row (more weight).



SKATEBOARD WORKOUT

Functional Fun

Focus on:
HAMSTRINGS -
GLUTEALS - BACK



REGRESSION

EXERCISE: Rock 'n Roll

PROGRESSION

- Slower pace

- The partner laying on the skateboard holds his/her arms and legs up.
- The other grabs from the legs and swings the partner underneath his/her legs, and then grabs from the arms and swings the person back.
- Continuous movement

- Faster pace



SKATEBOARD WORKOUT

Functional Fun

Focus on:
HEART RATE – LOWER
BACK



REGRESSION

EXERCISE: *Gliding Superman*

PROGRESSION

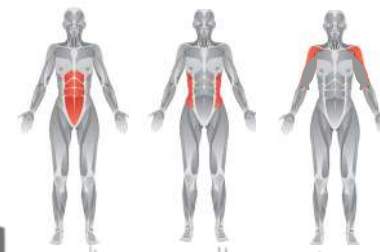
- For the one who pushes: Less strong push, walk to the other side
- For the one who glides: grab the board with both hands
- Other lays on the skateboard in a superman position and the partner pushes him/her forwards and runs to the other side.
- Then you switch functions.
- For the one who pushes: Stronger push, faster spurt to the other side.
- For the one who glides: both arms above the head.



SKATEBOARD WORKOUT

Core

Focus on:
ABDOMEN -
SHOULDERS



REGRESSION

EXERCISE: *Extreme Planking*

PROGRESSION

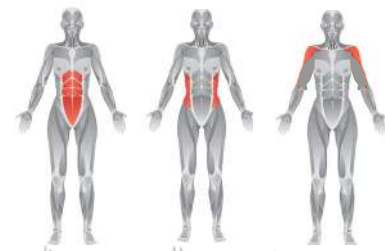
- Do not bring the skateboard so far away from the midline.
- Both place hands on the board, one in the middle and one on the end of the board.
- Start from the middle.
- Bring the board from side to side, as far as you can.
- Hold arms straight, core firm.
- Go further to the sides.



SKATEBOARD WORKOUT

Core

Focus on:
ABDOMEN -
SHOULDERS



REGRESSION

EXERCISE: Pinguine Plank

PROGRESSION

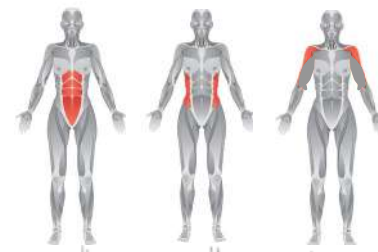
- The less the skateboard moves forwards/backwards, the easier the movement.
- Both place hands on the board, one in the middle and one on the end of the board.
- Start from the middle.
- Walk with the hands towards the feet of the other one and then change direction.
- Go as far as you can.
- Do not move your feet and hold your back straight.
- The further you walk forwards/backwards with the skateboard, the harder the movement.



SKATEBOARD WORKOUT

Core

Focus on:
ABDOMEN -
SHOULDERS



REGRESSION

EXERCISE: In and Out

PROGRESSION

- Starting position closer to each other (you won't go into a full extension).

- Straighten and flex your legs alternately, moving the board back and forth.
- When your legs are straight, you are in a plank position.

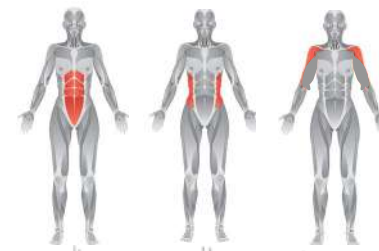
- Starting position further away from each other (you will need to extend further).



SKATEBOARD WORKOUT

Core

Focus on:
ABDOMEN -
SHOULDERS



REGRESSION

EXERCISE: In and Out with Straight Legs

PROGRESSION

- Starting position closer to each other (you won't go into a full extension).
- Move the board back and forth, holding the legs straight throughout the movement.
- When legs are extended, you are in a plank position.
- Starting position further away from each other (you will need to extend further).



SKATEBOARD WORKOUT

Core

Focus on:
ABDOMEN -
SHOULDERS



REGRESSION

EXERCISE: Caterpillar

PROGRESSION

- Do not slide/walk all the way until the plank: stop the movement earlier when your buttocks are still up.

- Place your hands in the middle of the board, on the outer edges.
- Slide the upper body forwards.
- Walk with your feet forwards until you are in the starting position.
- Then do the same backwards.

- Slide further forwards with the skateboard / walk further backwards with the feet, extending arms above of your head.

FORWARDS



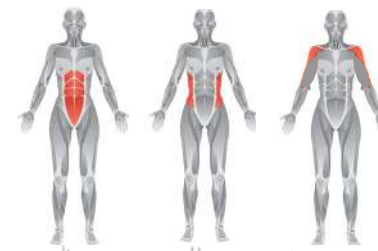
BACKWARDS



SKATEBOARD WORKOUT

Core

Focus on:
ABDOMEN -
SHOULDERS



REGRESSION

EXERCISE: Centrifugator

PROGRESSION

- Grab from the thighs.
- Other one places both hands on the ends of the skateboard.
- The partner grabs from the knees and provides an active and fast movement so that the skateboard is moving around in a circle with high speed.
- Grab from the ankles.



SKATEBOARD WORKOUT

Functional Fun

Focus on:
ABDOMEN -
COORDINATION



EXERCISE: Parkour Track

- Use chalk to draw a track on the ground and use obstacles (such as chairs) to make sure the curves are done correctly.
- Sit on the back of the board, hands on the ground.
- And GO! Your feet cannot touch the ground.
- Move as fast as you can!

Preparation:



SKATEBOARD WORKOUT

Abdomen

Focus on: OBLIQUES



REGRESSION

EXERCISE: Russian Twist

PROGRESSION

- Place your feet on the ground.
- Sit in the middle of the board.
- Gaze forward.
- Bring your hands from side to side.
- Note: if the board is sliding due to uneven ground, place a piece of wood behind the back wheels.
- Bring the hands from side to side with a faster movement.



SKATEBOARD WORKOUT

Abdomen

Focus on: OBLIQUES



REGRESSION

EXERCISE: Russian Twist with a Slide

PROGRESSION

- The partner moves the skateboard slower.
- One sits on the skateboard, holds feet up and brings hands from side to side.
- Simultaneously, the partner moves the board forwards and backwards.
- The partner moves the skateboard faster.



SKATEBOARD WORKOUT

Arms

Focus on:
TRICEPS - SHOULDER
STABILITY



REGRESSION

EXERCISE: Dip Swing

PROGRESSION

- Maintain the skateboard closer to the midline when sliding to the sides.

- Place your hands on a chair (or similar).
- Maintain arms in 90 degrees.
- Place your feet on the skateboard and move the board from side to side with a continuous movement.

- Bring your legs further away from the midline.

Starting position:



SKATEBOARD WORKOUT

Functional Fun

Focus on:
BICEPS - MIDDLE BACK



REGRESSION

EXERCISE: Crawling

PROGRESSION

- The partner gives less resistance.
- One lays on the skateboard and crawls forwards.
- The partner gives resistance by holding the legs.
- NOTE: the hands do not go behind the front wheels of the skateboard.
- The partner gives even more resistance.



SKATEBOARD WORKOUT

Arms

Focus on:
BICEPS



REGRESSION

EXERCISE: Bicep Curl

PROGRESSION

- The person on the ground gives less counterweight by performing a sit-up when the partner is flexing the arms.

- The standing person performs a bicep curl with flexed knees and a straight back.
- The person laying on the ground gives counterweight by hanging on the board with a firm grip → buttocks come up, legs remain flexed

- The person on the ground gives more counterweight by laying in a plank-position



SKATEBOARD WORKOUT

Multifunction

Focus on:
BODY CONTROL -
MOBILITY



REGRESSION

EXERCISE: Breakdance

PROGRESSION

- Perform a smaller movement (the swinging leg doesn't go so much up in the air).
- Perform the movement slowly.
- Place the feet on the circle, hands on the ends of the board and buttocks up towards the sky.
- Swing the right leg to the left side, while flexing the standing leg and come back to the middle. Change the side.
- Aim to keep the skateboard in the middle and maintain a controlled movement.
- Continuous movement
- Perform the movement faster when you can maintain the control.



The start position from the side.



The swing from the side.



The position when changing the side.



SKATEBOARD WORKOUT

Functional Fun

Focus on:
FUN - BALANCE



Easier option:

EXERCISE: Curling

Challenge the balance:

- The other is sitting on the skateboard.



- Draw big circles with chalk on the ground.
- Stand in the distance and try to push your partner so that s/he stops in the circle.
- Outer circle: 3 points, Mid circle: 5 points, Middle: 7 points.
- Play 2-3 rounds
- Can be played with several participants.

Preparation:



- The other is standing on the skateboard.



SKATEBOARD WORKOUT

Balance

Focus on: BALANCE



REGRESSION

EXERCISE: Maintain the balance

PROGRESSION

- **PIC 1:** Gliding forwards with knees and hands on the skateboard.
- **PIC 2:** Gliding forwards with feet and hands on the skateboard.

- Draw two lines on the ground.
- Glide between the lines with your chosen style.
- Challenge your balance!
- **PIC 3:** Gliding forwards with both feet on the skateboard.

- **PIC 4:** Gliding forwards with one foot on the skateboard.
- **PIC 5:** Gliding backwards with one foot on the skateboard.

