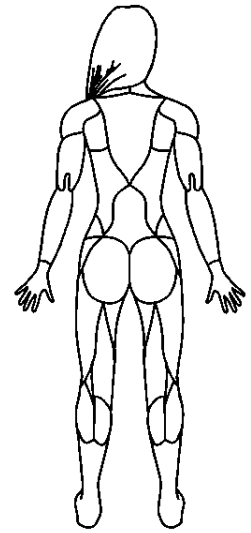


VITAL SCHOOLS



# SKATEBOARD WORKOUT

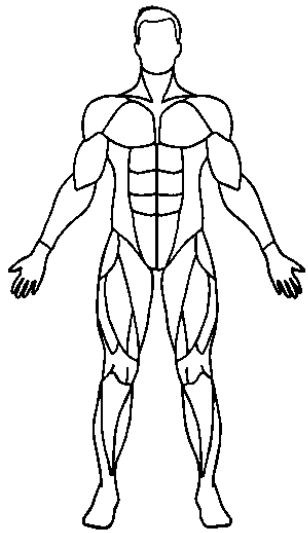


## INTRODUCTION

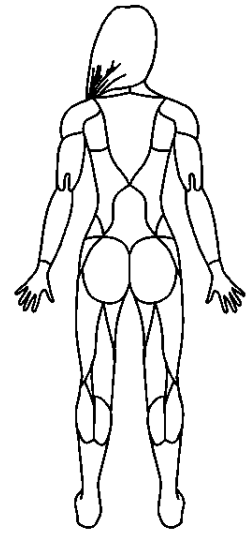
- A great whole body workout to perform outdoors in a city!
- In the cards you find a wide selection of exercises to choose from; some are more fitness-emphasized whereas others give the workout through playing and fun. You can vary your sessions by choosing different cards.
- More information: [joktan.willem@howest.be](mailto:joktan.willem@howest.be)

- 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

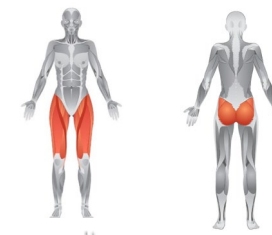
- The smaller the movement, (front leg remains closer to the body, standing leg doesn't flex so much), the easier it gets.
- Place other foot in the middle of the board.
- Perform a squat and let the skateboard move forwards and backwards.
- Change the side each 10 reps.
- The further you go (front leg 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

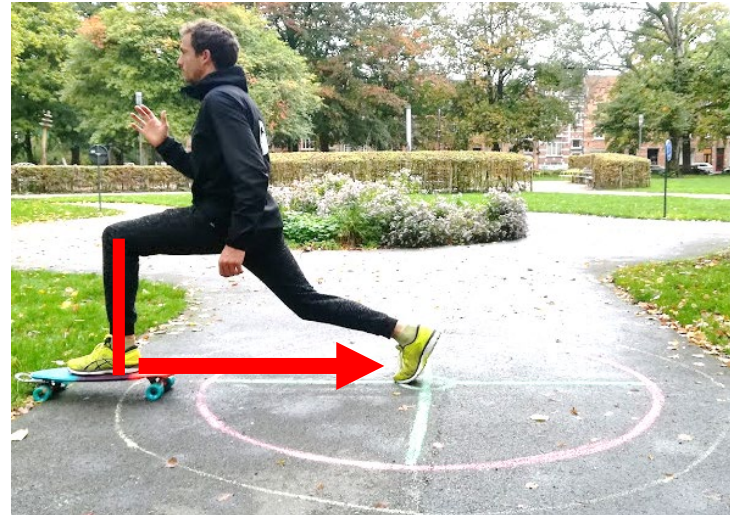


### REGRESSION

### 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

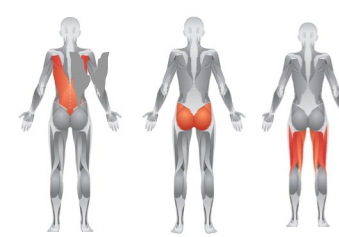
- Place the skateboard inside of the circle.
- Place other foot in the middle of the circle and the other on the board.
- Move the board around the circle.
- Place the board on the outside of the circle.



# SKATEBOARD WORKOUT

## Lower back

Focus on: LOWER  
BACK - GLUTEALS -  
HAMSTRINGS



### REGRESSION

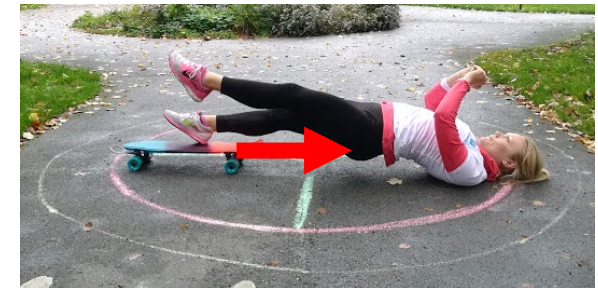
### EXERCISE: Bridge on the Skateboard

### 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.

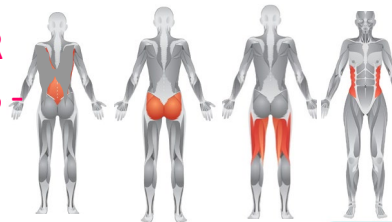
- Extend other leg up in the air.
- Change legs every 5 repetitions.



# 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.

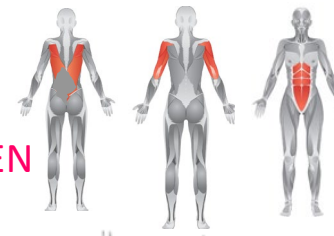
- Perform a bigger movement (move the board further away from the midline of the circle when sliding to the sides).



# SKATEBOARD WORKOUT

## Middle back + Core

Focus on:  
MIDDLE BACK -  
TRICEPS - ABDOMEN



### REGRESSION

### EXERCISE: Skateboard Pulldown

### PROGRESSION

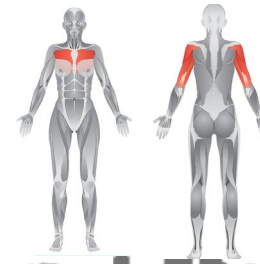
- Make a smaller movement (maintain the skateboard closer to your legs).
- Place your knees on the ground and hands on the outer edges in the middle of the board.
- Slide straight arms forwards and backwards.
- Make a bigger movement (bring the skateboard further away from your legs).



# 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.

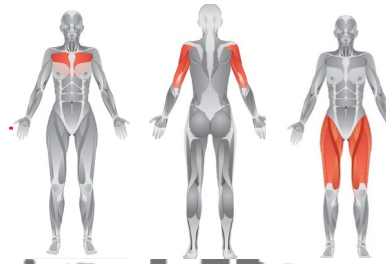




# SKATEBOARD WORKOUT

## Chest

Focus on:  
CHEST - TRICEPS  
QUADRICEPS



### REGRESSION

### EXERCISE: Push-up + Squat

### PROGRESSION

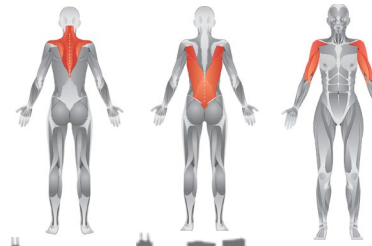
- The push-up partner's legs are held from knee level.
- Other one places both hands on the ends of the board and performs push-ups.
- Simultaneously, the partner holds the push-up partner's legs below the knees AND performs squats.
- The push-up partner's legs are held from the feet.



# 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.

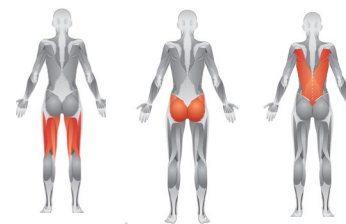
- Maintain your body straight when making the row (more weight).



# 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

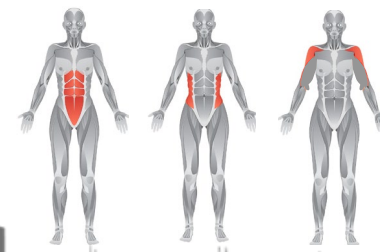
- For the one who pushes: Less strong push, walk to the other side
- For the one who glides: grab the board with both hands
- Other lays on the skateboard in a superman position and the partner pushes him/her forwards and runs to the other side.
- Then you switch functions.
- For the one who pushes: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

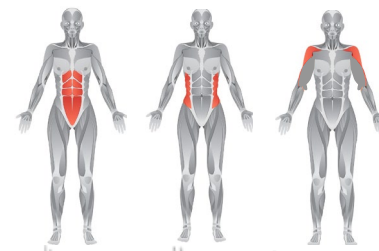
- Do not bring the skateboard so far away from the midline.
- Both place hands on the board, one in the middle and one on the end of the board.
- Start from the middle.
- Bring the board from side to side, as far as you can.
- Hold arms straight, core firm.
- Go further to the sides.



# SKATEBOARD WORKOUT

## Core

Focus on:  
ABDOMEN -  
SHOULDERS



### REGRESSION

### EXERCISE: Pinguine Plank

### PROGRESSION

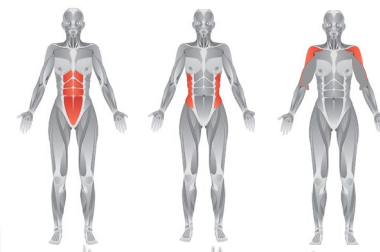
- The less the skateboard moves forwards/backwards, the easier the movement.
- Both place hands on the board, one in the middle and one on the end of the board.
- Start from the middle.
- Walk with the hands towards the feet of the other one and then change direction.
- Go as far as you can.
- Do not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

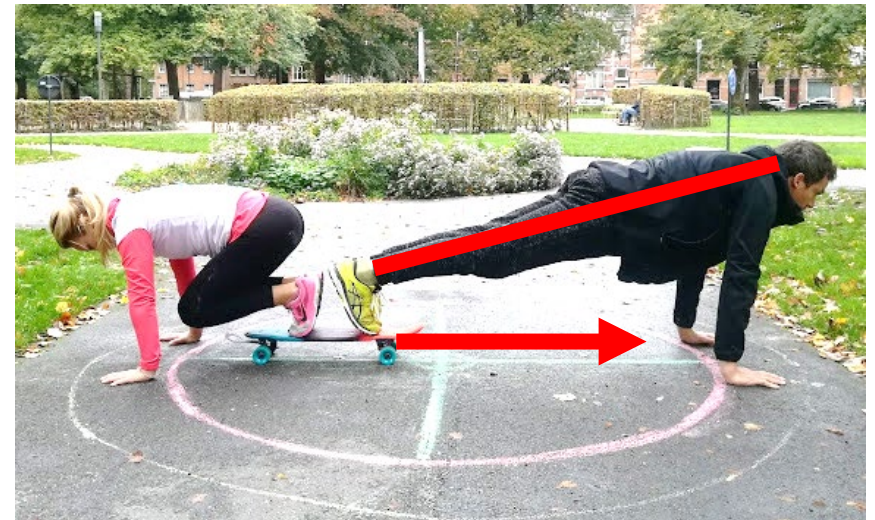
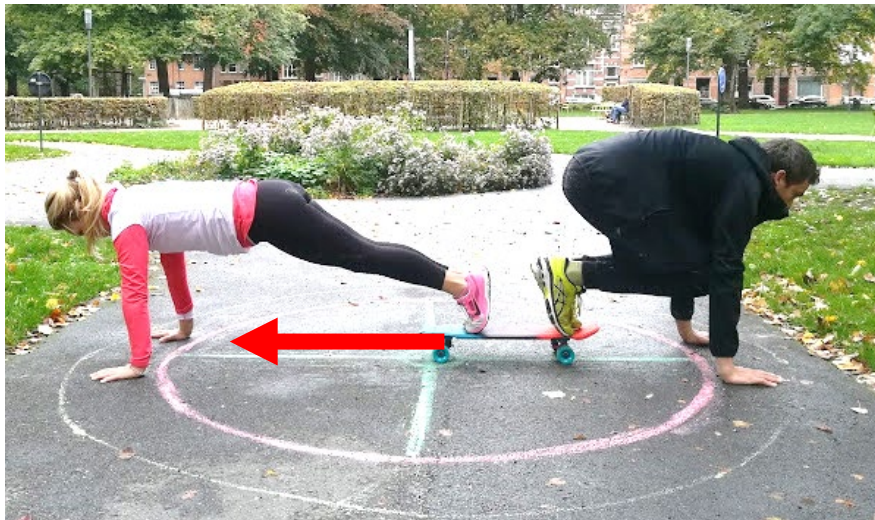
### EXERCISE: In and Out

### 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.

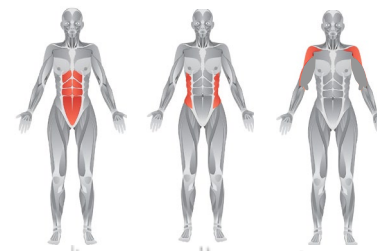
- Starting position further away from each other (you will need to extend further).



# SKATEBOARD WORKOUT

## Core

Focus on:  
ABDOMEN -  
SHOULDERS

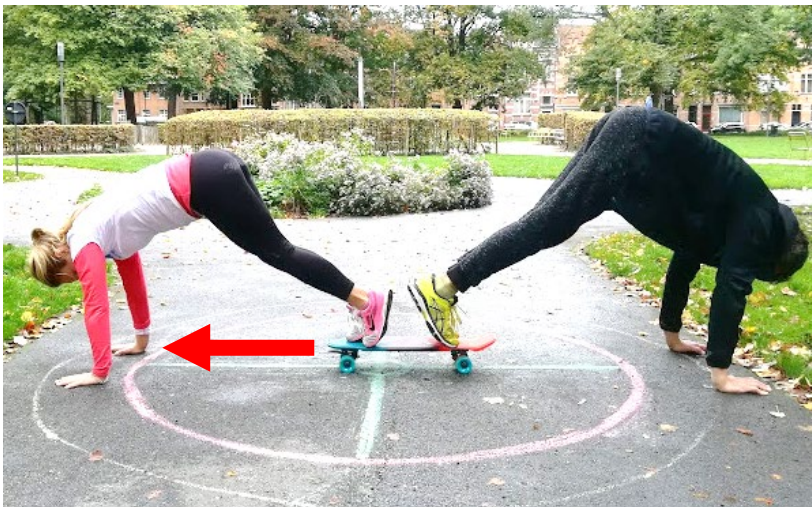


### REGRESSION

### 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).

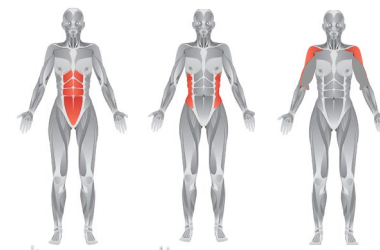




# SKATEBOARD WORKOUT

## 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



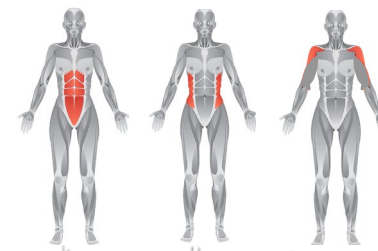
### BACKWARDS



# 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.

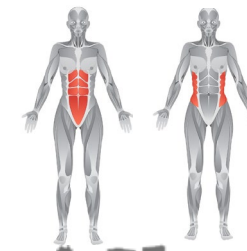
- Grab from the ankles.



# 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.

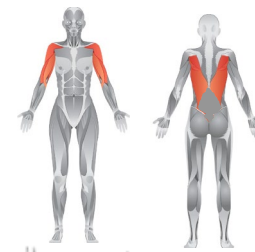
#### Starting position:



# SKATEBOARD WORKOUT

## Functional Fun

Focus on:  
BICEPS - MIDDLE BACK

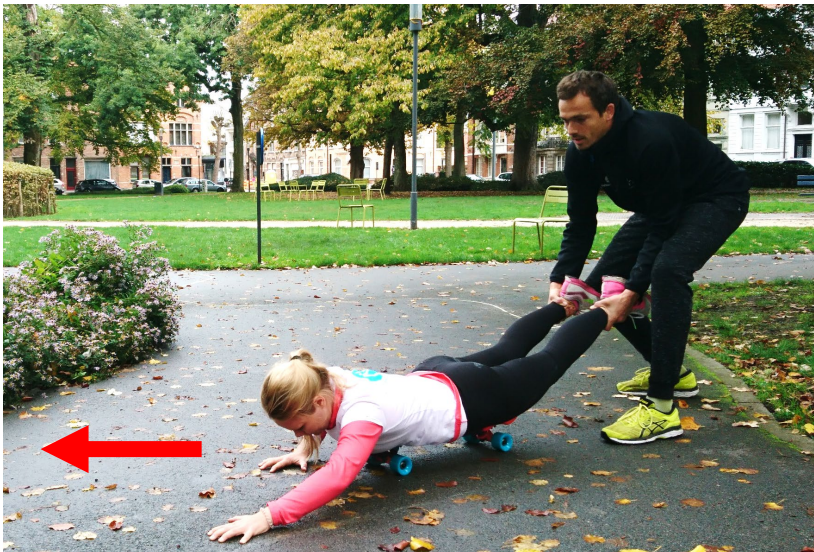


### REGRESSION

### 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.

