

## EXERCISE core

keep miniBoard stabilized while maintaining body-posture



keep the red dot at the center

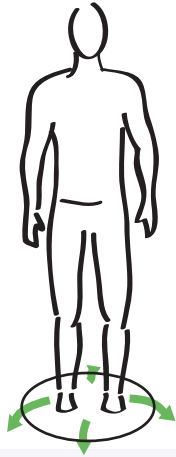
core stabilizers  
hip extensors

### Core stabilizing



m. transversus abdominis  
mm. multifidi

move miniBoard front-back keep body-posture



follow the lines as accurate as possible

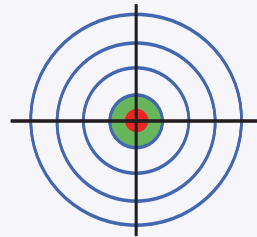
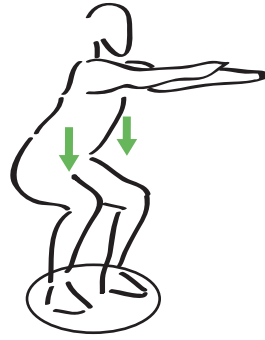
hip extensors  
knee extensors

### Hip extension



mm. glutei  
m. semimembranosus  
m. semimembranosus  
m. biceps femoris

keep miniBoard stabilized while squatting



follow the lines as accurate as possible

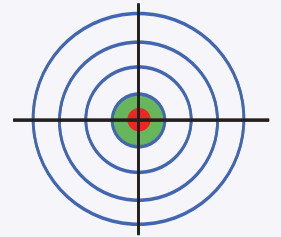
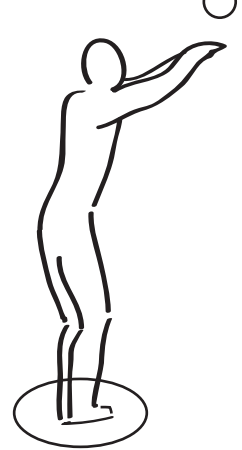
core stabilizers  
hip extensors  
knee extensors

### Knee extension



m. rectus femoris  
m. vastus lateralis  
m. vastus medialis  
m. vastus intermedius

keep miniBoard stabilized while receiving external forces (e.g. throwing /receiving a ball)



keep the red dot at the center

all movements

### Ankle plantarflexion



m. soleus  
m. gastrocnemius  
m. plantaris  
m. flexor hallucis