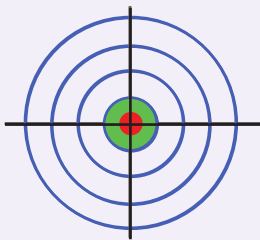


STABILITY CORE | Range Settings 10 °

keep miniBoard stabilized while maintaining body-posture

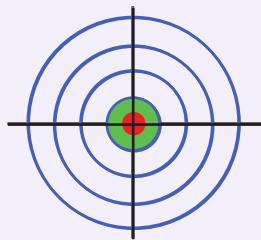
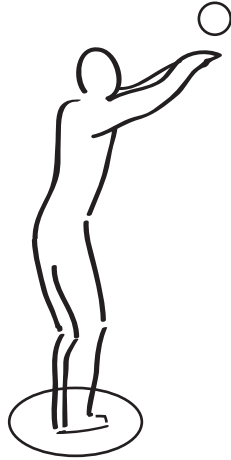


keep the red dot at the center

core stabilizers
hip extensors

Core stabilizing

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

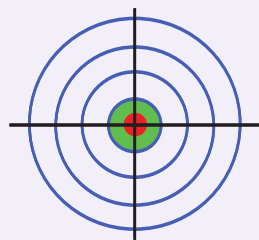
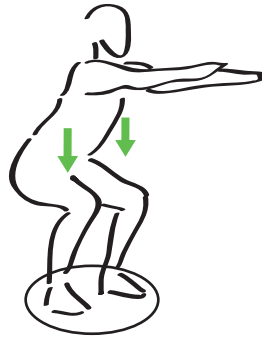


keep the red dot at the center

all movements

Ankle plantar flexion

keep miniBoard stabilized while squatting



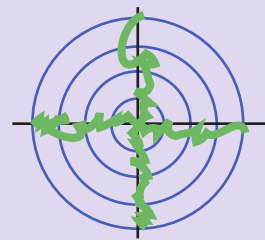
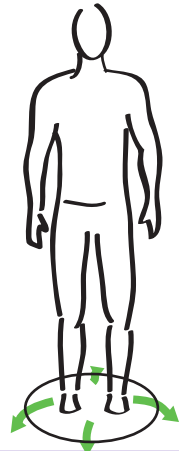
follow the lines as accurate as possible

core stabilizers
hip extensors
knee extensors

Knee extension

MOBILITY CORE | Range Settings 20 °

move miniBoard front-back keep body-posture



follow the lines as accurate as possible

hip extensors
knee extensors

Hip extension



m. transversus abdominis
mm. multifidi



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



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



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