

Strengthen and tone your entire body

By simply applying the principles of weight resistance and traction

THE LEVITY™ BOARD WORKOUT:

The LEVITY™ Board was developed after years of studying and teaching different modalities of movement. Rather than sticking with one exact form of movement, the most important factor in safe and results-oriented movement is really opposition. Opposition in the body, when you simply create both a push and a pull simultaneously, gives feedback to the joints, muscles, and nervous system all at once, allowing for a more complete experience.

Just like a builder uses scaffolding to renovate an existing structure, the LEVITY™ Board accomplishes strength and integrity in the body by using an ergonomical weight with leather holds. The strong, straight connection it encourages creates opposition in the body challenging the joints, muscles and tendons to work together in proper alignment to re-engineer the body.

The LEVITY™ board allows you to put together a results-oriented fitness routine that is simple, unique and really tailored to your goals. Remember to always maintain an outward pressure of the hands or feet into the LEVITY™ Board straps no matter what the exercise. This helps to create opposition.

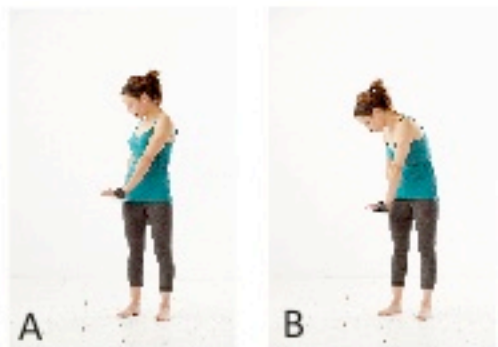


Arm Press: reps: 6-8

A elbows wide, shoulders down, board pressing in towards chest

B press arms straight, spreading fingers, wrists bent, hands pressing wide into straps

Standing Twist: reps: 6-8



A twist torso aligning center contour of board with side/hip

B straight arms, push center contour of the board down the side body. Maintain body contact with the board keeping twist and curl

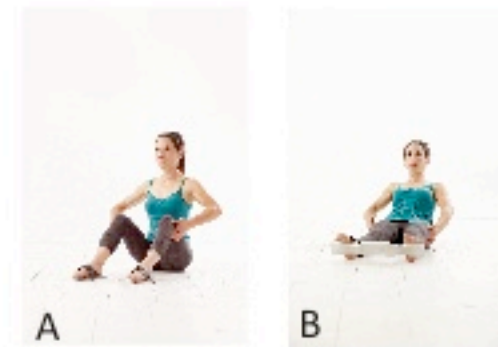
Forward Lunge: reps: 6-8



A standing position, allowing weight of board to traction arms long

B step one leg forward to 90 degrees, back leg slightly bent. Arms press overhead. Front leg pushes out of lunge to come back to standing position

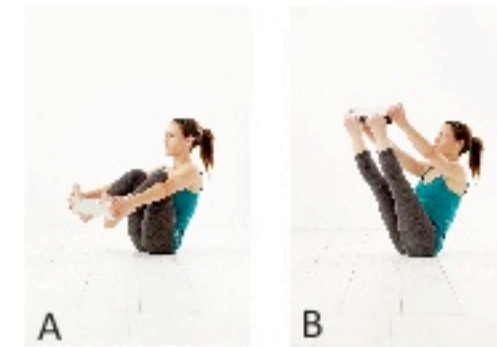
Abdominal Curl: reps: 6-8



A knees bend wide into body, press board flat to floor. Hands hook under knees, elbows pull wide stretching spine upwards

B straighten legs pulling feet wide into straps, feet flexed. Use arms to support upper body into a lifted lower abdominal curl

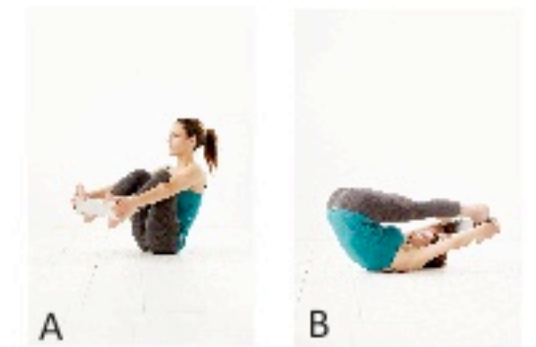
Core Balance: reps: 6-8



A feet in straps, bend knees into body securing hold of the board. Press knees wide into straight arms finding a suspended balance position, spine lengthening upwards

B straighten legs and arms as much as possible, staying balanced

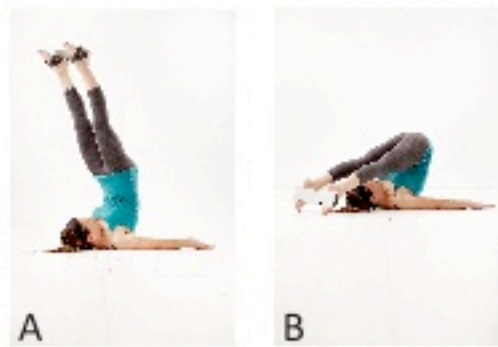
Rolling Ball: reps: 6-8



A same position as Core Balance

B roll back, massaging spine, keeping arms engaged in secure arm hold. Open legs overhead stretching legs, bend knees, thinking heels towards hips, using momentum to return to balance position (A)

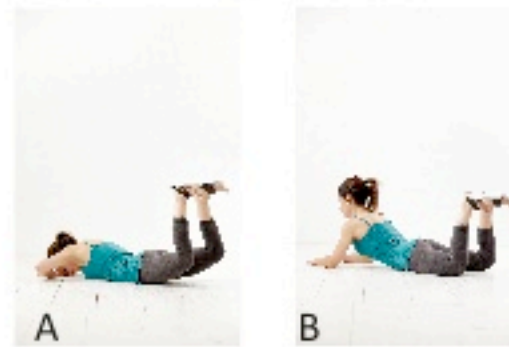
Overhead Leg Press: reps: 6-8



A keep feet pointed, pull legs wide into straps. Lift legs and move spine upwards onto shoulder blades trying to keep legs straight

B release straight legs overhead, keeping feet pointed and pressing outward into straps

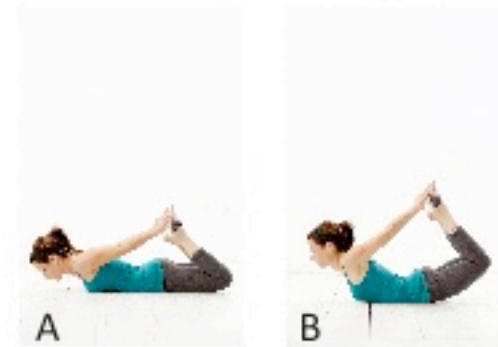
Sphinx Leg Lift: reps: 6-8



A create a diamond with hands to support the forehead, elbows wide, chest lifting. Bend knees to 90 degrees, feet flexed, knees and feet pull wide. Lift both legs up and hold/release

B maintain 90-degree press of legs and wide arm position. Lower knees to ground, lifting torso up to the navel creating a spinal stretch

Bow: reps: 3-5



A point toes bending knees, heels to bottom. Hold position, wrapping fingers over center of the board so arms are stretched straight

B pull pointed feet apart in straps while pressing bent knee shape of legs off of the ground allowing the power of the legs to stretch arms and lift chest

Seated Twist: reps: 3-5



A knees bent into a starfish shape. Center middle contour of board with knee. Push board into ground creating a side curl and stretch of the torso

B lift torso upright and press board out parallel to the chest. Balance in side twist, hold/release

Rotating Stretch: reps: 3-5



A feet flexed pressing wide into straps. Bending knees if necessary, hold center of the board, arms straight. Stretch entire body, dropping head forward between arms and legs

B keep underhand grip with one arm, bending elbow to pull torso and spine into a twist. Stretch free arm upwards actively reaching and stretching the entire side of the body