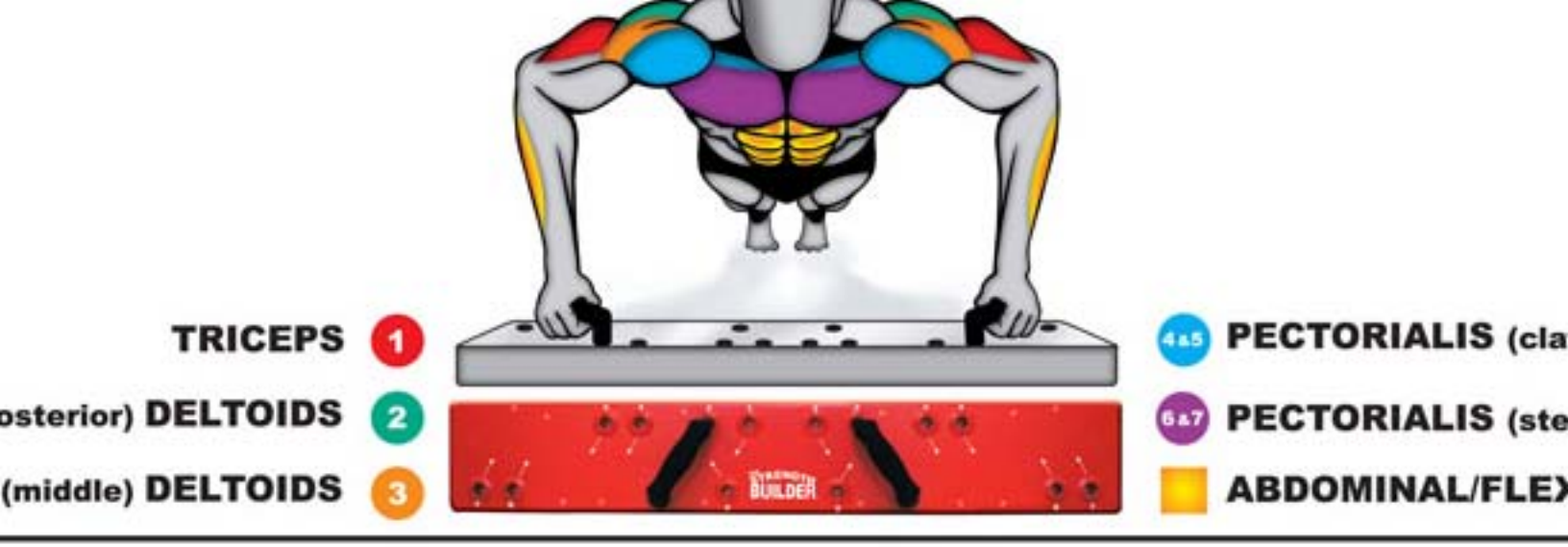
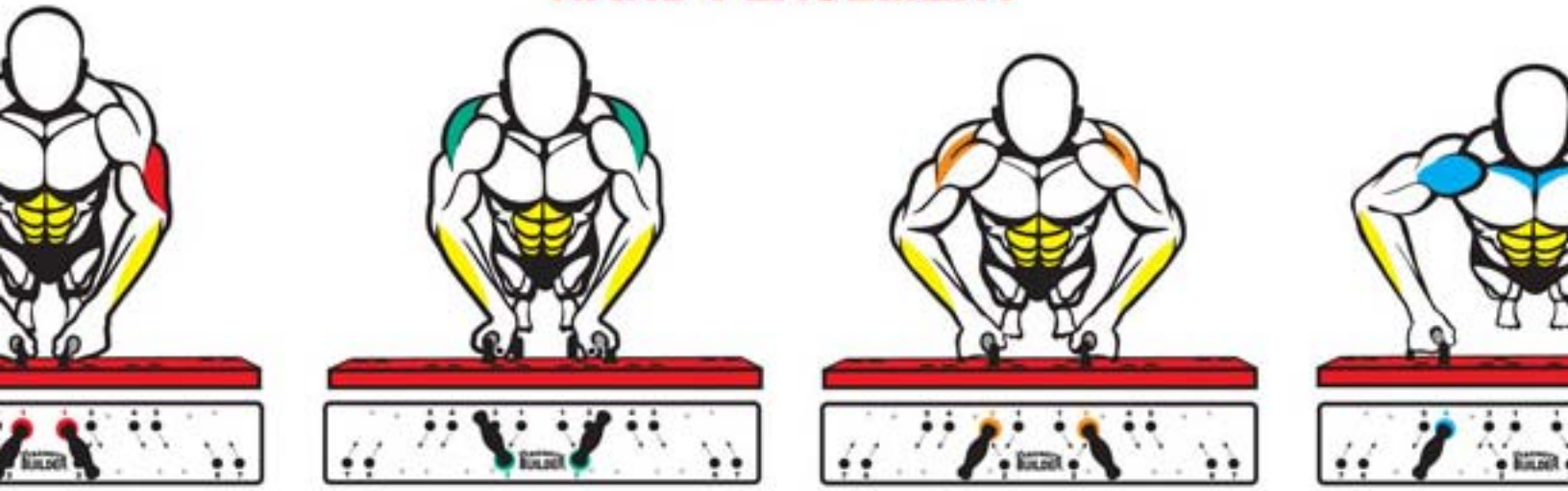


HAND PLACEMENT

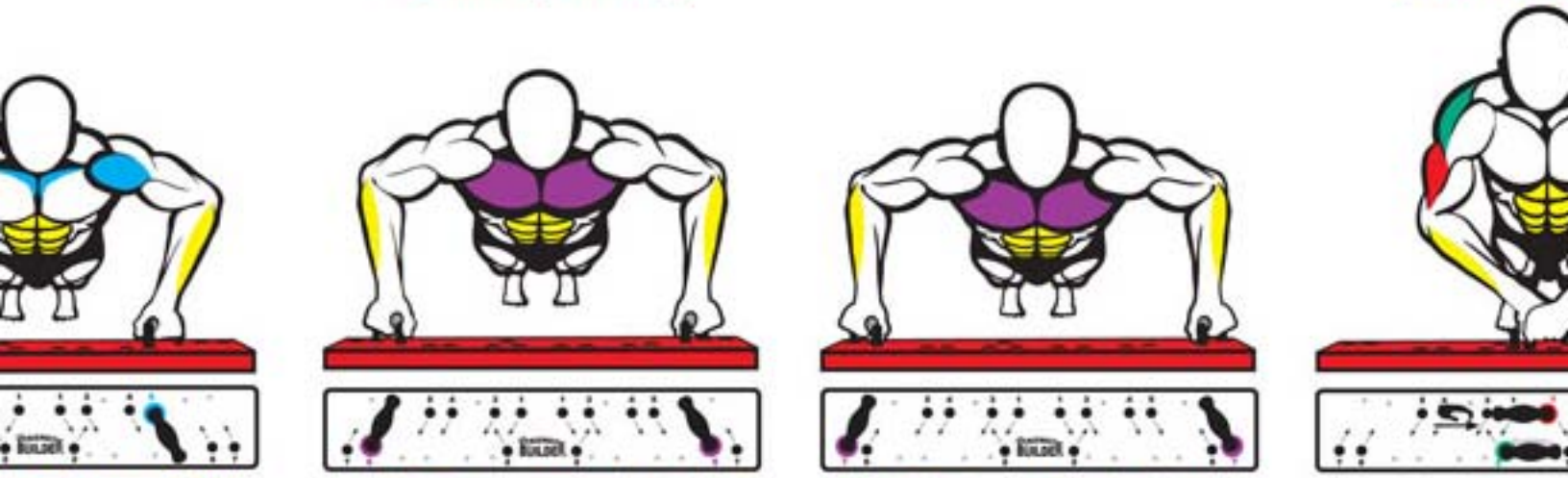


1 - Triceps

HOLE 2 - Deltoids
(anterior/posterior)

HOLE 3 - Deltoids

HOLE 4 - Pe
(clavicular)



- Pectorialis
ular) - Outer

HOLE 6 - Pectorialis
(sternal) - Inner

HOLE 7 - Pectorialis
(sternal) - Outer

EXPERT - H
Advanced Tricep
(anterior/pos

BODY POSITION

BEGINNER

LEVEL 2 - INTERMEDIATE

LEVEL 3 - ADVANCED

TECHNIQUE TIPS

- Make sure board is positioned o
- Position board under shoulders,
  looking straight ahead.
- Contract abdominals, keeping h
- Work with controlled speed of m