

NEKDOODLE SANIBEL WORK OUT

Taken as read: frequent posture and breathing checks

Target	Start Point	Main Move	Equilibrium/disequilibrium	Progression/Comment
Standing on ND	Two feet	<ul style="list-style-type: none"> • Stand still. 	Breathing and balance challenge Arms to balance Arms at side	Progress from shallow to suspended and deep
		<ul style="list-style-type: none"> • Heels on floor, toes on ND walk around ND. • Toes on floor, heels on ND walk around ND 		
		<ul style="list-style-type: none"> • March or run on the ND 	Running arms	
	One foot	<ul style="list-style-type: none"> • Stand still, neck deep if possible • Knee lift • Heel lift • Ankle lift • Full lever length 	Breathing and balance challenge Arms to balance Arms at side	Repeater move "Round the clock"
		<ul style="list-style-type: none"> • Pendulum – one foot on ND, other performs ab/adduction 		
Sitting on ND		<ul style="list-style-type: none"> • Sit still 	Arms to balance Arms at side	The longer the stillness, the more difficult it becomes Hip hitch – check for wanted/unwanted
	Legs only	<ul style="list-style-type: none"> • "Walk" forward, backwards etc • Wide walk • Unison leg walk 	Arms to balance Arms at side	Round the clock direction of travel
	Arms only	<ul style="list-style-type: none"> • Thumbs up breaststroke – travel forwards, backwards etc • Alternate arms 	Legs together, wide Legs crossed at ankle, knee	Round the clock direction of travel
Kneeling on ND		<ul style="list-style-type: none"> • Stay still 	Arms to balance Arms at side	Hip hitch
		<ul style="list-style-type: none"> • Thumbs up breaststroke – travel forwards, backwards etc • Alternate arms 	Legs together, wide Legs crossed at ankle, knee	Round the clock direction of travel
Ankle	One foot on floor, one on ND	<ul style="list-style-type: none"> • With ND foot: dorsi/plantar flex, draw shapes 	Arms to balance Arms at side	Decrease angle at knee
		<ul style="list-style-type: none"> • Hop 	Arms to balance, Arms at side Breast stroke arms	Round the clock direction of travel

Knee	Two feet on ND	<ul style="list-style-type: none"> • Pull down squat – use glutes and hamstrings to pull down 	Arms to balance Arms at side	
		<ul style="list-style-type: none"> • Suspended squat – ND off floor – stay still 		The longer the stillness, the more difficult it becomes
		<ul style="list-style-type: none"> • Travel forwards 	Breast stroke arms – unison, alternate etc	Round the clock direction of travel
	One foot on floor, one on ND	<ul style="list-style-type: none"> • With ND knee, pull down, control ascent 		
		<ul style="list-style-type: none"> • Grip ND with knee, flex/extend hip 		
Shoulder	Balance ND under upper arm	<ul style="list-style-type: none"> • Flex/extend shoulder • Vertical & horizontal abduct/adduct shoulder 	Legs: wide stance, narrow, one leg etc	Water depth critical! NB: beware of shoulder in ear syndrome! This is a heavy duty piece of buoyancy equipment.
Neck	Chin on closed side	<ul style="list-style-type: none"> • Hang with feet off floor • Pull chin to chest, control ascent • Pull ear to shoulder, control ascent 	If suspended considerable core strength is needed to remain vertical If strong enough add travel	Water depth critical!
Core		<ul style="list-style-type: none"> • Partner uses ND to create turbulence for stability challenge • Planks – prone, supine, side • Squat with arms outstretched and chin on water, lean forward until toes leave floor, pull knees up then pull feet to floor to standing. Travel. 		
Supine	ND at pelvis	<ul style="list-style-type: none"> • Tighten abs, pull legs down to floor 		
	Hold ND on abdomen	<ul style="list-style-type: none"> • Forward recovery to standing • Turn to prone, recover to standing 		
Prone	Hold ND on abdomen/pelvis	<ul style="list-style-type: none"> • Balance on ND • Curl to mushroom float, extend. • Back extension • Hold ND at arms length, pull it to hold at abdomen/pelvis, repeat. 		