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jeff howard
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Surf it, skim it, scoop it — Kickboarding

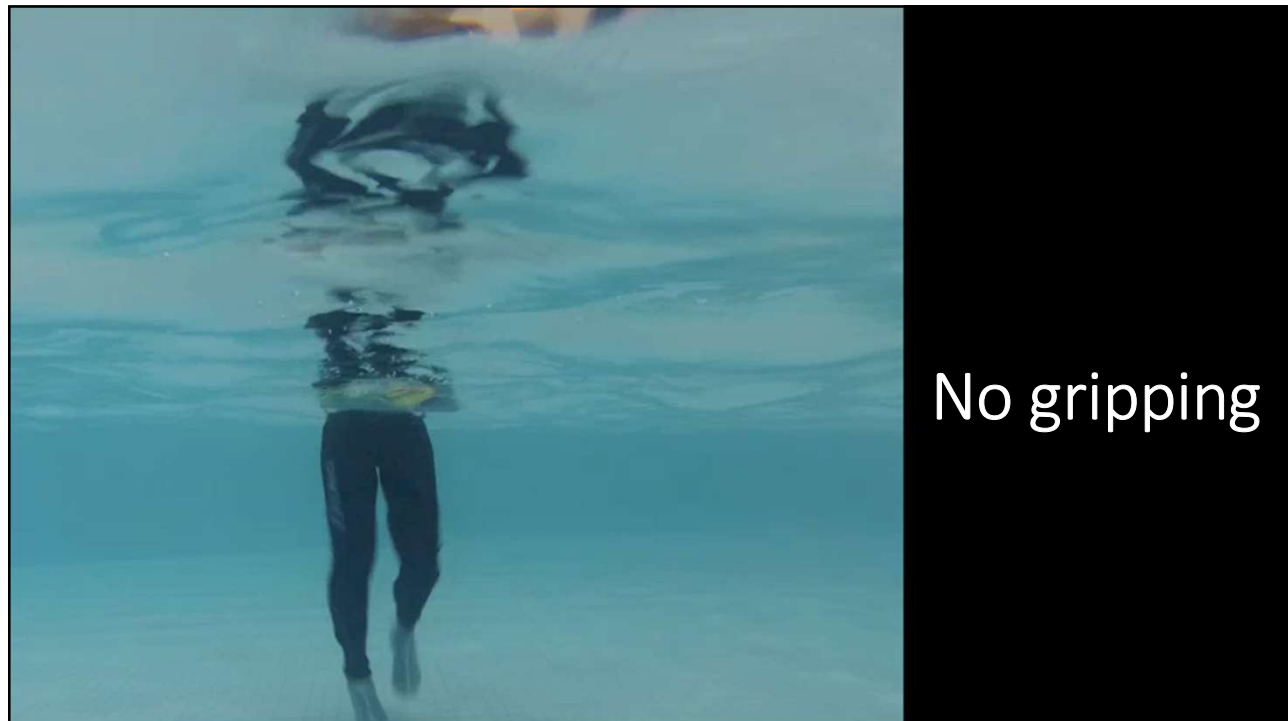
Presented by Marietta Mehanni

marietta@mariettamehanni.com

www.mariettamehanni.com



Introduction – where it all started





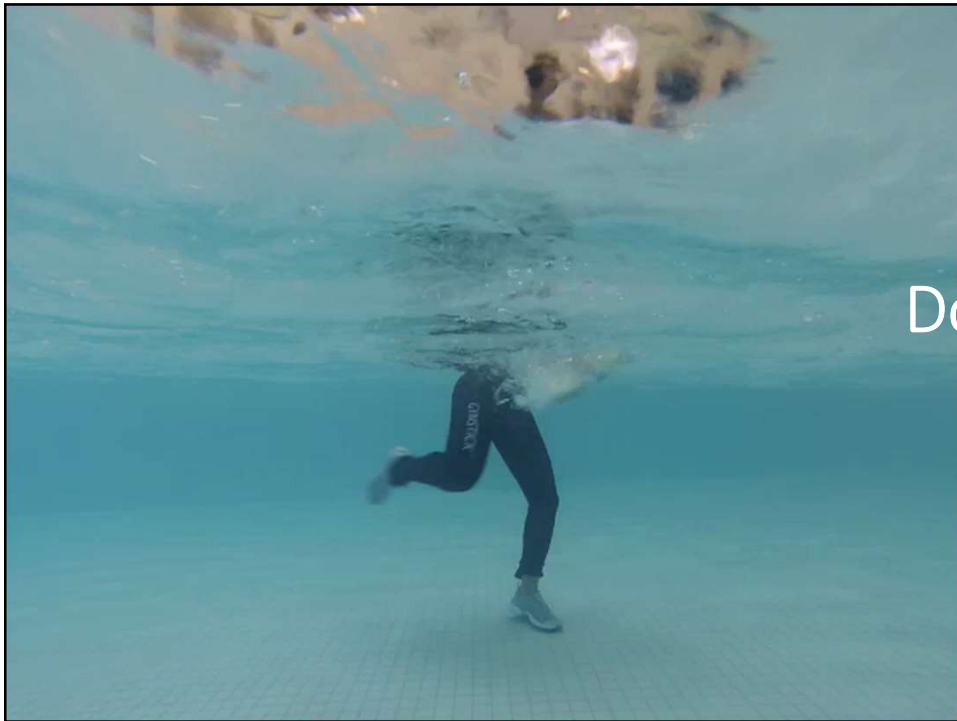
No gripping



Skimming

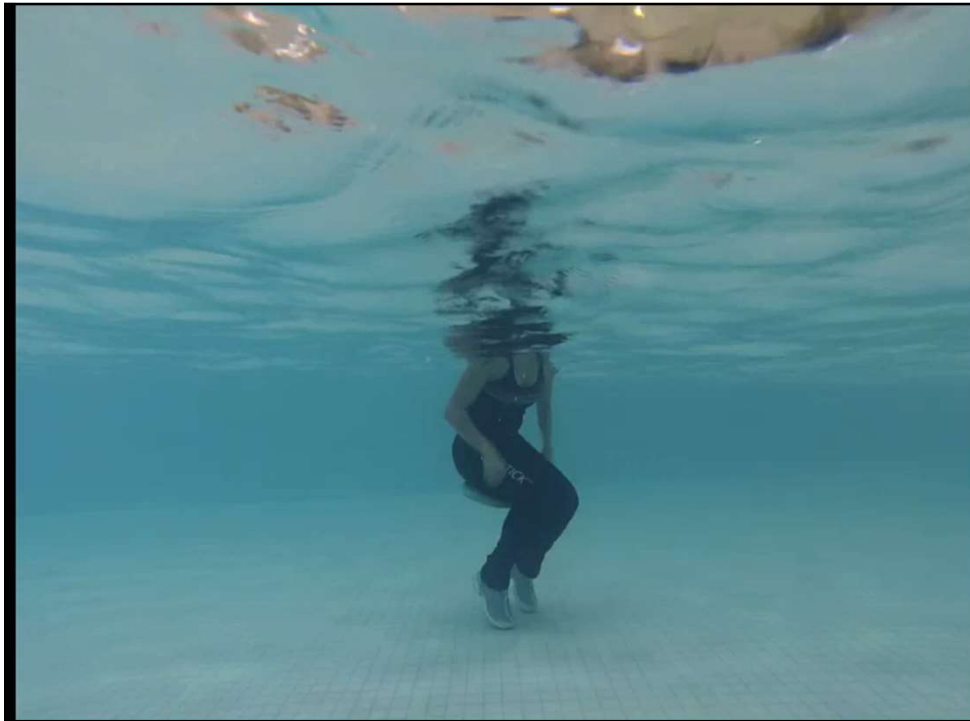


Surfing
one hand



Double hand
surf with
side kick

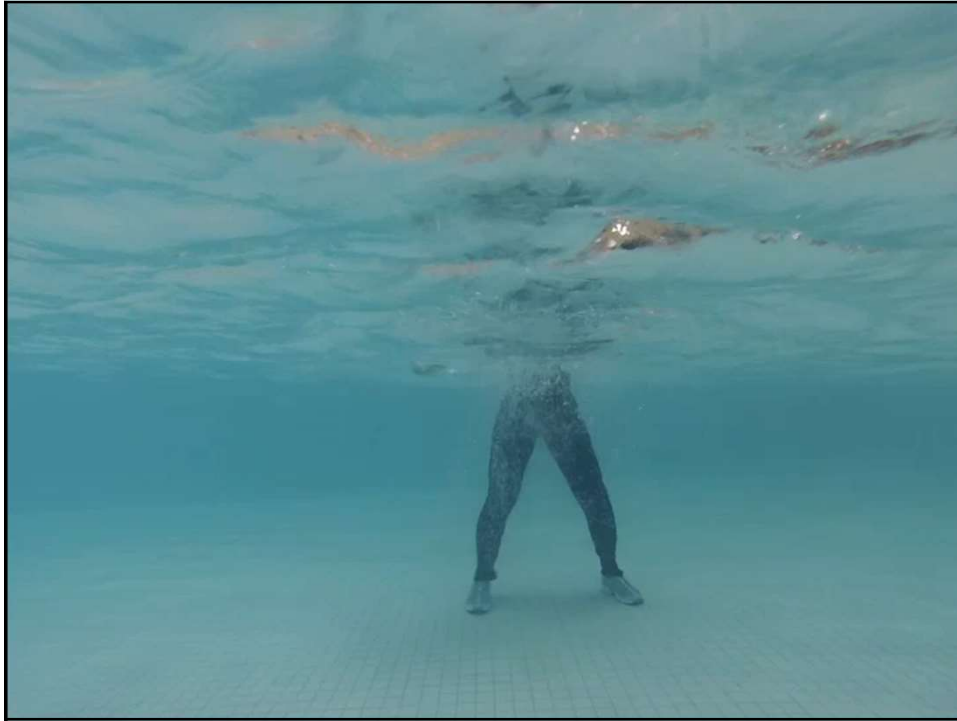




Sitting
on the
board



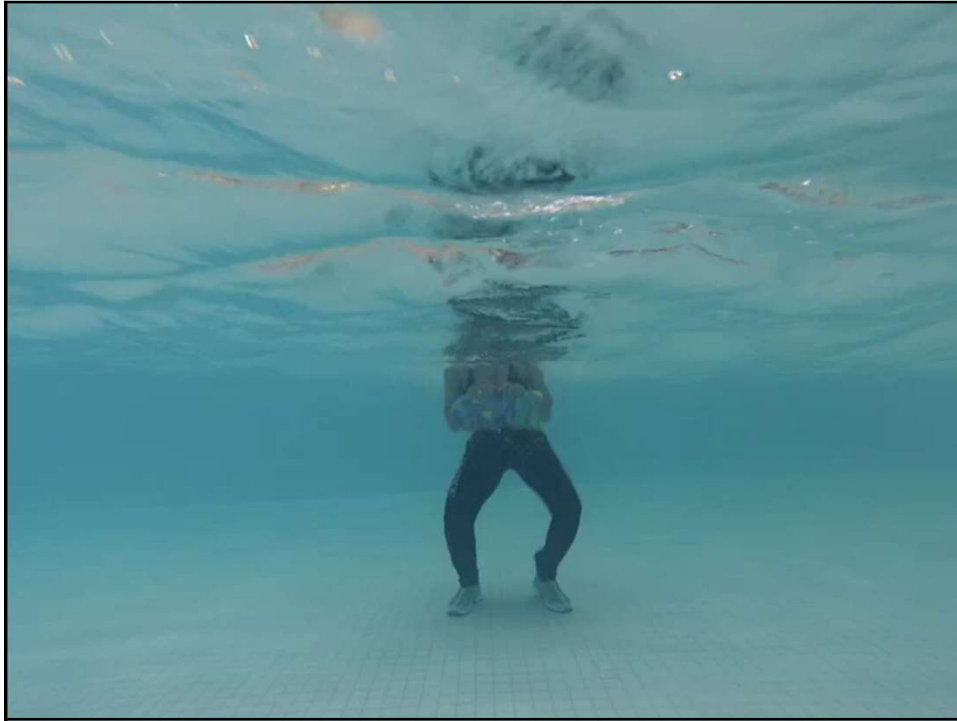
Sitting on
the board



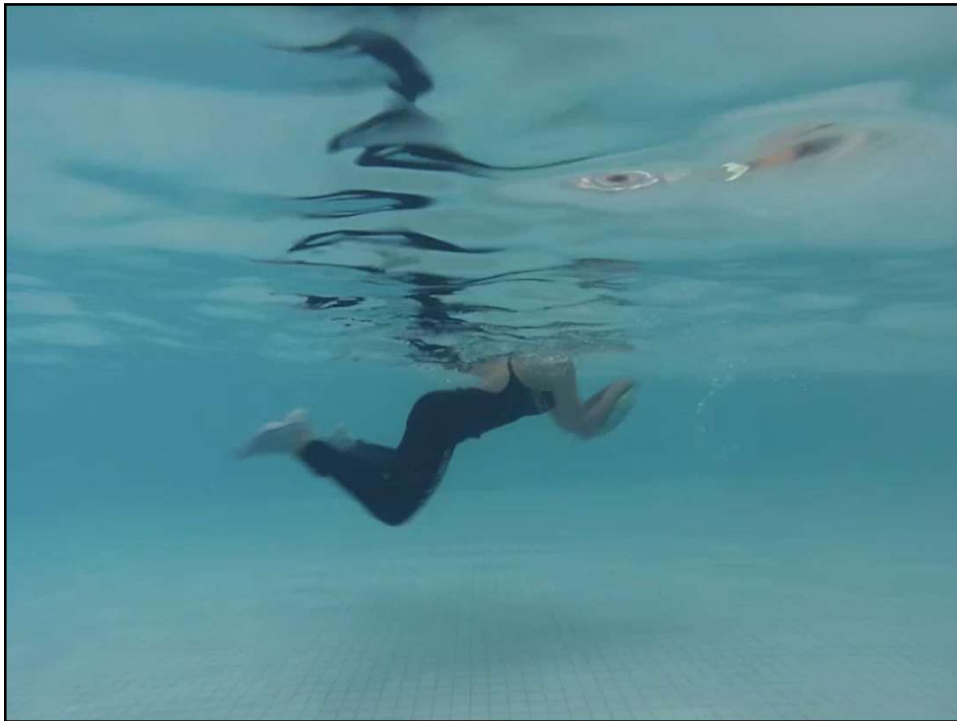
Book
hold
position



Gripping
the top of
the board



Adding
frog jump



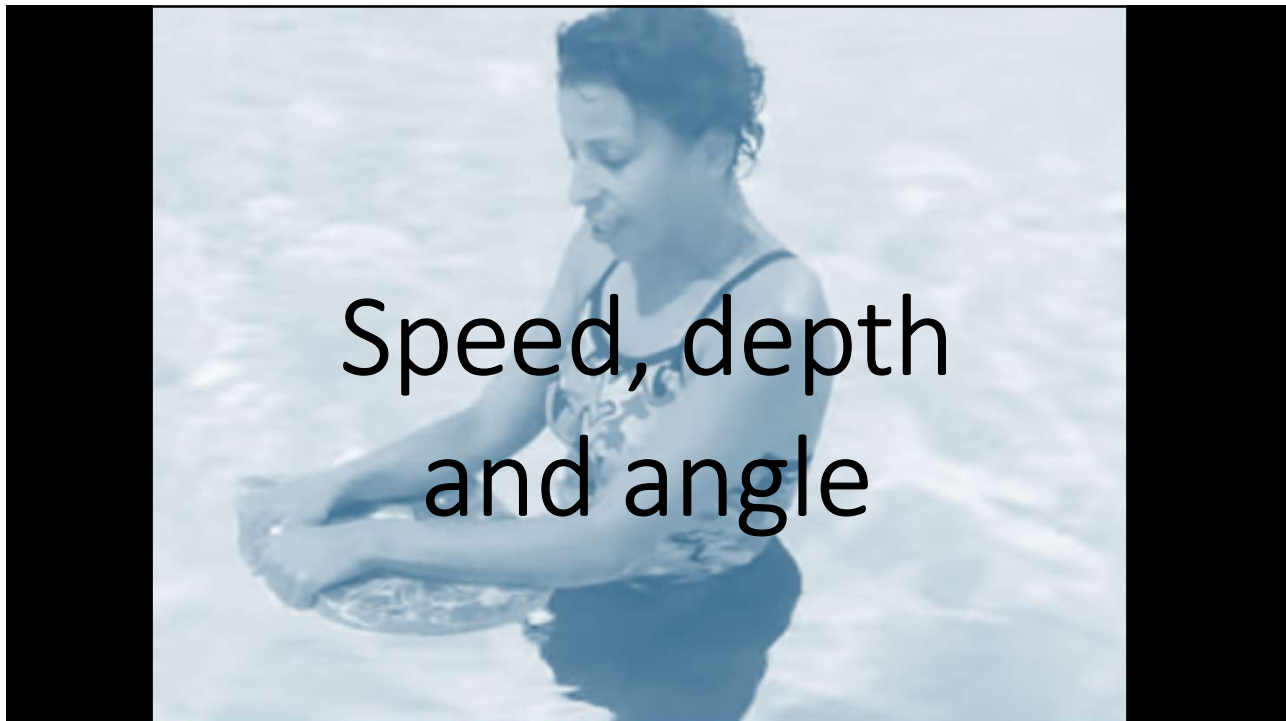
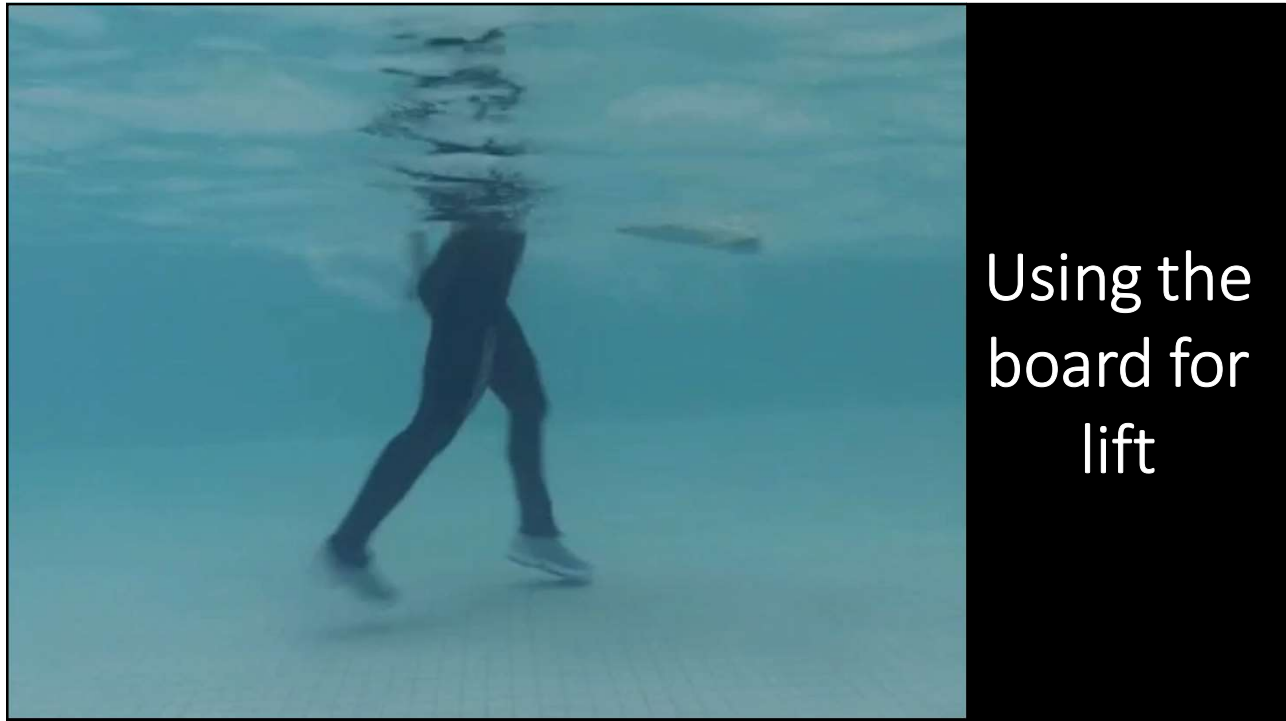
Frog kick
with over
and
under

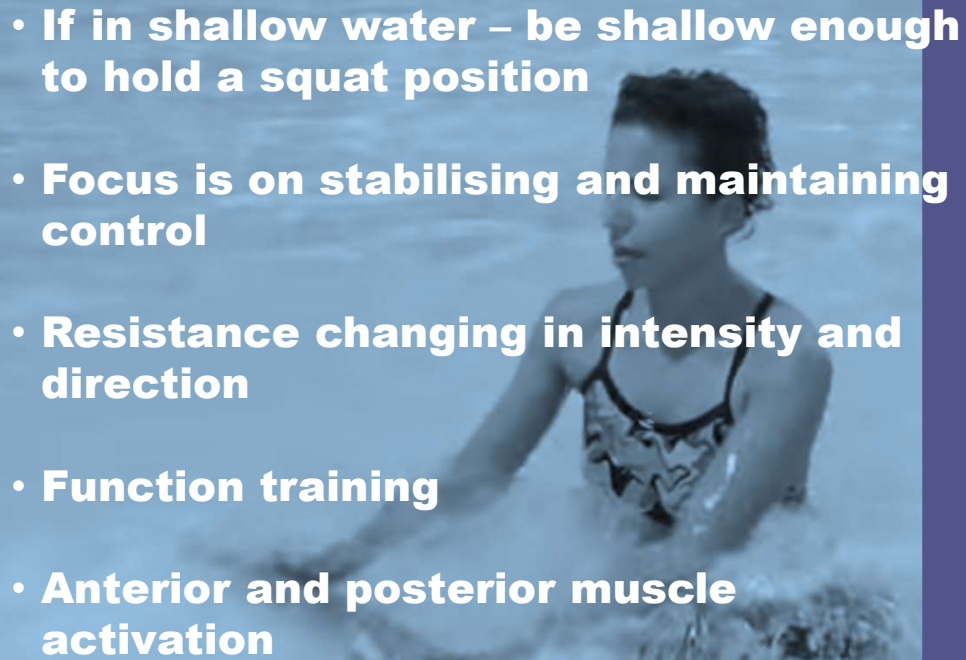


Finger
break



Finger
break



- 
- **If in shallow water – be shallow enough to hold a squat position**
 - **Focus is on stabilising and maintaining control**
 - **Resistance changing in intensity and direction**
 - **Function training**
 - **Anterior and posterior muscle activation**

GET REAL



Marietta Mehanni
AWARD WINNING FITNESS PRESENTER

2018
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OF THE YEAR

FILEX

GYMSTICK Swing pelvic floor first MSM

I hope you enjoyed my session

Contact details

marietta@mariettamehanni.com

www.mariettamehanni.com