

# Balance Board Exercises



Traditional Balance Stance

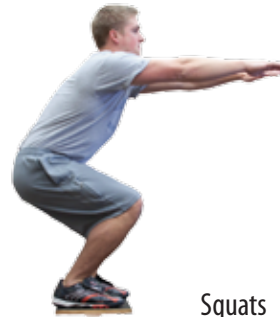
Place both feet on the board, shoulder width apart. With knees slightly bent and trunk erect, maintain this balance position on the board. Your goal is to keep either end of the board from touching the ground and keeping a neutral position. If you can adequately perform this task then you can move to a more difficult fulcrum.

Variation: Place one foot near the front of the board and the other near the back. Maintain stance and try to keep either end of the board from touching the ground.



Lunges

Standing in front of your board, with your feet hip width apart, step onto the center of the board with your right foot. With your weight evenly distributed between the heel of your right foot (on the board) and the ball of your left foot (on the ground), slowly lower your hips, keeping your trunk erect and not letting your knee extend past your toes. Slowly raise back up to start position and repeat, Then perform exercise with your left foot. This is a challenging exercise and is best perfected on solid ground before attempting on a balance board.



Squats

It is best to perfect a squat on solid ground before attempting to perform it on the balance board. Using the traditional stance, lower your hips as though sitting in a chair, keeping your weight centered over the arch and heel of your feet, head upright and eyes focused forward. Return to start. Please use a spotter until you become comfortable with performing a squat (spotters hands should be at your waist).



Single-Leg Balance

Standing on one leg in the center of the board, try to keep either end of board from touching the ground while keeping your head up and eyes focused forward.



Push-Ups

With hands on the board an equal distance from the center, perform a push-up while trying to prevent either side of the board from touching the ground.