

Balance Pad

Instruction Manual

CALF RAISES



Stand tall on balance pad, spine neutral, abdominals engaged. Slowly raise heels off balance pad, balancing momentarily on the balls of the feet. Lower with control and repeat.

BALANCING MARCH



Stand tall on balance pad, spine neutral, abdominals engaged. Slowly alternate lifting one foot at a time, to simulate an exaggerated marching movement, balancing momentarily between each step.

CLOCK TAPS



Stand tall on balance pad, spine neutral, abdominals engaged, weight on one leg. Maintain balance while slowly tapping the non weight bearing foot to the front, side and back of the balance pad. Repeat on the other leg.

SQUAT



Stand on balance pad, feet hip width apart, spine neutral, abdominals engaged, arms outstretched at shoulder height. Slowly lower hips back and down into a squat position. Return to standing position and repeat.

HIP HINGE



Stand on balance pad, feet hip width apart, spine neutral, abdominals engaged. Hinge forward at the hip joint, maintaining a long, neutral spine. Return to upright position and repeat.

SPLIT SQUAT



Stand with feet in a wide split stance, balance pad under front foot, back heel raised off floor, hips square, spine neutral, abdominals engaged. Maintain balance while lowering hips towards floor, bending both knees equally. Return to start position and repeat.

BIRD DOG



Rest hands and knees on balance pad, abdominals engaged, neck and spine in neutral. Without shifting weight to the side, slowly reach one hand forward at a time.

V-SIT



Sit on balance pad, knees bent, toes resting lightly on floor, chest lifted, spine neutral. Lean back 20 - 30 degrees, maintaining neutral spine. Hold for 20 - 60 seconds.