

## Balance

### 2 Leg Balance Board



#### **Exercise Description:**

2 Leg Balance Board

#### **Classification:**

Balance

#### **Instructions:**

1. Starting Position: Place both feet on balance board with one edge of board resting on the ground.
2. Start with an athletic stance of knees slightly bent.
3. Using your feet and ankles try to raise the edge of the board up off the ground.
4. Now control the board and keep the edges off of the ground by stabilizing using your lower legs to control the board.
5. Hold for the prescribed number of seconds.

### Single Leg Chest Throw on Disc



#### **Exercise Description:**

Single Leg Chest Throw on Disc

#### **Classification:**

Balance

#### **Instructions:**

1. Starting position: Stand on a balance disc using one leg.
2. Take a medicine ball and while holding it at chest level press it towards a wall.
3. Catch the medicine ball and repeat chest pressing the ball towards the wall.
4. Maintain a tight core and balance throughout exercise. Repeat according to prescribed repetitions and then repeat with other leg.

Exercise ball balance with toning bar



**Exercise Description:**

Exercise ball balance with toning bar

**Classification:**

Balance

**Instructions:**

1. Starting position: Balance your body on top of the balance bar using your knees and shins. Remember to keep your core tight and upper body in control.
2. Once control is established have a partner hand you a toning bar in one hand.
3. Proceed to toss the bar back and forth catching it with each hand.
4. Repeat for prescribed repetitions.

Balance on extreme balance board



**Exercise Description:**

Balance on extreme balance board

**Classification:**

Balance

**Instructions:**

1. Starting position: Place hands on the balance board and bring your knees off the floor so that you are in a push-up position.
2. Now suspend the board off the ground at both ends.
3. Maintain your balance and posture keeping your core solid until desired time is met.
4. Do not let hips sag towards the ground or point up into the air.

Combo curl extension on ball



**Exercise Description:**

Combo curl extension on ball

**Classification:**

Balance

**Instructions:**

1. Start by balancing with your knees on a stability ball.
2. Curl one dumbbell up and over your head. Then have that arm perform a overhead tricep extension.
3. While performing the extension start to curl the other dumbbell up to complete the same motion.
4. Alternately repeat this motion of curling with one arm and a tricep extension with the other arm.

Leg kick on ball



**Exercise Description:**

Leg kick on ball

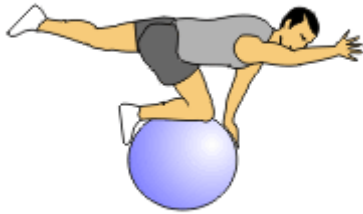
**Classification:**

Balance

**Instructions:**

1. Start by lying on top of the ball with your stomach and toes on the ground with your knees extended. Your arms should be at your side.
2. Reach forward with your arms so that your hands are on the ground. While doing this curl your legs up so that your knees are at a 90 degree angle.
3. Return to the starting position and repeat.

## Dynamic two point stance on ball



### **Exercise Description:**

Dynamic two point stance on ball

### **Classification:**

Balance

### **Instructions:**

1. Start by placing both hands and knees on top of a stability ball.
2. Once you are balanced then raise your left arm and right leg until they are parallel with your body. Keep your back flat and level.
3. Maintain that balanced position for the prescribed time. Complete for prescribed repetitions. Repeat with the other leg and arm.

## Front squat balancing on ball



### **Exercise Description:**

Front squat balancing on ball

### **Classification:**

Balance

### **Instructions:**

- 1) Stand on ball and maintain balance. Then have someone hand you the bar. Create a shelf with your shoulders and place the bar on the front of your shoulders.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thighs are parallel to floor, return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
- 6) DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

## Trunk Rotation with Toning bar balancing



### **Exercise Description:**

Trunk Rotation with Toning bar balancing

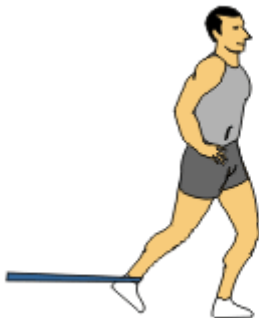
### **Classification:**

Balance

### **Instructions:**

1. Balance yourself using your knees on the ball and the toning bar placed on your shoulders.
2. Keeping your trunk in an upright posture rotate your shoulders to each side.
3. Repeat for the prescribed number of repetitions.

Hip Flexor thrust



### **Exercise Description:**

Hip Flexor thrust

### **Classification:**

Balance

### **Instructions:**

1. Stand with feet hip width apart and place a band around the ankle. The band should be fixed to an object at the other end.
2. Raise the leg that has the band forward and hip. Think of driving your knee out and then up towards the ceiling.
3. Tighten your core and maintain balance when performing this exercise.
4. Return to the starting position and repeat. Perform with the other leg.

Kneeling pushup with hands on ball



**Exercise Description:**

Kneeling pushup with hands on ball

**Classification:**

Balance

**Instructions:**

- 1) Get on your knees and place hands 6-8 inches apart onto the flexaball.
- 2) Start position: Align hands at nipple line and extend the arms to raise body up. Trunk and hips should be in a straight line.
- 3) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the flexaball.
- 4) Return to the start position by extending at the elbows and pushing the body up.

Kettleball punch kneeling on ball



**Exercise Description:**

Kettleball punch kneeling on ball

**Classification:**

Balance

**Instructions:**

1. Start by kneeling on a stability ball and maintaining your balance.
2. Take two kettlebells and holding them at chest level punch out away from your body.
3. Keep your core tight so that you can maintain your balance.
4. Repeat according to the prescribed repetitions.

## Med ball chest pass with balance disc



### **Exercise Description:**

Med ball chest pass with balance disc

### **Classification:**

Balance

### **Instructions:**

1. Stand on a balance disc with a shoulder width stance.
2. Holding a medicine ball at chest level pass it to another partner or against a solid wall.
3. Return to the starting position and repeat.
4. Maintain your balance on the disc by keeping your core tight throughout the movement.

## Kneeling pushup with hands on med ball



### **Exercise Description:**

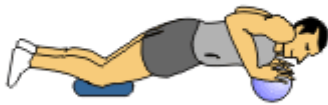
Kneeling pushup with hands on med ball

### **Classification:**

Balance

### **Instructions:**

- 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
  - 2) Place hands on top of the medicine ball; extend legs and place feet at hip width with toes on floor.
  - 3) Start position: Extend the elbows and raise the body off the floor.
  - 4) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the floor.
  - 5) Return to the start position by extending at the elbows and pushing the body up.
- Pushups with hands on 2 med balls



**Exercise Description:**

Pushups with hands on 2 med balls

**Classification:**

Balance

**Instructions:**

- 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
  - 2) Place hands slightly wider than shoulder width with one hand on top of each medicine ball.
  - 3) Start position: Extend the elbows and raise the body off the floor.
  - 4) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the floor.
  - 5) Return to the start position by extending at the elbows and pushing the body up.
- Golf Swing on balance board



**Exercise Description:**

Golf Swing on balance board

**Classification:**

Balance

**Instructions:**

1. Stand on a balance board and maintain balance.
  2. Next take a golf club and assume the address position.
  3. Start slowly and perform your golf swing while maintaining your balance.
  4. Let your speed increase as your balance becomes better.
- Balance Board Drill





**Exercise Description:**

Balance Board Drill

**Classification:**

Balance

**Instructions:**

1. Start by standing on the balance board allowing one side to touch the ground.
2. Slightly bend your knees with a shoulder width stance.
3. Using the muscles in the lower leg raise the board edge off the ground so that you are balancing on the fulcrum.
4. Hold for the prescribed time.

Lunge Crossover with med ball and balance disc



**Exercise Description:**

Lunge Crossover with med ball and balance disc

**Classification:**

Balance

**Instructions:**

- 1) Stand with feet hip width apart. Take leg and step back approximately 2 feet standing on the ball of the foot. Place the front foot on a balance disc.
  - 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
  - 3) Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging reach to one side of the leg with the ball.
  - 4) Return to start position and repeat by reaching to the opposite side with the ball. Alternate or switch to other leg after prescribed reps.
- Lunge with Balance Disc



**Exercise Description:**

Lunge with Balance Disc

**Classification:**

Balance

**Instructions:**

- 1) Stand with feet hip width apart. Take leg and step back approximately 2 feet standing on the ball of the foot. Place the front foot on a balance disc.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
- 3) Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position while raising the medicine ball overhead and repeat. Alternate or switch to other leg after prescribed reps.

1-Leg balance on balance board



**Exercise Description:**

1-Leg balance on balance board

**Classification:**

Balance

**Instructions:**

1. Start by standing on the balance board allowing one side to touch the ground.
2. Raise one foot off the board and slightly bend your knee of the planted foot.
3. Using the muscles in the lower leg raise the board edge off the ground so that you are balancing on the fulcrum.
4. Hold for the prescribed time and then repeat with the other leg.

## Balance on extreme balance board



### **Exercise Description:**

Balance on extreme balance board

### **Classification:**

Balance

### **Instructions:**

1. Start by standing on the balance board allowing one side to touch the ground.
2. Raise one foot off the board and slightly bend your knee of the planted foot.
3. Using the muscles in the lower leg raise the board edge off the ground so that you are balancing on the fulcrum.
4. Hold for the prescribed time and repeat with the other leg.

### 1-Leg Balance on Wobble Board



### **Exercise Description:**

1-Leg Balance on Wobble Board

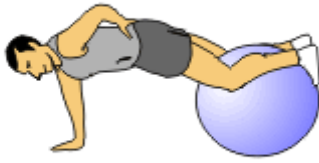
### **Classification:**

Balance

### **Instructions:**

1. Start by standing on the wobble board allowing one side to touch the ground.
2. Pick one leg up off the wobble board and slightly bend your knee.
3. Using the muscles in the lower leg raise the board edge off the ground so that you are balancing on the fulcrum.
4. Hold for the prescribed time and repeat with the other leg.

### 1-Arm Raise Level 2 on Ball



**Exercise Description:**

1-Arm Raise Level 2 on Ball

**Classification:**

Balance

**Instructions:**

1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then backwards to your hip.
4. Return to the start position and repeat with the other arm.

1-Arm Raise Level 1 on Ball



**Exercise Description:**

1-Arm Raise Level 1 on Ball

**Classification:**

Balance

**Instructions:**

1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then return to the ground.
4. Repeat with the other arm.

1-Leg Balance with med ball crossover



**Exercise Description:**

1-Leg Balance with med ball crossover

**Classification:**

Balance

**Instructions:**

1. Start by standing on the wobble board or BOSU ball allowing one side to touch the ground.
  2. Pick one leg up off the wobble board and slightly bend your knee.
  3. Using the muscles in the lower leg raise the board edge off the ground so that you are balancing on the fulcrum.
  4. While holding in the balanced position take a medicine ball and bring it up over your head with one arm.
  5. Pass the ball to the other hand and bring back down to continue the circular motion.
- Leg ext/Tricep Ext with band



**Exercise Description:**

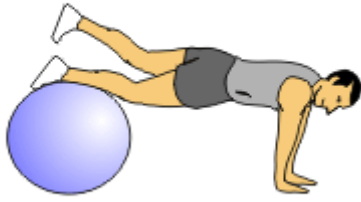
Leg ext/Tricep Ext with band

**Classification:**

Balance

**Instructions:**

1. Start by placing the band underneath your foot and holding it with one hand over your head.
  2. With your knee bent and elbow bent simultaneously straighten the limbs until both are in full extension.
  3. Return to the starting position and repeat with the other leg.
- 1-Leg Plank with Push-up



**Exercise Description:**

1-Leg Plank with Push-up

**Classification:**

Balance

**Instructions:**

- 1) Lie face down with chest on flexaball.
  - 2) Take your hands and walk forward allowing the flexaball to roll under your body until the top of your feet are supported by the flexaball.
  - 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the flexaball.
  - 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
  - 5) Return to the start position by extending at the elbows and pushing the body up.
- Plank leg raise on extreme balance board



**Exercise Description:**

Plank leg raise on extreme balance board

**Classification:**

Balance

**Instructions:**

1. Start by forming a parallel plank position with both feet on the ground and your hands on top of the extreme balance board.
  2. Holding this parallel position raise one leg off the ground maintaining the plank position.
  3. Repeat with the other leg.
  4. Remember to keep your abs tight and your hips level with the rest of your body.
- Glute/Hip Extension on ball

**Exercise Description:**

Glute/Hip Extension on ball

**Classification:**

Balance

**Instructions:**

1. Lie on your stomach across the top of a stability ball.
2. Bend your knees and place ankle weights around the feet.
3. Extend your hips and raise your legs up towards the ceiling by contracting your glutes.
4. Return to the starting position and repeat.

Single Leg Hip Extension on ball

**Exercise Description:**

Single Leg Hip Extension on ball

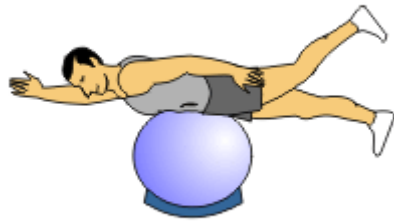
**Classification:**

Balance

**Instructions:**

1. Lie on your stomach across the top of a stability ball.
2. Bend your knees and place ankle weights around the feet.
3. Extend your hips and raise one leg up towards the ceiling by contracting your glutes.
4. Return to the starting position and repeat with the other leg.

## Prone Opp Arm Opp Leg Raise on ball



### **Exercise Description:**

Prone Opp Arm Opp Leg Raise on ball

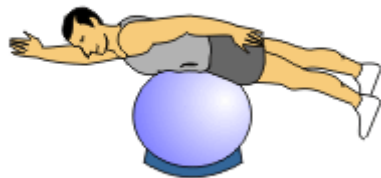
### **Classification:**

Balance

### **Instructions:**

1. Lie on your stomach across the top of the stability ball.
2. Simultaneously raise your left leg up with your right arm.
3. Return to the starting position and repeat with the other leg and arm.
4. Focus on controlling the movement.

Prone Arm Raise on ball



### **Exercise Description:**

Prone Arm Raise on ball

### **Classification:**

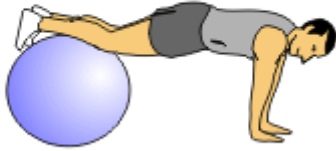
Balance

### **Instructions:**

1. Lie on your stomach across the top of the stability ball.
2. Alternately raise one arm up above your head.
3. Return to the starting position and repeat with the other arm.
4. Focus on controlling the movement.



## Prone Knee Tucks on Ball



### **Exercise Description:**

Prone Knee Tucks on Ball

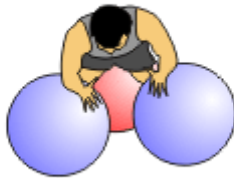
### **Classification:**

Balance

### **Instructions:**

1. Start by placing your legs on top of a stability ball and your hands on the ground to form a plank position.
2. Drive your knees in towards your chest bringing the ball with you.
3. Return to the starting position and repeat. Keep your abs tight and your hips parallel with your body.

Prone Chest Fly with 3 stability balls



### **Exercise Description:**

Prone Chest Fly with 3 stability balls

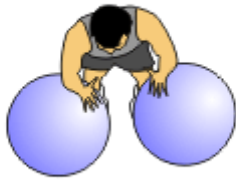
### **Classification:**

Balance

### **Instructions:**

1. Start by balancing with your feet on the ball and each arm on a stability ball.
2. Maintaining balance let your arms out to the side in a chest fly motion.
3. Once you have reached a comfortable stretch with your chest then bring your arms back in towards the center.
4. Remember to keep your hips level and focus on stabilization.

## Prone Chest Fly with 2 stability balls



### **Exercise Description:**

Prone Chest Fly with 2 stability balls

### **Classification:**

Balance

### **Instructions:**

1. Start by balancing with each arm on a stability ball.
2. Maintaining balance let your arms out to the side in a chest fly motion.
3. Once you have reached a comfortable stretch with your chest then bring your arms back in towards the center.
4. Remember to keep you hips level and focus on stabilization.

Prone Plank with 1 Arm Shoulder Stabilization



### **Exercise Description:**

Prone Plank with 1 Arm Shoulder Stabilization

### **Classification:**

Balance

### **Instructions:**

1. Start by placing your legs on top of a stability ball and your hands on the ground to form a plank position.
2. Holding a kettlebell in one hand bring that arm up and out to the side keeping your arm straight.
3. Return to the starting position and repeat. Repeat with the other arm.
4. Keep your abs tight and hips parallel with your bod

## Squat and press with med ball and BOSU Ball



### **Exercise Description:**

Squat and press with med ball and BOSU Ball

### **Classification:**

Balance

### **Instructions:**

1. Stand on a BOSU ball or a balance board on a balance disc.
  2. Holding a medicine ball at chest level squat down into a full squat and bring the ball down towards your feet.
  3. As you stand up press the ball up over your head and then return to the starting position.
  4. Repeat according to the prescribed repetitions.
- Pushup with med ball and balance board



### **Exercise Description:**

Pushup with med ball and balance board

### **Classification:**

Balance

### **Instructions:**

1. Start by placing your feet on a balance board and a hand on each medicine ball.
  2. Move into a plank position and maintain your balance by extending your arms.
  3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
  4. Extend your elbows until you reach full extension.
  5. Keep your abs drawn in tight to maintain good technique.
- Pushup on extreme balance board



**Exercise Description:**

Pushup on extreme balance board

**Classification:**

Balance

**Instructions:**

1. Start by placing your hands on a balance board and your feet on the ground
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushup with balance board and discs



**Exercise Description:**

Pushup with balance board and discs

**Classification:**

Balance

**Instructions:**

1. Start by placing your hands on a balance board and your feet on the ground. Place a balance disc under each end of the balance board.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushup with 2 med balls



**Exercise Description:**

Pushup with 2 med balls

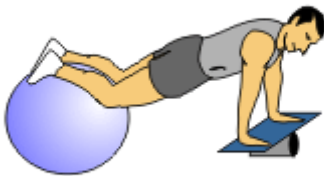
**Classification:**

Balance

**Instructions:**

1. Start by placing your hands on a medicine ball and your feet on the ground.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushup with stability ball and balance board



**Exercise Description:**

Pushup with stability ball and balance board

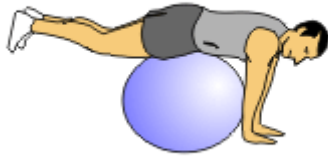
**Classification:**

Balance

**Instructions:**

1. Start by placing your hands on a balance board and your feet on top of a stability ball.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

## Pushup prone on stability ball



### **Exercise Description:**

Pushup prone on stability ball

### **Classification:**

Balance

### **Instructions:**

1. Start by lying down on a stability ball under your hips and placing your hands on the ground
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

## Supine Twist with med ball



### **Exercise Description:**

Supine Twist with med ball

### **Classification:**

Balance

### **Instructions:**

1. Lie on your back with the ball under your upper shoulders and hold onto a medicine ball above your chest.
2. Keeping the ball in front of your chest rotate your shoulders and trunk until the ball is facing the side.
3. Try to keep your hips somewhat stable and facing the ceiling during this movement.
4. The movement should initiate from your trunk. Alternate sides until the prescribed repetitions are complete.

## Soccer Kick on balance disc

**Exercise Description:**

Soccer Kick on balance disc

**Classification:**

Balance

**Instructions:**

1. Start by standing on a balance disc with one foot and wrap an ankle band around your ankles.
2. Start with one foot behind your other foot that is on the balance disc.
3. Raise your back foot and perform a soccer kick maintaining your balance on the disc.
4. Return to the starting position and repeat. Switch sides and kick with the other foot.

Lateral Flexion on stability ball

**Exercise Description:**

Lateral Flexion on stability ball

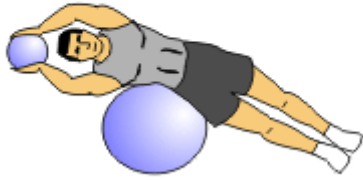
**Classification:**

Balance

**Instructions:**

1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
2. Holding a medicine ball at chest level laterally flex your trunk and contract your oblique muscles.
3. Return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.

## Lateral Flexion with med ball overhead



### **Exercise Description:**

Lateral Flexion with med ball overhead

### **Classification:**

Balance

### **Instructions:**

1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
2. Holding a medicine ball above your head laterally flex your trunk and contract your oblique muscles.
3. Return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.

Seated Balance on BOSU ball



### **Exercise Description:**

Seated Balance on BOSU ball

### **Classification:**

Balance

### **Instructions:**

1. Start by sitting on a BOSU ball or balance board and balance disc.
2. Raise your hands up off the ground and then your legs until you are balancing.
3. Keep your abs tight to maintain your balance.
4. Hold for the prescribed time and then repeat.

Balanced Lateral Raises on ball



**Exercise Description:**

Balanced Lateral Raises on ball

**Classification:**

Balance

**Instructions:**

- 1) Balance on a stability ball with your knees and feet, then grab a dumbbell in each hand.
- 2) Start position: Grasp DB's with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.

Stationary Lunge on BOSU

**Exercise Description:**

Stationary Lunge on BOSU

**Classification:**

Balance

**Instructions:**

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place the other ball on top of a BOSU ball or balance board and balance disc.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position.

## Balance Squat on Stability Ball



### **Exercise Description:**

Balance Squat on Stability Ball

### **Classification:**

Balance

### **Instructions:**

1. Start by placing feet and hands on top of the stability ball.
2. Stabilizing with hands and feet slowly extend your legs and release your hands from the ball until you are in a standing position.
3. Maintaining your balance squat down into a full squat position and then return to the starting standing position.

Bodyweight Squat on extreme balance board



### **Exercise Description:**

Bodyweight Squat on extreme balance board

### **Classification:**

Balance

### **Instructions:**

1. Start by maintaining your balance on the balance board.
2. Proceed to squat into a half or full squatted position.
3. Continue to maintain your balance and stand back up to the starting position.
4. Repeat for the prescribed number of repetitions.

Squat on extreme balance board with med ball



**Exercise Description:**

Squat on extreme balance board with med ball

**Classification:**

Balance

**Instructions:**

1. Start by maintaining your balance on the balance board.
2. Proceed to squat into a half or full squatted position. As you squat lower the medicine ball to feet level.
3. Continue to maintain your balance and stand back up to the starting position while shoulder pressing the ball overhead.
4. Repeat for the prescribed number of repetitions.

Calf Raise on balance disc



**Exercise Description:**

Calf Raise on balance disc

**Classification:**

Balance

**Instructions:**

1. Start by placing both feet on a balance disc and maintain your balance.
2. Once you are balanced raise up on the balls of your feet until your ankles are fully extended.
3. Return to the starting position and repeat.

1 Leg PNF Pattern



### **Exercise Description:**

1 Leg PNF Pattern

### **Classification:**

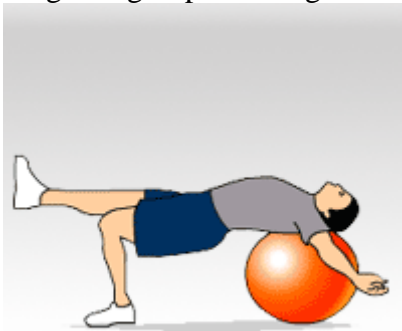
Balance

### **Instructions:**

1. Perform drawing in and pelvis floor contractions.
2. Lift one leg off the floor and dorsiflex elevated ankle. Keep feet parallel in frontal plane.
3. Maintain level hips.
4. Start in one leg squat position arms straight and fingers interlocked.
5. Descend into the squat and turn shoulders towards elevated leg as you extend the arms.
6. Avoid turning at the hips or pronating at the knee and ankle.
7. In a simultaneous motion squat up and slowly rotate shoulders towards planted leg as arms flex.

Progressions: Inertia progressions: No weight to dumbbells to cables to tubing.

Single Leg Supine Bridge



### **Exercise Description:**

Single Leg Supine Bridge

### **Classification:**

Balance

### **Instructions:**

1. Start by lying on top of a stability ball with your upper back.
2. Create a table top with your trunk. Knees should be bent at 90 degrees and your trunk parallel to the floor.
3. Maintain this table top by contracting your abs, and glutes.

4. Raise one leg off the floor maintaining the table top position and extend the knee.
5. Return to the starting position and repeat with the other leg.

#### Standing Balance on Extreme Balance Board



##### **Exercise Description:**

Standing Balance on Extreme Balance Board

##### **Classification:**

Balance

##### **Instructions:**

1. Start by placing both feet on the balance board angled so one edge is on the ground.
2. Once both feet are on the board then proceed to balance the sides so that the board is parallel to the floor.
3. The objective is to maintain balance and keep the board parallel to the floor.
4. Hold for the desired number of seconds.

#### Standing Balance on Board with Balance Discs



##### **Exercise Description:**

Standing Balance on Board with Balance Discs

##### **Classification:**

Balance

##### **Instructions:**

1. Start by placing both feet on the balance board angled so one edge is on the balance disc.
2. Once both feet are on the board then proceed to balance the sides so that the board is parallel to the floor.
3. The objective is to maintain balance and keep the board parallel to the floor.
4. Hold for the desired number of seconds.

#### Seated Trunk Rotation with 1 leg



**Exercise Description:**

Seated Trunk Rotation with 1 leg

**Classification:**

Balance

**Instructions:**

1. Start by sitting on the stability ball and hold a dumbbell straight out in front of your shoulders.
2. Slowly raise one leg off the floor and maintain your balance.
3. Now rotate your trunk back and forth holding the dumbbell out in front of you and keeping one leg off the floor.
4. Continue for the prescribed number of repetitions and repeat with the other leg.

Seated Balance with Med Ball and Stability Ball



**Exercise Description:**

Seated Balance with Med Ball and Stability Ball

**Classification:**

Balance

**Instructions:**

1. Start by sitting on a stability ball and placing one foot on the ground and the other on top of a medicine ball.
2. Once you have maintained your balance then slowly raise the foot on the floor off the ground and hold.
3. Maintain this balance for the prescribed number of seconds and then repeat with the other leg.

## Seated Balance on One Leg



### **Exercise Description:**

Seated Balance on One Leg

### **Classification:**

Balance

### **Instructions:**

1. Start by sitting on a stability ball and placing one foot on the ground and the other on top of a balance disc.
2. Once you have maintained your balance then slowly raise the foot on the floor off the ground and hold.
3. Maintain this balance for the prescribed number of seconds and then repeat with the other leg.

## Kneeling Shoulder Press on Stability Ball



### **Exercise Description:**

Kneeling Shoulder Press on Stability Ball

### **Classification:**

Balance

### **Instructions:**

- 1) Position yourself with your knees on top of the ball and maintain your balance in an upright position.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.

5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Seated Shoulder Press on 1 Leg



**Exercise Description:**

Seated Shoulder Press on 1 Leg

**Classification:**

Balance

**Instructions:**

- 1) Sit in upright position with feet shoulder width apart and knees slightly bent. Raise one leg up off the floor and maintain your balance.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Seated Front Raise on 1 Leg



**Exercise Description:**

Seated Front Raise on 1 Leg

**Classification:**

Balance

**Instructions:**

- 1) Sit on a ball in an upright position. Raise one leg off the floor and maintain balanced position.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.



- 4) Return to start position.
  - 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.
- Kneeling Front Raise on Stability Ball



**Exercise Description:**

Kneeling Front Raise on Stability Ball

**Classification:**

Balance

**Instructions:**

- 1) Begin by kneeling on top of a stability ball and maintaining your balance.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

Kneeling Med Ball Chest Pass



**Exercise Description:**

Kneeling Med Ball Chest Pass

**Classification:**

Balance

**Instructions:**

1. Start by kneeling on a stability ball and maintaining your balance.
2. Hold a medicine ball at chest level and perform a chest pass to a partner.

3. Keeping your core tight set yourself to receive the pass back from your partner.
  4. Maintain balance while receiving the ball and repeat again for prescribed repetitions.
- Seated Med Ball Chest Pass



**Exercise Description:**

Seated Med Ball Chest Pass

**Classification:**

Balance

**Instructions:**

1. Start by sitting on a stability ball and maintaining your balance.
2. Hold a medicine ball at chest level and perform a chest pass to a partner.
3. Keeping your core tight set yourself to receive the pass back from your partner.
4. Maintain balance while receiving the ball and repeat again for prescribed repetitions.

Supine Rollout on Ball



**Exercise Description:**

Supine Rollout on Ball

**Classification:**

Balance

**Instructions:**

1. Start by lying on your back on the ball with your upper back on top of the ball and your arms out to the side.
2. Slowly roll yourself to the side maintaining a flat bridge with your trunk.
3. Roll back to the starting position and repeat to the other side.
4. As you get stronger roll farther out to the side while maintaining the bridge position.

## Advanced seated alternating arm circles



### **Exercise Description:**

Advanced seated alternating arm circles

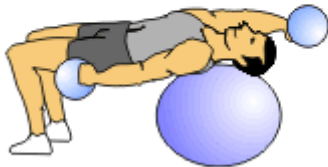
### **Classification:**

Balance

### **Instructions:**

1. Sit on a stability ball with a kettleball in each hand.
2. Raise your right hand to shoulder height and hold.
3. Simultaneously raise your left hand to shoulder height and also raise your left leg off the ground.
4. Maintain your balance by contracting your abdominals to stabilize. Return to the starting position and repeat with the other side.

Supine alternating arm swings



### **Exercise Description:**

Supine alternating arm swings

### **Classification:**

Balance

### **Instructions:**

1. Lie on your back on a stability ball and hold a kettleball in each hand above your chest.
  2. Simultaneously shift one hand towards your legs and the other hand above your head.
  3. Repeat this movement the opposite direction for the prescribed number of repetitions.
- 1 leg bridge with leg rotation



**Exercise Description:**

1 leg bridge with leg rotation

**Classification:**

Balance

**Instructions:**

1. Lie on your back with one leg on top of the ball and the other leg in the air with a kettleball attached.
2. Push with the foot on the ball to form a bridge.
3. Slowly rotate the weighted leg over top of the anchored leg maintain a good bridge.
4. Controlling your leg bring the weighted leg back to the starting position and repeat for the prescribed number of repetitions.
5. Repeat with the other leg.

Supine Trunk Rotation with partner



**Exercise Description:**

Supine Trunk Rotation with partner

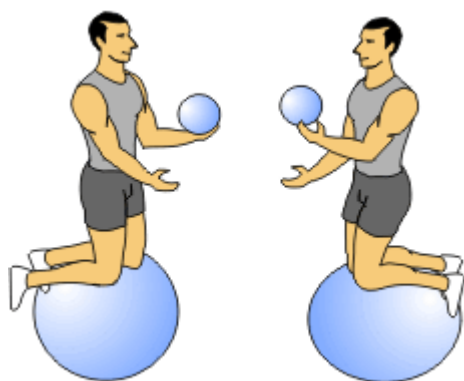
**Classification:**

Balance

**Instructions:**

1. Lie supine on your back with the ball under your upper back.
2. Hold a medicine ball with your arms extended above your chest.
3. Have a partner push on your extended arms and rotate your shoulders keeping your arms straight. Return to the starting position and repeat.
4. Repeat with the other side.

Partner toss with stability ball



**Exercise Description:**

Partner toss with stability ball

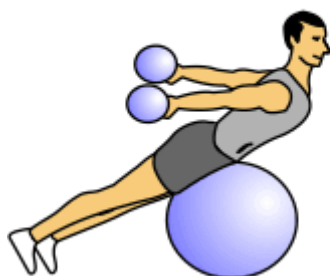
**Classification:**

Balance

**Instructions:**

1. Start by each individual kneeling on a stability ball and maintain your balance.
2. Each individual should have a med ball in opposite hands.
3. While maintaining your balance toss your ball towards the hand of your partner. Simultaneously your partner will toss their ball towards your free hand.
4. Catch the ball while maintaining your balance and repeat.

Prone arm circles with kettlebells



**Exercise Description:**

Prone arm circles with kettlebells

**Classification:**

Balance

**Instructions:**

1. Start by lying face down so that the stability ball is under your hips and your lower back has to support your upper body.
2. Holding a kettlebell in each hand rotate your shoulders back behind your head and then forward parallel with your upper body.
3. Remember to maintain control and repeat according to the prescribed repetitions

## Leg extension and shoulder combo



### **Exercise Description:**

Leg extension and shoulder combo

### **Classification:**

Balance

### **Instructions:**

1. Sit on a stability ball and secure a kettlebell with your right foot and hold a kettlebell with your left hand out in front of your chest.
2. Simultaneously perform a leg extension and rotate your arm out to the side keeping your arm at shoulder height.
3. Return to the starting position and repeat according to the prescribed repetitions.
4. Repeat with the other leg and arm.

Seated balance on med ball



### **Exercise Description:**

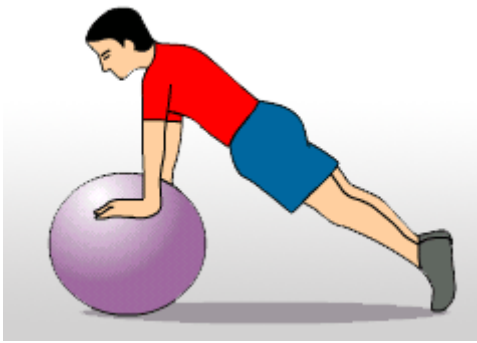
Seated balance on med ball

### **Classification:**

Balance

### **Instructions:**

1. Sit on a stability ball and place one foot on top of a medicine ball. Secure your other foot to a kettlebell.
  2. Maintaining your balance pick the foot that contains the kettlebell up off the ground and hold.
  3. Hold for the prescribed time and then repeat with the other leg.
- 1 leg knee drive with stability ball



**Exercise Description:**

1 leg knee drive with stability ball

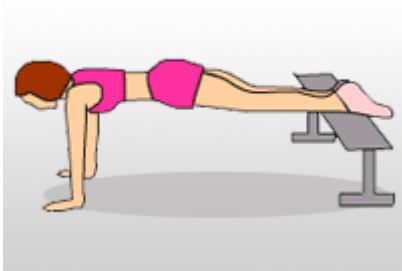
**Classification:**

Balance

**Instructions:**

1. Start by placing your hands on top of a stability ball and hold yourself in a pushup position.
2. Maintaining good balance raise your left leg up towards your chest and then return your foot to the floor.
3. Repeat with the other leg.
4. Keep your abs drawn in tight and control the leg movement.

**Scorpion**



**Exercise Description:**

Scorpion

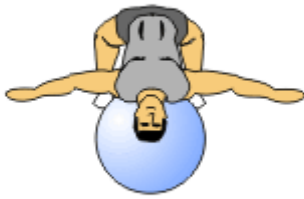
**Classification:**

Balance

**Instructions:**

1. Get into a pushup position with your feet on a bench.
2. Raise your right knee towards your left shoulder as you rotate your hips up and to the left as far as you can.
3. Then reverse direction and rotate your hips up and to the right. Try to touch your right foot to the back of your left shoulder. You will not physically be able to do this.
4. That is one rep and continue for the prescribed repetitions and then repeat with the other leg.

## Supine Lateral Shift on ball



### **Exercise Description:**

Supine Lateral Shift on ball

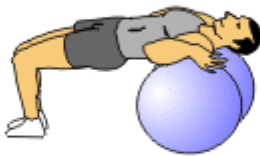
### **Classification:**

Balance

### **Instructions:**

1. Lie on your back with the ball under your upper back and your hips parallel to the floor.
2. Keeping your body parallel to the floor rotate to the side so that the ball slides toward one shoulder.
3. Then rotate back to the other shoulder and repeat for the prescribed repetitions.

Supine Shoulder Crawl with ball



### **Exercise Description:**

Supine Shoulder Crawl with ball

### **Classification:**

Balance

### **Instructions:**

1. Lie on your back with a ball under each shoulder and your hips parallel to the floor.
2. Slowly raise your right arm up above your head moving the ball with your arm.
3. Return your arm to the starting position and repeat with the other arm.

Supine Shoulder Shift with kettlebells





**Exercise Description:**

Supine Shoulder Shift with kettlebells

**Classification:**

Balance

**Instructions:**

1. Lie on your back with a ball under your upper back and hold a kettlebell in each hand with your arms outstretched.
2. Rotate your body so the exercise ball shifts towards one shoulder and then shift back to the other shoulder.
3. Maintain good core control and balance throughout the movement.
4. Repeat for the prescribed repetitions.

Weight shift balance on balance disc



**Exercise Description:**

Weight shift balance on balance disc

**Classification:**

Balance

**Instructions:**

1. Start by standing on one balance disc with both feet.
2. Once your balance is maintained pick one heel up off the ground and onto your toes. Then put that foot down and pick up the other heel. It will look like you are walking in place.
3. Keep your core tight throughout this movement and repeat for the prescribed repetitions.

## 1 Leg Balance Squat



### **Exercise Description:**

1 Leg Balance Squat

### **Classification:**

Balance

### **Instructions:**

1. Start by standing on one leg with the other leg elevated.
2. Bend forward keeping your planted leg semi straight and reach for the ground.
3. Keep your back relatively flat during the exercise.
4. Repeat for the prescribed repetitions and then repeat with the other leg.

Single Leg Lateral Hops



### **Exercise Description:**

Single Leg Lateral Hops

### **Classification:**

Balance

### **Instructions:**

1. Start by standing on one leg with your hands on your waist or at your sides.
2. Proceed to hop to the side while maintaining your balance and hop back to the starting position.
3. You can place a rope on the ground or any object on the ground. The object can be small in size and height or large to increase difficulty.
4. Continuously repeat for the recommended repetitions.

## Single Leg Dumbbell Row



### **Exercise Description:**

Single Leg Dumbbell Row

### **Classification:**

Balance

### **Instructions:**

1. Start by holding a dumbbell in each hand and balancing on one leg.
2. Bend forward to about a 45 degree angle.
3. Pull the dumbbells up towards your waist and then extend your arms back down.
4. Repeat this for the recommended repetitions.

## Single Leg Bridge and hold



### **Exercise Description:**

Single Leg Bridge and hold

### **Classification:**

Balance

### **Instructions:**

1. Start by lying on your back with the ball under the upper part of your back.
2. Bring your hips up so that they are parallel to the ground.
3. While maintaining this position lift one leg off the ground and try to extend it.
4. Try to hold this position for the recommended time. Repeat with the other leg.

## Supine Bridge on Ball



### **Exercise Description:**

Supine Bridge on Ball

### **Classification:**

Balance

### **Instructions:**

1. Start by lying on your back with the ball under the upper part of your back.
2. Bring your hips up so that they are parallel to the ground.
3. Try to hold this position for the recommended time.

Alternating Kettlebell Shoulder Press/Balance



### **Exercise Description:**

Alternating Kettlebell Shoulder Press/Balance

### **Classification:**

Balance

### **Instructions:**

1. Start by balancing yourself on the board. Next balance yourself holding a kettlebell in each hand at shoulder height.
2. Press one kettlebell up over your head and return to the starting position. Repeat for the prescribed number of repetitions and then switch arms.
3. For variety you can alternate pressing back and forth for the desired repetitions.

BOSU Compressions



**Exercise Description:**

BOSU Compressions

**Classification:**

Balance

**Instructions:**

1. Stand on top of bubble with feet spaced evenly. Keeping torso tight, shift weight from foot to foot using arms for balance.
2. Keep shoulders and hips straight. To make it more difficult, you can run on top of the BOSU.
3. Do this between other exercises to relax the legs and feet and to work on balance.
4. Repeat for the required time.

Alternating Aerobic Lunge



**Exercise Description:**

Alternating Aerobic Lunge

**Classification:**

Balance

**Instructions:**

1. This can be high or low impact. Stand on the ball and take left foot diagonally behind you, punching left arm across the body. Bring the foot back and switch legs.
2. For high impact, begin with your foot on top, other foot lunging back. Jump up and switch so that the other foot lands in the middle of the BOSU and the other foot lunges.
3. Repeat for desired repetitions.

## BOSU basic stance



### **Exercise Description:**

BOSU basic stance

### **Classification:**

Balance

### **Instructions:**

1. Stand with both feet on the bubble, keeping feet on each side of the ball, directly in the middle. By simply standing, you will feel your feet moving and your torso contracting in order to find your balance.
2. Maintain this balance for the required time limit.
3. Once you have mastered this you can then move on to adding movement to the basic stance.

## BOSU Quadruped Arm/Leg Raise



### **Exercise Description:**

BOSU Quadruped Arm/Leg Raise

### **Classification:**

Balance

### **Instructions:**

1. Get on all fours with knees evenly spaced on top of BOSU and hands on the ground. Straighten one leg until it is parallel to the floor and balance touching toe of bent leg to the ground to help balance.
2. When you feel stable, lift the opposite arm and hold, using abs to stabilize.
3. Switch sides and repeat for required repetitions.

## BOSU Plank Tilt



### **Exercise Description:**

BOSU Plank Tilt

### **Classification:**

Balance

### **Instructions:**

1. Start in a plank position with your knees off the ground or you can plank from your knees. Keep your body in a straight line.
2. Use your arms to tilt the BOSU forward and then back. You will really work your arms, back and abs on this one, so make sure you do not sag in the middle.
3. Repeat for the required number of repetitions and or time.

BOSU V-Sit



### **Exercise Description:**

BOSU V-Sit

### **Classification:**

Balance

### **Instructions:**

1. Sit with hips slightly forward on the ball and place your hands behind you on the ball.
2. Lift your legs up into a V and lean torso back, keeping back straight and abs contracted. To make it more difficult, take hands out in front or more difficult over your head.
3. Repeat for the required time.























