

## Quads (disc)

### Single Leg Squat on Disc



#### **Exercise Description:**

Single Leg Squat on Disc

#### **Classification:**

Quads (disc)

#### **Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward.
- 2) Start position: Stand on balance disc and lift other foot off ground and extend leg forward. Extend arms forward at hip level..
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ( $\sim 5^\circ$ ) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) 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. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

### Soccer Kick on balance disc



#### **Exercise Description:**

Soccer Kick on balance disc

#### **Classification:**

Quads (disc)

#### **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.

### **Bodyweight Squat on extreme balance board**



#### **Exercise Description:**

Bodyweight Squat on extreme balance board

#### **Classification:**

Quads (disc)

#### **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:**

Quads (disc)

#### **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.