

BALANCE STABILITY CORE POSTURE

Balance Cushion Exercises for improving Strength, Joint Stability, Increased Sports Performance, Rehabilitation after Injury or Surgery, Fat Loss and Greater Confidence.



STABILITY AND STRENGTH



LATERAL LUNGE

A. Stand with parallel feet next to the balance cushion as shown.
B. Lunge sideways with leg closest to the cushion and hold position for 3-5 secs. You can add a medicine ball front lift as progression. Return to A.



FLOOR BRIDGE

A. Lie on your back with your hips close to the Balance Cushion. Place both feet parallel on the cushion.
B. Lift hips into a full hip extension. Engage your gluts and hamstrings. Hold extension for 3-5 secs. Return to A.



SINGLE LEG HIP EXTENSION

A. Lie on the floor close to the balance cushion and place your right foot on the cushion.
B. Extend the hip of your right leg by engaging your gluts and hamstrings of that leg. Hold for 3-4 secs. Return to A. Repeat with left leg.



SHOULDER STABILITY

A - Basic. Place both lower arms onto the balance cushion and hold a plank as shown. Maintain strong shoulder alignment. Hold for 5-10 secs. Return to A.
B - Advance. Take position A before lifting one leg into a hip extension. Don't let shoulders 'sink'. Change legs. Hold for 5-10 secs. Return to A.



SINGLE ARM PRESS UP

A. Kneel as demonstrated with balance cushion placed to the side under one hand.
B. Bend both elbows until upper arms are parallel to floor. Hold for 1-2 secs. Return to A.



FULL PRESS UP

A. Adopt a stable straight arm plank with one hand placed in the middle of the balance cushion.
B. Bend both arms simultaneously until upper arms are parallel to floor. Stabilise yourself. Push up to return to A.



BASIC SQUAT

A. Stand with your feet hip width apart on the balance cushion. Engage your core to ensure good balance.
B. Bend both knees and push both arms up and overhead until you have reached a squat position. Engage your abdominals and keep both knees parallel. HOLD for 5 secs. Return to A.



SINGLE LEG LUNGE

A. Stand with good posture in front of the balance cushion. Engage your core in preparation.
B. Lunge forward with one foot onto the balance cushion. Engage your core and bend both knees to a 90 degree angle. You can add lateral dumbbell raise to advance the exercise. Hold for 3-5 secs. Return to A.



SINGLE LEG LUNGE TO BALANCE

A. Lunge forward with your right foot onto balance cushion and hold for 1-2 secs.
B. Now drive your left knee through and up whilst extending up on your right leg into a single leg balance. Hold for 1-2 secs. Return to A.



SQUAT JUMP

A. Stand in front of balance cushion and prepare for jump.
B. Jump up high onto balance cushion.
C. Land in a squat on the balance cushion and hold for 1-2 secs. Step back to A.

CORE



THE PLANK

A - Basic. Place both feet as shown in the middle of the balance cushion and lower arms on the floor. Hold for 5-15 secs.
B - Advance. Start with A. Plank Basic, when feeling 'steady' lift one leg into hip extension. Hold for 5-15 secs.



NO HANDS NO FEET

A. Kneel on the balance cushion as shown. Make sure your toes do not touch the floor. Gradually begin to lift your fingers off the floor.
B. Extend your hips until you are upright not allowing any contact with the floor. Hold for 5-10 secs. Return to A.



SPIDERMAN

A - Basic. Kneel on your left knee and place your right hand in the middle of the balance cushion. Reach forward with left arm whilst extending the right hip and pushing the leg straight back. Hold for 5-8 secs. Draw leg and arm towards body. Repeat.
B - Advance. Place left knee on balance cushion and right hand on floor to balance. Reach with left arm out in front whilst extending the right leg back. Hold balance for 5-8 secs. Draw leg and arm towards body. Repeat. Return.



SEATED X-OVER

A. Sit on the balance cushion as shown with your fingertips touching the floor.
B. Find your balance, then lift your right leg / left arm simultaneously. Hold balance for 3-5 seconds, then switch sides.



OBLIQUE CHALLENGE

A. Lie with your right hip on the balance cushion, knees bent. Place your right elbow on the floor. The left arm reaches straight up.
B. Now extend both legs to side and lift them up, the left arm reaches overhead. HOLD legs for 3-5 secs. Return to A.



Please consult your physician before engaging in any physical activity.

Copyrights reserved by

POWRX