

Balance Exercises

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Directions: After *Dynamic Warm-Up* (Level I) or *Movement Prep* (Level II), perform balance exercises. Pick a safe level; never be unsafe or exceed your capacity to “control” your balance threshold. If you are falling out of the balance drills you have exceeded your threshold and are training a “bad” movement pattern. Only do what you can control. *Note that balance training is fall prevention!* Balance is directly related to “core” stability. “Core” is the trunk area from waist to chest, front, sides, and back—all the way around. *For more information on core and balance, see my “Functional Training” handouts.

Basic Positions	Progression Challenges
<p><u>Inner Zone Balance</u></p> <ol style="list-style-type: none"> 1. Bilateral Stance (both feet, shoulder width apart, arms counterbalance) 2. Bilateral Stance (without arms) 3. Unilateral Stance (with arms counterbalance) 4. Unilateral Stance (without arms) 5. Bilateral Squat <p><u>Outer Zone Balance</u></p> <ol style="list-style-type: none"> 1. Bilateral Squat & Reach 2. Lunge (with arms counterbalance) 3. Lunge & Reach 4. Unilateral Squat <ul style="list-style-type: none"> • Positions: #1 (easy) to #4-5 (harder) 	<ol style="list-style-type: none"> 1. Head turned 2. Dominate eye closed 3. Both eyes closed 4. Varied surface (grass, incline, decline, dirt) 5. Apparatus (foam pad, core board, BOSU!) 6. Dynamic movements <ul style="list-style-type: none"> • (uni-plane to multi-planar) 7. Increase range of motion (ROM) 8. Increase speed (while maintaining control!) 9. Add reaction (directional cues) 10. Add external kinesthetic stimulus (push/pull) <ul style="list-style-type: none"> • Progressions: #1 (easy) to #10 (harder)

- Reach Drill (12-15”)
- 1-Leg: *(Toe Down=Modification)
 - Static
 - Head Turn
 - Nudge
 - Eye(s) Closed
 - Reactive Ball Toss
 - Apparatus *(See above for examples)
 - Hops (Multi-Planar)
 - Partner Walk-a-Round
- Safety Cone:
 - Clock Reach (Feet)
 - Clock Reach (Hands)
 - Squat & Reach (Touch Cone)
 - Squat & Reach + Tennis Ball (Pick up ball then set down)
 - Chop (Touch Cone)
 - Chop + Tennis Ball (Pick up ball then set down)

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