

# BALANCE

## Term 4 program

- **Balance 1** – static
- **Balance** – functional / dynamic – more challenge
  
- **4x per week for best results**



# BALANCE

1. Do the exercises below 3-4x per week – take note of the ‘Comments – Challenge’ comments above and phase comments below – images and explanations on the coming pages
2. **Warm up** – Full dynamic warm up time permitting
3. **Recovery** – light stretch if only doing balance - full recovery if accompanied by another activity
4. **Frequency** – 3-4x times per week
5. **Training Focus** – stabilization, technique, posture, alignment

Activation - for balance 1 & 2		Sets	Reps	Load	Speed	Order	Int.	Rest	Comments
1	Front bridge (core engagement)	2	30 sec's	None	Static	1	60%	30 sec's	
2	1 leg balance w. hands in front	2	10 sec's	None	Static	2	65%	30 sec's	

**Balance 1** - keep shoes on  
**Balance 2** - take shoes off

<b>Balance 1</b>												
Low to moderate level of challenge												
		Sets	Reps	Speed	Order	I	Wt	Recovery (sec's)	Challenge	Comments	C1 benchmark	C2 benchmark
1	1 leg balance w. hands anywhere	2	20 sec's	Static - controlled	1	75%	None	30 seconds	Eyes closed	Control - level hips	45 sec's	60 sec's
2	1 leg balance w. catch & throw (light)	2	10 throws	Controlled	2	75%	None	30 seconds	Balance disc	Level hips - any ball will do	30 per leg	40 per leg
3	1 leg tuck	2	10 sec's	Static - controlled	3	75%	None	30 seconds		Ankle - knee - hip alignment	30 per leg	40 per leg
4	1 leg knee raise / elbow drop	2	10	Controlled	4	75%	None	30 seconds	Add kettle bell (k bell) for challenge		30 reps	

<b>Balance 2</b>												
Moderate to high level of challenge												
		Sets	Reps	Speed	Order	I	Wt	Recovery (sec's)	Challenge	Comments	C1 benchmark	C2 benchmark
1	Good mornings	3	6 per leg	Controlled	1	75%	None	45 seconds		Hip extension	9 per leg	12 per leg
2	1 leg balance w. ball volley	2	10 per leg	Controlled	2	60%	None	45 seconds	Mini tramp	Square / level hips	15 per leg	20 per leg
3	Bosu balance soft side down	2	30 sec's	Static	3	60%	1kg+	45 seconds	Ball throw	Fast decisions	45 sec's	60 sec's
4	Stability 3 cone touch - 1 leg	2	30 sec's	Controlled	4	80%	None	45 seconds		Cones at 12, 6 & 3-9	45 sec's	60 sec's
5	1 leg balance on physio disc	2	15 secs	Static	5	80%	None	45 seconds	Eyes closed	Posture / level hips	30 sec's	45 sec's

**Phase Comments:**

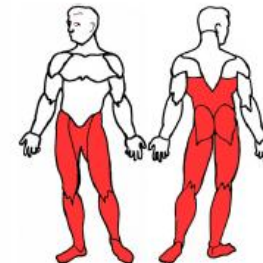
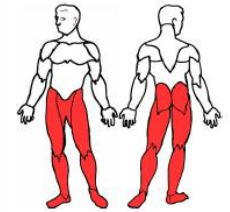
- Weeks 3-4: + 5 seconds for all activities
- Weeks 5-7: +10 seconds from weeks 3-4 volume
- Weeks 8-9: + 5 seconds from weeks 5-7 volume



**Cautions** - Establish correct squatting technique on a stable surface before using the stability discs.  
If you have a history of ankle or knee injury, seek professional advice prior to commencing this exercise.

### Half squat on balance discs

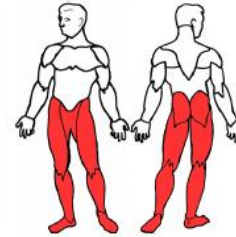
Squat while maintaining balance & correct technique then return to the start position. Do not allow the knees to twist at the bottom of the squat. Place the hands in front for additional balance during the squat. Keep the chest up & the shoulders back & the knees should track in line with the centre of the feet. The depth of the squat may be determined by flexibility of the lower limbs & the balance skills on the stability discs.



**Cautions** - Keep the neck in line with the spine. Do not allow the spine to flex unless specified otherwise by an exercise professional.

### The Lunge w. Rotation

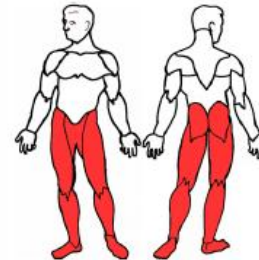
Keep the supporting leg slightly flexed however the amount of knee bend may vary depending on the requirements of the exercise. Lean forward at the hip to reach to the outside of the foot then extend to the start position & repeat the movements with the other hand. Raise the unsupported leg to assist with balance & hold dumbbells to progress the exercise.



**Cautions** -If you have a history of ankle or knee injury, seek professional advice prior to commencing this exercise.

### Balance board

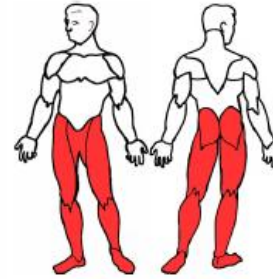
Stand with feet evenly apart on the wobble board with the feet facing forward & the hips & knees slightly flexed. Maintain balance & press the board forward, back & to both sides in a continuous fashion while maintaining balance. Place the hands wide for additional balance & focus the eyes on the same spot to assist further with balance.



**Cautions** - If you have a history of ankle or knee injury, seek professional advice prior to commencing this exercise.

### The Lunge w. Rotation

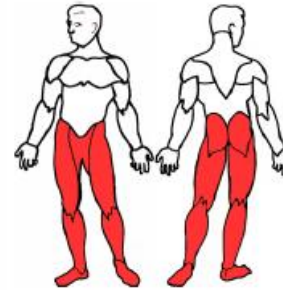
Stand in the centre of the wobble board with the foot facing forward & the hip & knee slightly flexed. Maintain balance & try to keep the edges of the wobble board off the floor for the prescribed time. Place the hands wide for additional balance & focus the eyes on the same spot to assist further with balance.



**Cautions** - The Bosu should be on a flat surface & firmly inflated. Ensure that there is no perspiration or liquid on the Bosu. Do not allow the knee to buckle in. If you have a history of ankle or knee injury, seek professional advice prior to commencing this exercise.

### Knee lifts – on bosu or without

Step back with one leg then drive the hip up in a running motion. The supporting leg should remain slightly flexed with the knee tracking in line with the centre of the foot. Maintain a rigid torso with the hips & shoulders facing forward. To modify the exercise, vary the amount of knee flexion of the support leg.



**Cautions** - For the purpose of this exercise, do not allow the pelvis to tilt or rotate. Do not allow the knee to buckle inward.

### The Lunge w. Rotation

The height of the box can vary depending on the requirements of the exercise & the strength of the individual. Step off the box, landing with the ball of the foot first, & flex the hip & knee. Try to keep the pelvis square with the knee tracking in line with the centre of the foot. Maintain a rigid torso, keeping the shoulders above the vertical position of the front knee