BETTER BALANCE COMPREHENSIVE TOOLBOX

SESSIONS 30-36

WARM-UP	
Neck (from a seated position)**:** o Head turns: ▪ Turn the head, taking the nose to one side as you inhale. ▪ Exhale and move the nose to the other side, keeping the chin level as you move the head. o Retractions: ▪ Place hands on the sides of the head. ▪ Gently press the side of the head into one hand. ▪ Return to center. ▪ Slide the chin forward. ▪ Return to center. ▪ Gently press the side of the head into the opposite hand. ▪ Return to center. ▪ Slide the chin back. ▪ Return to center. ▪ Reverse.	REPEAT 4-5x on each side 2x in each direction
Back/Shoulder Blades: o Extend arms to the sides at shoulder-height with elbows bent, hands pointed to the front. o Slowly twist to one side. o Squeeze the elbows toward each other in the back. o Return to the front.	6-8x
Arms: o Sit with feet about hip-width apart or stand in a lunge. o Using cans as weights, lean forward, bring the cans to the shoulders, then straighten the elbows, giving the arms a slight lift when fully extended. o Return the cans to the shoulders slowly.	8-10x
Core: o Sit tall at the front of the chair. o Slightly tuck the pelvis under and lean back without leaning on the back of the chair. o With arms fully extended to the front, begin small arm pumps up and down for sets of 10.	5 sets of 10

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BALANCE 1

Feet: o Toe stretch: ▪ Extend one leg straight out in front, flexing the foot, and pressing out through the heel. ▪ Spread the toes as far apart as possible. Release.	5x with each foot
o Signature: ▪ Extend one leg straight out in front, roll through the foot until it is fully extended to the front. ▪ Write your name in cursive with the foot. o Foot towel ▪ Stretch the dishtowel out on the floor under one foot. ▪ Try to pick the towel up by "scrunching" the toes. ▪ Release the towel. ▪ Try to tie the towel in a knot, using only the feet.	3x with each foot 10x with each foot
Static Balance: o Using the following progression, find a position that feels challenging, but in which you do not have to hold on with your hands: 1. Feet hip-width apart 2. Feet together 3. One foot forward 4. One foot in front of the other (not touching) 5. One foot in front of the other, touching heel to toes 6. Stand on one foot 7. On balance pad, feet hip-width apart 8. Continue progression on balance pad o Add challenge on second round: ▪ Count by 3s up to 30 and then backward to 0. Change it up by starting with other numbers and counting by number of choice.	Hold each pose for 1 minute, repeat 2-3x
Balance Challenge: o Extend one leg to the back. o Slowly tilt forward. o Return to starting position. o After completing on both legs, lift one leg to the side. o Tilt to the side. o Return to starting position.	5-6x with each leg
Clock Yourself: o Use the app or video to follow along.	3-5 minutes

STRENGTH BUILDING	
Calves; Calf Raises with Pulses: o Stand with the feet about hip-width apart. o Press into the ground, lifting the heels off the ground. o Pulse up for a count of 5-10.	3-5 sets of 10x
Quads; Leg Extensions with Pulses: o Lift one foot to the opposite knee, then extend to the front until the knee is straight with foot flexed. o Pulse up for a count of 5-10.	3-5 sets of 10x on each leg
Hamstrings; Hamstring Curls with Pulses: o Stand with the feet less than hip-width apart. o Brush one foot up toward the bottom, keeping the knees close together. o Pulse for a count of 5-10.	3-5 sets of 10x on each leg
Hips; Side Leg Lift with Pulses: o Stand with the feet about hip-width apart. o Lift one leg directly to the side, lifting the heel toward the ceiling. o Pulse the leg up for a count of 5-10.	3-5 sets of 10x on each leg
BALANCE 2	
Plyometrics: Power Squats o Stand with feet about hip-width apart in front of a chair. o Lower into a squat slowly. o Hold for 3 seconds. o Return to standing quickly. *Be mindful of this exercise if heart and/or breathing conditions exist.	10x
Tight-rope Walk: o Walk forward and backward with one foot in front of the other. o On round two, use a mental challenge like skip counting while walking. *If this feels too unstable, try taking longer steps and widen the stance/step.	10X front/back
Tight-rope Walk Variation: o Continue the tight-rope walk, adding a pause every three steps. o Add a tilt forward or to the side while walking.	10X front/back
Barrel Walk: o Walk to the front and step over an imaginary barrel.	10X front/back

Combination: Waltz o Step side (1), march/step (2), march/step (3). Continue until comfortable with the step. o Add a dip on count 1. o Add an "up, up" on counts 2 and 3. o Add a ¼ turn when comfortable with the step.	Follow the music
STRETCHING	
Hip and Glute: o Lift one foot to the opposite ankle or knee. o Flex the top foot. ▪ Hinge forward from the hips (lean forward), trying to keep a flat back.	30 seconds on each side
Chest/Shoulder: o High-V ▪ Hold towel over the head in a high-v. ▪ Reach the hands and elbows back as the towel lowers. ▪ Return to starting position. o Low-arms ▪ Take the towel behind the back and hold the hands as close together as possible (interlace fingers if possible). ▪ Slowly lift the arms toward the ceiling. o Return to starting position.	4-5x