

BETTER BALANCE COMPREHENSIVE TOOLBOX

SESSIONS 8-14

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 Neck retractions:

- Hold arms overhead in a high-v, thumbs pointed back.
- Reach the arms toward the back wall.
- Return to neutral.

Back/Shoulder Blades:

- o Extend arms straight to the front.
- o Bend the elbows and pull them back, squeezing together in the back.
- o Extend the arms to the front.

Arms:

- o Tie the resistance band in a circle.
- o Grasp the resistance band in one hand, then take that hand to the opposite shoulder.
- o With the free hand, grasp the resistance band, point the elbow toward the ceiling, straighten the elbow (reaching the hand toward the ceiling).
- o slowly release back to neutral.

Core:

- o Sit tall in the chair with the feet flat on the floor.
- o Pull the front and sides of the abdomen in toward the spine.
- o Hold for 1-2 seconds, then release.
- o Repeat several times, then begin marching slowly with the arms extended to the front.
- o Slowly raise and lower the arms while marching.

REPEAT

4-5x on each side

8-10x

6-8x

8-10x with each arm

10-15x

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

1. *Journal of Management Studies*, 1996, 33, 1031-1049.

100

100

100

100

100

100

100

100

100

- o Foot Roll-throughs:
 - Extend one leg straight out in front, flexing the foot, and pressing out through the heel.
 - Starting with the heel, roll down through the foot until the foot is pointed, the toes being the last part to extend.
 - Starting with the toes, roll back up through the foot until the foot is in a flexed position.
- 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.
 - Keeping the heel on the ground, pick the towel up with the toes, shift it to the side, and release.
 - Continue until the towel is shifted over to one side of the foot.
 - Repeat by shifting the towel to the opposite side of the 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:
 - Cross the arms over the heart while balancing.

Balance Challenge:

- o While standing on the balance pad, lift one leg to the side (lifting with the heel)
- o Lower slowly.

Clock Yourself:

- o Use the app or video to follow along.

5x with each foot

10x with each foot

Hold each pose for 1 minute, repeat 2-3x

5-8x

3-5 minutes

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Balance Challenge:

- o While standing on the balance pad, lift one leg to the side (lifting with the heel)
- o Lower slowly.

Clock Yourself:

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- 10x with each foot
- Hold each pose for 1 minute, repeat 2-3x
- 5-8x
- 3-5 minutes

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- Hold each pose for 1 minute, repeat 2-3x
- 5-8x
- 3-5 minutes

Balance Challenge:

- o While standing on the balance pad, lift one leg to the side (lifting with the heel)
- o Lower slowly.

Clock Yourself:

- o Use the app or video to follow along.

- 5-8x
3-5
minutes

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 - o Use the app or video to follow along.

- 3-5
minutes

STRENGTH BUILDING

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Calves; Calf Raises: - o Stand with the feet about hip-width apart. - o Press the feet into the ground to lift the heels. - o At the top of the movement, press the balls of the feet and toes into the ground, lifting the heels toward the ceiling as much as possible. - o Lower slowly. - o Hold the last one for a count of 5-8. Quads; Leg Extension: - o Stand with the feet about hip-width apart. - o Lift one foot to the opposite knee, then extend to the front until the knee is straight. - o Lower the leg slowly. Hamstrings; Curls: - o Stand with the knees together. - o Keeping the knees together, brush one foot to the back, squeezing it toward the bottom. - o Lower slowly. Hips; Side Leg Lift: - o Stand with the feet less than hip-width apart. - o Lift one leg directly to the side, lifting the heel so the toes point forward. - o Lower slowly. - o On the last one, pulse the leg toward the ceiling for a count of 5-8. Glutes; Squats: - o Start in a standing position in front of a chair. - o Start a sitting motion, reaching the hips back toward the chair. - o Push the heels into the ground to stand up.	10x 10x on each leg 10x on each leg 10x on each leg 10x
BALANCE 2	
Plyometrics: Seated Runs - o Sitting in the chair, run in place for 30 seconds. - o The goal is power and speed. *Be mindful of this exercise if heart and/or breathing conditions exist.	30 seconds
Tight-rope Walk: - o Walk forward and backward with one foot in front of the other. - o On round two, cross the arms over the heart. *If this feels too unstable, try taking longer steps and widen the stance/step. Tight-rope Walk Variation: - o Continue the tight-rope walk, adding a pause every three steps.	10 steps front/back 10 steps front/back

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Barrel Walk: o Walk to the front and step over an imaginary barrel.	10 steps front/back
Combination: Line Dance - o Tap front 2x. - o Tap back 2x. - o Tap side, front, side, close. - o Walk front 4x. - o Walk back 4x. - o Step to the right, feet together (or cross) step right, feet together. - o Step to the left, feet together (or cross), step left, feet together. - o Step to the right, feet together (or cross) step right, feet together. - o Step to the left, feet together (or cross), step left, feet together; turn ¼ turn to the right. - o Repeat from the beginning until one full circle is made.	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