

BETTER BALANCE COMPREHENSIVE TOOLBOX

SESSIONS 22-28

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.

Back/Shoulder Blades:

- o Extend arms to the sides.
- o Slowly twist to one side.
- o When fully twisted, reach the arms to the front and back.
- o Slowly untwist.

Arms:

- o Stand facing the wall with feet about hip-width apart; arms should be fully extended to the wall at about shoulder-height.
- o Slowly lower the body toward the wall, squeezing the elbows in toward the sides/ribs.
- o Push away from the wall, returning to the starting position.

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 Lift one knee, tap the heel to the ground in front, lift the knee, then lower foot to the ground.

REPEAT

4-5x on each side

5-7x

6-8x

5-7x

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

o Phone Number:

- Extend one leg straight out in front, roll through the foot until it is fully extended to the front.

1x with each foot

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- o Hold the last one for a count of 5-8. Quads; Fondu: - o Lift one foot to the opposite knee, then extend to the front until the knee is straight. - o Gently bend both knees. - o Straighten both knees. - o Lower the leg down slowly. Hamstrings; "Good Mornings": - o Stand with the feet about hip-width apart. - o Begin to hinge forward at the hips, bending both knees, keeping the back flat. - o Return to standing position slowly. Hips; Side Leg Lift with Squat: - o Stand with the feet less than hip-width apart. - o Lift one leg directly to the side, lifting the heel toward the ceiling. - o Place the foot back on the ground, feet about hip-width apart. - o Squat. - o Shift the weight over and lift the same leg to the side. - o Return to the beginning position. Glutes; Seated Bridge: - o Sit at the front edge of the chair, with hands holding the sides of the chair. - o Press the heels into the ground while pushing the hips up toward the ceiling. - o Return to a seated position slowly.	5-6x on each leg 10x 10 leg lifts with each leg 5-8x
BALANCE 2	
Plyometrics: Power Squats - o Stand with feet about hip-width apart in front of a chair. - o Lower into a squat quickly (but safely!) - o Hold for 3 seconds. - o Return to standing. *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, add arm movement. *If this feels too unstable, try taking longer steps and widen the stance/step.	10 steps front/back

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Tight-rope Walk Variation: o Continue the tight-rope walk, adding a pause every three steps.	10 steps front/back
Barrel Walk: o Walk to the front and step over an imaginary barrel.	10 steps front/back
Combination: Grapevine - o March 8x. - o Step touch 4x. - o March 8x. - o March 3x, kick front. Repeat. - o March 8x. - o Tap front, in, tap side, in. Repeat with opposite foot. - o March 8x. - o Step to the right, feet together*, step right, feet together. - o Step to the left, feet together*, step left, feet together. *Instead of bringing the feet together, one foot can be crossed either in front or behind the opposite foot.	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