

BALANCE STEPS

Balance Steps are excellent for extremity balance and stabilization training. They are extremely versatile and can be used with either the flat side down or, for greater instability, facing up.

PUSH UPS

- Perform these with one step under each hand and each foot.
- Try *Oblique* (feet out to one side) and *Offset* (hands not in line with shoulders) *Push Ups*.
- Also try *T Stabilization Push Ups* – Perform standard push up on steps. Finish by balancing on one hand and raising the other straight up in the air.



LUNGE ON/OFF

- Lunge onto a step then return to the start position.
- Repeat to both sides.



STEP UP

- Place one step on a box and another on the floor.
- Step up to the box.
- Reverse direction and repeat to both sides.
- Change the height of the box, the speed of the movement, or add dumbbells to further vary this exercise.

STEP DOWN

- Stand on a box with a balance step positioned on the floor below.
- Step down to the balance step.
- Reverse direction and repeat to both sides.
- Change the height of the box, the speed of the movement, or add dumbbells to further vary this exercise.



SQUAT VARIATIONS

- Begin with steps under both feet and squat to a parallel position.
- Return to upright position.
- Try these with a wider than normal stance or in a stagger position.
- *Variation:* Try doing a single leg squat on a balance step.



HOPSCOTCH

- Arrange Balance Steps in patterns that require stepping, jumping, lunging or crawling to negotiate the course.
- Mix up the requirements and speed of movement to add challenge to this exercise.



MYRLAND SERIES

- Set up steps in a semicircle.
- With right leg, walk onto front step and hold left leg up for 10 seconds. Return to start.
- Use right leg to walk laterally onto second step and again hold left leg up for ten seconds. Return to start.
- Repeat process until you have completed walking onto all steps (step backwards onto last step).
- Repeat exercise beginning with the left leg.

