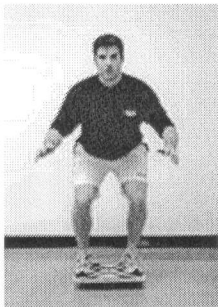
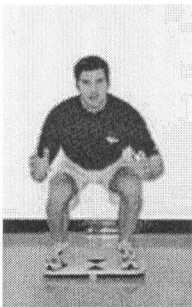


A Guide to Using Balance Boards



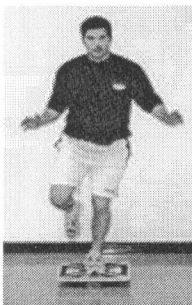
Athletic Stance Balance

Stand on the board with knees bent slightly, feet shoulder width apart and trunk erect. Maintain this position while balancing the board, trying to keep either side from touching the ground.



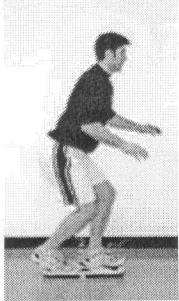
Squats

From the athletic stance, squat down until your thighs are parallel to the ground. Return to the start position and repeat. Hold your position at the bottom of the squat for increased demand.



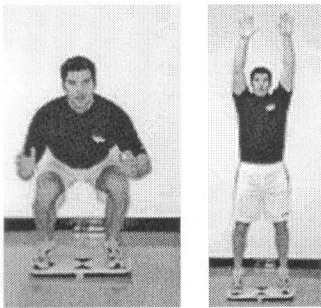
Single-Leg Balance

Stand on one leg in the center of the board, trying to keep either side from touching the ground while maintaining erect posture.



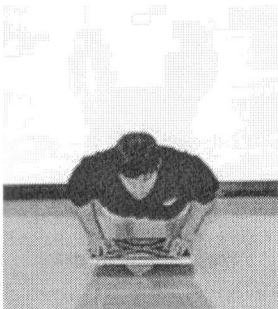
Front-to-Back Balance

Stand in a staggered stance with one foot near the front of the board and one foot near the back of the board. Maintain athletic position while balancing the board, trying to keep either side from touching the ground



Squat-to-Extension

Start in athletic stance position and perform a squat on the board. At the top of the motion, straighten your knees and raise your arms to full extension overhead.



Push-Ups

With hands on board, equal distance from the center, perform a push-up while trying to prevent either side of the board from touching the ground.

For more exercise ideas using balance boards, check out John Blievernicht's *Balance* DVD series, available through Perform Better.