



Two-Leg Balance

Stand with both feet centered on the Balance Board - Make sure to keep your upper body and neck straight - Keep the Balance Board parallel to the floor - Avoid hyperextending your knees



One-Leg Balance

Stand with one foot centered on the Balance Board - Make sure to keep your upper body and neck straight - Keep the Balance Board parallel to the floor - Avoid hyperextending your knee



Two-Leg Balance Weight Shift

Stand with both feet centered on the Balance Board - Make sure to keep your upper body and neck straight - Keep your knees straight and lean to one side while keeping the Balance Board parallel to the floor - Vary by leaning to the other side and back and forward



One-Leg Blind Balance

Stand with one foot centered on the Balance Board - Make sure to keep your upper body and neck straight - Close your eyes - Keep the Balance Board parallel to the floor - Avoid hyperextending your knee



Two-Leg Turning Head Balance

Stand with both feet centered on the Balance Board - Make sure to keep your upper body straight - Turn your head left and right - Keep the Balance Board parallel to the floor - Avoid hyperextending your knees



Sitting Ankle Twist

Sit on a chair, placing the Balance Board in front of you - Place one foot centered on the Balance Board - Keep your knee steady and rock the Balance Board forward and backward, side to side and in circles with your ankle - Turn clockwise and counterclockwise



Wrist Twist

Place the Balance Board in front of you - Place one hand centered on the Balance Board - Rock the Balance Board forward and backward, side to side and in circles with your wrist - Turn clockwise and counterclockwise



Single Knee Dip

Stand with both feet on the edges of the Balance Board - Make sure to keep your upper body and neck straight - Lower your back knee to the ground - Keep the Balance Board parallel to the floor - Repeat while keeping a perfect posture



Balance Board Squat

Stand with both feet on the Balance Board and extend your arms in front of you at shoulder height. Bend your knees to squat down. Make sure to keep your upper body and neck straight. For the best results, bend your knees as close to 90 degrees as possible.



Balance Board Lunge

Stand behind the Balance Board. Lunge forward onto the Balance Board, bending your knees. Make sure to keep your upper body and neck straight. Return to a standing position and repeat with the other leg.



Balance Board Abdominal Crunch

Lie down on the floor on your back, placing the Balance Board under your hips and bend your knees, placing your hands behind your head or across your chest - Pull your belly button towards your spine - Slowly contract your abdominals - Exhale as you come up and keep your neck straight, chin up - Hold at the top of the movement for a few seconds, breathing continuously - Slowly lower back down, but don't relax all the way - Repeat with perfect form for each repetition - To add variation, bring your knees in at the same time you lift your upper body off the floor (Full Body Crunch)



Balance Board Push Up

Get into a push-up position with your knees on the floor, placing the Balance Board directly below your shoulders - Hold the Balance Board by the hand grips - Keep the Balance Board parallel to the floor - Perform a push-up at the knees, keeping your back straight - When ready, progress to a push-up at the feet, keeping your knees, upper body and neck straight



Balance Board Shoulder Stabilization

Get on your hands and knees, with one hand placed on the Balance Board - Make sure the Balance Board is placed directly under the shoulder - Maintain the shoulder position while lifting the opposite hand off the floor - Hold and slowly return



Balance Board Side Bridge

Place the Balance Board on the ground, and rest your elbow on it - Your elbow should be directly below the shoulder - Raise your hips and make sure your body is straight - Hold this position and slowly return - Repeat on other side - If the side bridge is too difficult, try the half side bridge, pulling up your legs



Balance Board Prone Plank

Get into a push-up position with your elbows on the Balance Board, directly below your shoulders - Hold here with your abs contracted, your legs extended and your head aligned with your spine - As you build strength, hold this position longer



Balance Board Abdominal Row

Get into a push-up position with your knees on the floor, placing the Balance Board directly below your shoulders - Hold the Balance Board by the hand grips - Keep the Balance Board parallel to the floor - Twist the Balance Board side to side, keeping your back straight



Downward Push

Get on your hands and knees, both hands grabbing the side of the Balance Board - Make sure the Balance Board is placed directly under the shoulders - Gently rock the Balance Board side to side, keeping your elbow straight and pushing the arm downward - Make sure to keep your upper body and neck straight



Balance Board Tricep Dips

Sit down on the ground, placing the Balance Board behind you and holding it by the hand grips - Move your hips in front of the Balance Board with your legs bent and feet placed about hip width apart on the floor - Straighten out your arms and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints - Now slowly bend at your elbows and lower your upper body down towards the floor until your arms are at about a 90 degree angle - Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position - Don't allow your neck to sink and your ears to fall close to your shoulders - Straighten your legs as you get stronger to make the exercise harder