

WEIGHTED BALANCE BOARD EXERCISE CHART



WARM UP

1. Arm Circles with Squat



Stand with feet shoulder width apart, elbows slightly bent and arms by your sides. From a low position, open arms with a half circle motion, stopping when arms are diagonally overhead. Reverse the circle on the way down, retracing your circle. At the same time, bend from the knees and sit the hips back into a squat.

2. Rotations



Pick the Board up by the handles with the flat side facing you. Keeping it close to your body and bracing through the core, begin to slowly rotate your torso to one side. Go as far as comfortable, as your core warms up, you will be able to rotate more. As you progress throughout the warm-up, you can begin to take the Board further and further away from your torso.

3. Side Lunge



Stand behind the Board, legs wide and arms resting on top of the Board. Bend from side to side, slowly and deeply, simultaneously warming up your legs and increasing the mobility in your hip and knee joints. Move slowly and with control.

BALANCE

4. Narrow Squat



Enter Board and slide feet to the outer edges, keeping them centred. Sit your hips back and down. Keep your knees over toes and core braced. Reach arms slightly forward as you go down to help achieve balance, keep eyes forward, back straight and chest lifted. You may wobble as you go down - squeezing through your legs and bracing your core will help to reduce this.

5. Wide Squat



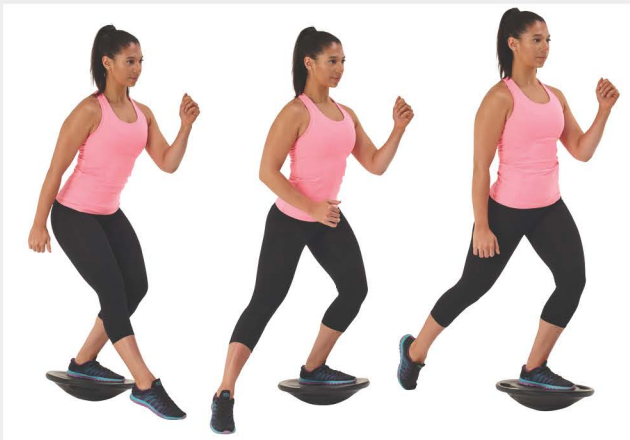
Enter Board with your right leg, placing it firmly in the centre. Stand tall and brace your core to balance and keep steady. Take a wide step out to the side with your left leg, sit hips back and bend through both knees into a wide squat. Push off the floor with your left leg as you pull up with your right leg. Exit and repeat on the other side.

6. Side Tap + Knee



Enter Board with your left leg, placing it firmly in the centre. Brace your core, stand tall through your supporting leg and lift your right leg off the floor. With a slight bend in your left knee, sit your hips back and tap your right toe lightly on the floor. Finish by lifting your right knee. Keep the Board stable by bracing through your core and keeping the entire movement slow and controlled. Exit and repeat on the other side.

7. 3 Point Tap



Enter Board with your left leg, placing it firmly in the centre. Brace your core, stand tall through your left leg and lift your right leg off the floor. With a slight bend in your left knee, sit your hips back and tap your right toe lightly on the floor, out to the right side, then behind you. Finish by lifting your right knee high and repeat the sequence again. Exit and change sides. Advanced Option: do not allow the moving leg to touch the floor.

8. Squat Cross Reach



Enter Board and slide feet to the outer edges, keeping them centred in all directions. Sit your hips back and down, knees over toes and core braced. Reach arms slightly as you lower, keeping eyes forward, back straight and chest lifted. As you lower your body, reach one arm toward the opposite foot. Repeat on the other side.

9. Lunge and Kick



Enter Board with your left leg, placing it firmly in the centre. Brace your core, stand tall through your left leg and lift your right leg off the floor and out behind you. Drop the back leg into a lunge (or as far as you can go staying stable) then lift the back leg and kick through to the front. Exit and change sides.
Beginner Option: focus on the kick and tap the leg behind rather than lunging.

10. Tip and Reach



Enter Board with your right leg, placing it firmly in the centre. Brace your core, stand tall through your right leg. Keep a slight bend in the right knee and tip forward from the hips, reaching your left hand across your body towards the floor. Raise your left leg behind you, straightening and lifting as much as possible while maintaining balance. Return to start position. Exit and change sides.

11. Closed Eye Tree



Enter Board with your right leg, placing it firmly in the centre. Brace your core, stand tall through your right leg, lift your left leg off the floor and rest it on the supporting leg - the higher the placement, the harder it will be to balance. Arms act as a counterbalance - out to each side in a relaxed position. When you feel stable, close your eyes. Exit and change sides.

12. Side Lunge and Reach



Stand tall, feet together and hold the Board by the handles, flat side facing you. Step one leg out to the side into a low side lunge. At the same time, pull the board down toward the bent knee in a swinging motion. Keep your core braced ensuring your torso doesn't come forward with the motion of the swing. Push off the floor and bring your feet together. Simultaneously swing the board up across your body. Repeat on the other side.

CORE

13. Plié Squat



Stand tall, feet wide, toes turned out and knees in line with the toes. Hold the Board firmly by the handles, flat side facing you. Lower hips back and down, keeping the arms low and core braced. Push up through the heels and squeeze through your butt to stand. Simultaneously raise the board overhead. Move slowly back and forth through the low and high position.

14. Foot Plank



Start on all fours and place your toes on the Board, positioning them as close to the centre as possible. Walk your hands out to a High Plank Position ensuring your wrists remain under your shoulders. Stabilise both feet, brace your core and keep your body in a straight line. Lift one leg off the Board and reduce any wobbling by squeezing the supporting leg, keeping hips parallel to the floor. Repeat on the other leg.

15. Seated Knee Rotation



Sit on the Board with your arms on the floor for support. Brace your core and bend both knees, lifting both feet off the floor. Lower your knees down to one side, keeping your feet off floor. The Board will tilt to one side however don't allow the side edge to touch the floor. Repeat, moving knees from side to side. Beginner Option: Keep your feet on the floor throughout the movement.

16. Hip Tilt



Place a small, soft towel on the surface of the Board and start in a low plank position. Clasp your hands together and place your elbows on the Board. Stabilise yourself by bracing your core and keeping your body in a straight line. Keeping the Board centred turn your hips to the right, lowering the left hip toward the floor. Take care to lower the entire region without arching your lower back. Repeat on the other side.

17. Plank Pull Through



Assume a High Plank Position on the Board, wrists under shoulders, core braced and hips parallel to the floor. Pull one knee in toward your chest and straighten the leg, pushing your foot across the body and over to the other side. Aim to touch your toe on the floor as close to the line of your hands as possible. Allow your hips to rotate throughout the movement but don't let them drop. Repeat on the other side.

18. Side Plank



Start by lying on one side, Board at your feet. Stack your feet on the Board, rest on your forearm and ensure your elbow is directly underneath your shoulder. Lift your hips and maintain a straight line from your head to your feet. Reach your top arm towards the ceiling and hold this position. Repeat on the other side. Advanced Option: reach the top arm under your torso.

“**CHANGE** comes when you **SAY yes!** to **YOURSELF**”

SAFETY PRECAUTIONS

Entry/Exit

When entering and exiting the Board, always place one foot into the centre of the board first. Bring your other foot up to join it and then move to the desired position.

Achieving Balance

It is important to keep focused when trying to balance. Choosing a focal point i.e. a spot on the wall, will help you to remain stable.

Hand Safety

When in a low position, take care not to wrap your fingers around the edges. If you lose balance the board can quickly tilt to one side, jamming your fingers underneath.

Board Wobble

The more muscle control you have, the less the board will wobble. To reduce wobbling, squeeze through the muscles you are focusing on and always keep the core completely engaged.

Suitable Surface

Completely flat surfaces such as tiles create greater instability and a more challenging workout than softer surfaces such as carpet. When training on floorboards, it is recommended that you lay a fitness mat under the Board.

WARM UP

This warm up is for all workouts

Exercise	Repetitions/Time	Orientation
1	15 reps	N/A
2	20 reps	10 each side
3	20 reps	10 each side

Repeat sequence as a circuit x2

CREATING FIRE WITHIN

Designed to lift your heart rate and burn calories

Exercise	Repetitions/Time	Orientation
4	30 secs	N/A
17	30 secs	Alt Sides
12	30 secs	R side
18	30 secs	R side
12	30 secs	L side
18	30 secs	L side
5	30 secs	R side
13	30 secs	N/A
5	30 secs	L side
13	30 secs	N/A

Repeat sequence as a circuit x2

4 MINUTES

WORKOUTS

QUICK LEG BURN

This short workout will sculpt and define in no time

Exercise	Repetitions/Time	Orientation
4	20 reps	N/A
12	10+10 reps	R+L side
13	20 reps	N/A
9	10+10 reps	R+L side

Repeat sequence as a circuit x2

15 MINUTES

BALANCE CHALLENGE

Challenge your balance and co-ordination

Exercise	Repetitions/Time	Orientation
4	10 reps	N/A
8	10 reps	N/A
6	10+10 reps	R+L side
9	10+10 reps	R+L side
11	30 secs	R+L side
7	10+10 reps	R+L side
10	10+10 reps	R+L side

Repeat sequence as a circuit x2

20 MINUTES

PURE CORE

A short but sharp core workout

Exercise	Repetitions/Time	Orientation
14	15+15 reps	R+L leg
15	30 secs	N/A
16	30 secs	Alt Sides
17	30 secs	R+L side
18	30 secs	R side
18	30 secs	L side

Repeat sequence as a circuit x2

15 MINUTES

Every time you use this item, you are saying **YES** to your goals and **YES** to the person you want to be.

For more tools, tips and exercises or if you want to know more about “YESOLOGY”, go to www.michellebridges.com.au