

Exercise Chart

BALANCE CUSHION



BALANCE YOUR BODY

The Balance Cushion is a fantastic addition to your training toolkit. It adds the dimensions of balance, coordination and agility to your workout, while also providing an element of interest and diversity so your workouts are never boring!

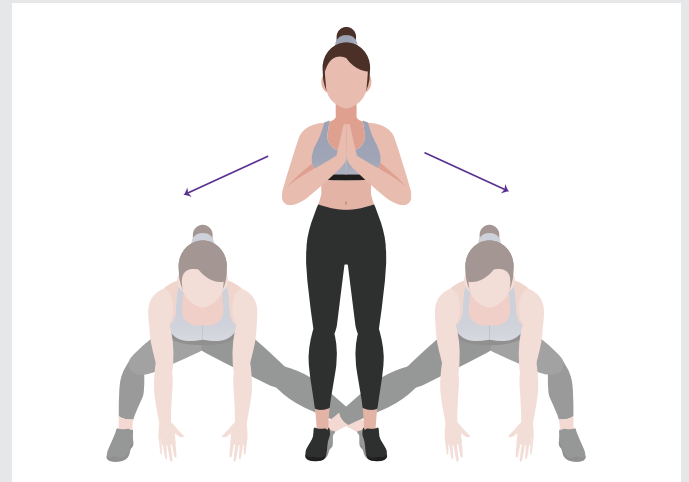
Follow this routine spending 1-2 minutes on each exercise. Depending on how much time you have to train, you could repeat the entire sequence through several times. Remember to allocate enough time to stretch out before you go on with the rest of your day.

“The more you **move each day**, the more you keep excess kilos and **disease** away.”

Mish

WARM UP

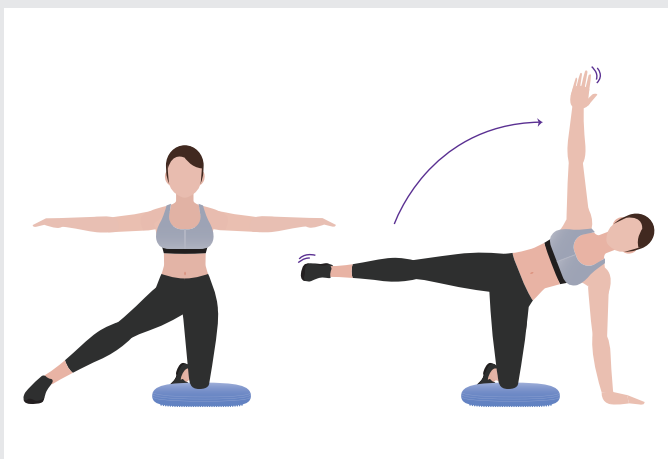
1. Touchdowns



From a standing position, lunge out to one side, dropping the hips back, taking the chest forward and reaching towards the ground. Step back to start position, then repeat other side.

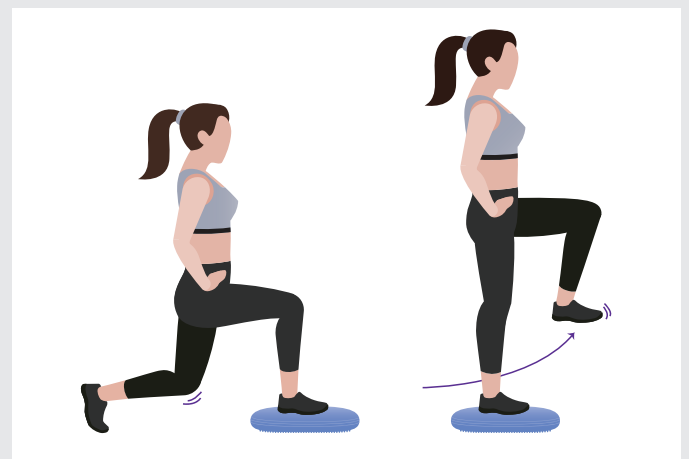
WORKOUT

2. Windmills



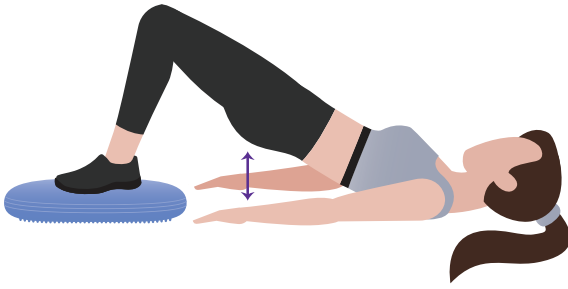
Kneel on the cushion with 1 leg extended out to the side and both arms outstretched. Tip over to the side, letting your extended leg lift off the ground as your hand touches down. Return to start position. Repeat other side.

3. Reverse Lunge Knee Lift



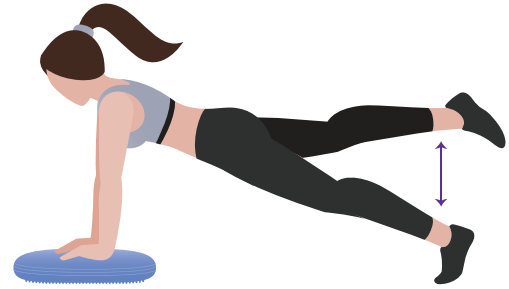
Stand with feet hip width apart on cushion. Step one leg back into a lunge position, dropping the back knee as close to the ground as possible. Lift the back knee up into a knee lift, then return to start position and change sides.

4: Hip Hoists



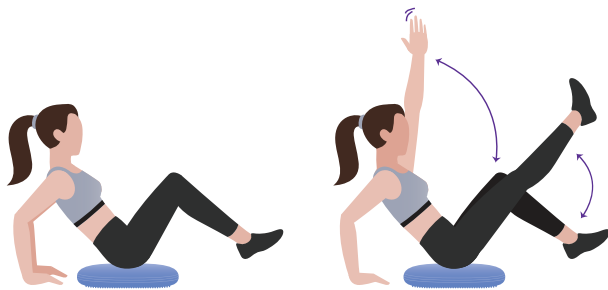
Lie on the ground with knees bent and both feet on cushion, arms by sides. Lift hips into the air, squeezing your hamstrings, butt and back. Return to start position.

5: Tri Point Plank



From knees or toes, place both hands on the balance cushion, lining your shoulders up over your wrists. Lift one leg off the ground and hold. Repeat other side.

6. Core Conditioner



Sit on the cushion, leaning back with chest up, feet off the floor using hands lightly for balance. Lift opposite arm and leg into the air, then switch sides.

7. Squat taps



Stand one foot on the cushion, then tap the opposite foot forward, out to the side and behind yourself. Repeat sequence in reverse, then change sides.

WOBLING WORKS WONDERS

Although it might feel disconcerting at first, working with a deliberately unstable element in your work out is a fantastic way to regain or maintain your proprioception. Proprioception is the sense of knowing where your body is in space. When you workout with wobbling, you are training your body to swiftly react to the wobbles so you keep your balance.

Balance is something we tend to take for granted until it's gone, and once it's gone we realise how important it is! Injuries and age can lead to loss of proprioception, so adding balance training into your workout is a great way to proactively reduce the risk of injury and age related decline.

MISH TIPS!

- 1 Try adding 1 or 2 of these exercises to your regular training sessions if doing a full workout is too much for you initially.
- 2 Make sure the floor you're working on isn't slippery. The Balance Cushion makes you wobble, you don't want to slip and slide on top of that!
- 3 When stretching at the end of your session, be sure to circle your wrists and ankles and stretch your forearms and calves. They work especially hard in this workout.