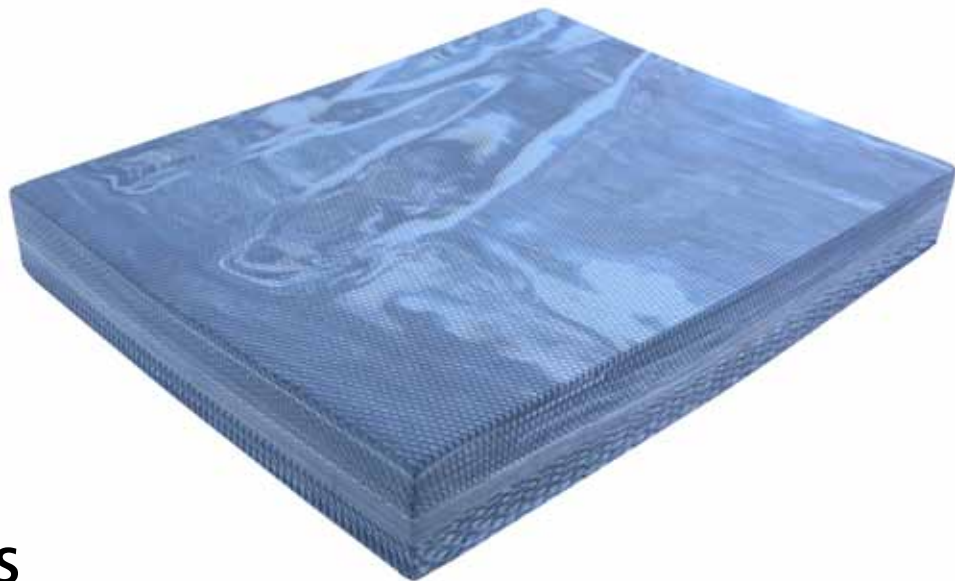


66fit® Balance Pad

The Balance Pad is a great tool to use when beginning a balance and stability program. The pad's surface provides the same degree of instability at the edges as at the centre. Use the Balance Pad to change the demand of step ups and step downs or to create a more challenging environment for floor exercises. To ensure safety, use the Balance Pad on a non-slip surface.

IMPORTANT INFORMATION

EXERCISES MUST BE CARRIED OUT IN BARE FEET OR WITH SOCKS – FAILURE TO DO SO WILL RESULT IN DAMAGING THE BALANCE PAD



Exercises

Single Leg Raises

- Stand on the Balance Pad with one leg and balance. Try not to allow the body to move (You will notice that there might be a high level of instability).
- Slowly raise the opposite leg and try to remain stabilised on the pad.
- Now lower this leg while maintaining balance and symmetry. Concentrate on your core stability and posture. Do not allow foot to touch ground.
- Carry out 3 sets of 15 exercises.



T-Balance

- Stand with both legs straight on the balance pad and arms stretch out to the side.
- Lift one leg slightly and start to lean forward with your body whilst raising your leg behind you, ensuring both legs are kept straight and your back and arms straight.
- Keeping your raised leg in a straight line with your back – keep tilting forward until you form a 'T' shape.



Single Leg Squat

- Stand on the Balance Pad on one foot.
- Slowly extend your free leg in front of your torso as far out as possible.
- Bend the knee you are standing on and lower, then raise.
- Carry out exercise 3 sets of 5 exercises – then change leg.



Standing Balance Exercise

- Stand on the Balance Pad with both feet and your hands on hips.
- Slowly lift one leg (ensuring you keep the leg you are standing on is kept straight) and place the sole of the foot on the inner knee joint ensuring that the bent knee points out to the side.
- To make it more difficult you can try the exercise with your eyes closed.



Iso ABS

- Place one arm on the balance pad and support your body weight.
- Ensuring your side faces the floor and that your upper foot is placed on top of the other.
- Keeping your legs, pelvic and back a straight line – hold the position for 10 seconds.
- Repeat exercise on the opposite side.



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