

Getting Started



Use a chair, counter or wall for additional support before stepping on the disc for the first time.

Front to Back



Shift your weight from your heels to your toes and back again.

Side to Side



Shift your weight from your left to right foot and back again.

Sitting



Place disc in the center of your seat, textured side up. Sit up straight to engage your core muscles.

Advanced Balance Training

Once you are comfortable with these basic exercises, try closing your eyes to increase your balance and proprioceptive training.



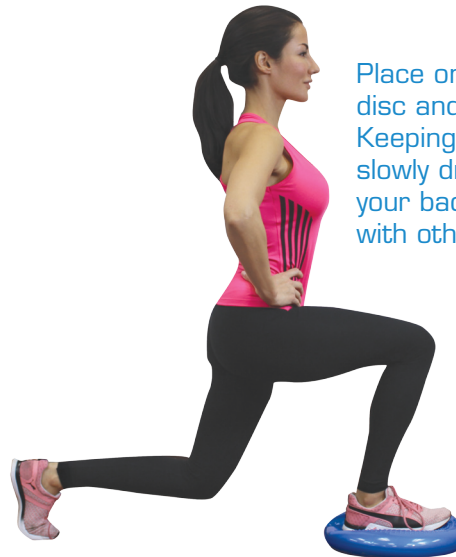
One Leg

Place your foot in the center of the disc, lift opposite leg. Hold and repeat with other leg.



Squat

Center both feet on the disc and slowly drop into a squat position. Hold and stand back up.



Lunge

Place one foot in the center of the disc and step back with opposite leg. Keeping your weight on the front leg, slowly drop your back knee. Keep your back straight. Hold and repeat with other leg.



Leg Lift

Sit on the center of the disc with your legs straight. Place your hands behind you. Engage your core and slowly lift your legs as high as you can above you. Hold at the highest point.

Bridge



Lay down with your knees bent and one foot centered on the disc. Straighten opposite leg. Keeping your back straight, lift your hips off the floor. Hold and repeat with opposite leg.

Plank



Lay down with your elbows centered on the disc. Keeping your back straight, lift your hips off the floor. Hold position as long as you can.



Push Up

Lay face down with both hands centered on the disc. Engage your core muscles, keep your back straight and slowly do a push up.



Reverse Push Up

Lay face down with both feet centered on the disc. Engage your core muscles, keep your back straight and slowly do a push up.

Every exercise is more challenging when you add a balance disc!



Side Plank

Sit on the floor sideways with one hand centered on the disc. Engage your core muscles, lift your hip off the floor and raise the opposite arm above you. Hold position as long as you can, then repeat with opposite side.



Textured Side

Flat Side

**HEALTH
MEDICS**

CLEANING: The balance disc can be cleaned by wiping with a damp cloth. If more soiled, a mild detergent can be used. Pat to dry.