

FULL-BODY - BALANCE AND STRENGTH

Single-Leg Balance – excellent starting balance exercise



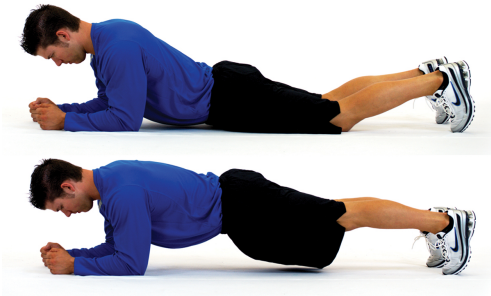
SETS: 1 REPS: 10 - 12 per leg

1. Stand with feet shoulder-width apart, toes pointed straight ahead and hips in neutral position.
2. Lift one leg directly beside balance leg.
3. Flex hip and knee to bring thigh parallel to ground.
4. Hold for 5 to 10 seconds.
5. Repeat. Switch legs.

Regress: Perform while holding on to a stable surface.

Progress: Perform on foam pad or try it with your eyes closed; this is very challenging!

Plank – works deep core stabilizing muscles; very important for posture and balance



SETS: 2 REPS: 10 – 15

1. Lie face down on the floor with feet together and forearms on the ground.
2. Keeping abs and glutes tight, lift entire body off the ground until it forms a straight line from head to heels.
3. Hold for 1 to 2 seconds, return to start, repeat.

Regress: Perform on knees or with hands on a bench.

Progress: Alternate lifting one leg off the ground each rep.

Squat Jump With Stabilization – works glutes, quads, hamstrings, core and balance



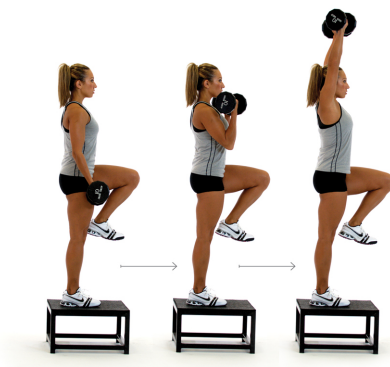
START WITH 3 – 5 PER WORKOUT AND WORK YOUR WAY TO 2 SETS OF 10

1. Stand with feet shoulder-width apart, toes pointed straight ahead, hips in neutral position and knees aligned over second and third toes.
2. Squat slightly as if sitting in a chair. Jump up, extending arms overhead.
3. Land softly and hold for 3 to 5 seconds. Repeat.

Regress: Decrease the depth and do only a shallow squat.

Progress: Pull knees up higher into a tuck jump.

Step-up to Balance, Curl and Overhead Press – works total body and balance



SETS: 2 (OPPOSITE LEG EACH SET) REPS: 5 PER LEG

1. Stand in front of a step or plyo box (6 to 18 inches high) with dumbbells in hand.
2. Step up with one leg, keeping foot pointed straight ahead and knee lined up over mid-foot.
3. Push through the heel and stand up straight, balancing on one leg.
4. Flex the other leg at the hip and knee.
5. Once balanced, curl to shoulders and press dumbbells overhead.
6. Lower dumbbells, return lifted leg to the ground, step off box to starting position. Switch legs. Repeat.

Regress: Omit the balance hold. Progress: Perform from side of the box

Cable Squat – works quads and glutes



SETS: 2 REPS: 10 – 15

1. Add enough weight to the cable machine so that you can lean back slightly against the cable without falling backwards.
2. Stand with feet shoulder-width apart, toes pointed straight ahead, hips in neutral position, knees aligned over second and third toes.
3. Hold cables to the side of the body and slowly begin to squat, not allowing any internal rotation at the hips or knees.
4. Sit back while maintaining a neutral spine and chest up.
5. Stand back up by contracting the glutes and pressing through the heels as knees extend. Repeat.

Regress: Ball squat against a wall or decrease depth of motion.

Progress: Squat without cables.

Dumbbell Chest Press/Stability Ball – works chest and arms, core, balance



SETS: 2 REPS: 10 - 15

1. Lie on your back with a stability ball between shoulder blades, feet shoulder-width apart and pointed straight ahead, knees bent, glutes contracted and hips lifted.
2. Start with a dumbbell in each hand at chest level, press both dumbbells straight up and then together by extending elbows and contracting chest.
3. Slowly return to start position and repeat.
4. Be sure to engage your core muscles and keep the rest of the body as still and balanced as possible.

Regress: Perform on a flat bench. Progress: Alternate arms.

Dumbbell Row on Ball – works upper back, shoulders, core, balance



SETS: 2 REPS: 10 - 15

1. Start in a prone position with abdomen over a stability ball, feet pointed down, legs straight and abs drawn in.
2. Hold dumbbells in each hand and extend arms in front of body.
3. Lift chest off the ball and row the dumbbells by moving your thumbs toward your armpits.
4. Be sure to engage your core muscles and keep the rest of the body as still and balanced as possible.

Regress: Kneel over the ball. Progress: Alternate arms.

Overhead Military Press on Ball – works shoulders, triceps, biceps, core, balance



SETS: 2 REPS: 10 - 15

1. Sit on a stability ball with feet planted hip-width apart and pointing forward.
2. Starting with dumbbells at shoulder level, press them overhead until both arms are fully extended, palms facing forward.
3. Slowly return dumbbells to starting position. Repeat.
Be sure to engage your core muscles and keep the rest of the body as still and balanced as possible.

Regress: Seated on a bench. Progress: Alternate arms.

Single-Leg Biceps Curl – works biceps, core, balance

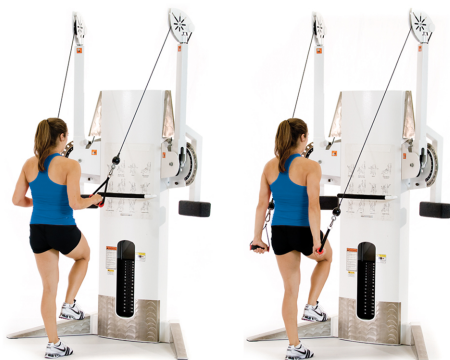


SETS: 2 (OPPOSITE LEG EACH SET) REPS: 10 – 12

1. Stand on one foot, toes pointed straight ahead, knee slightly bent over second and third toes.
2. Start with arms by the sides, dumbbell in each hand.
3. Perform a biceps curl by flexing the elbow and bringing weights to shoulder.
4. Slowly return to start position and repeat.

Regress: Stand on both legs. Progress: Alternate arms or stand on an unstable base.

Single-Leg Triceps Extension – works triceps, core, legs, balance



SETS: 2 REPS: 10 - 15

1. Grasping cable machine handles with palms facing the ground and elbows bent at a 90° angle, stand on one foot, toes pointed straight ahead and knee slightly bent over second and third toes.
2. Keeping shoulders back and down, extend the elbows by pushing down on the handles until arms are fully extended.
3. Keep upper arm as still as possible during entire exercise and be sure to engage your core.
4. Return to start and repeat.

Regress: Stand on both legs. Progress: Alternate arms.