

► How To Build Better Balance

To watch a ballerina dance or a contortionist from Cirque du Soleil perform is to witness the art of balance. Not all of us are blessed with such skill. And some of us may struggle with balance more than others. But, we can all learn how to build and strengthen it. Here are some simple exercises you can do to help you develop your center of gravity so you will have a stronger base of support for everything you do. Note: Perform all these exercises one arm and one leg at a time. Next, progress to two legs onto a more unstable surface (pad, 1/2 foam roller, dyna disc, etc.). Then, return to one leg/one arm at a time with the unstable surfaces. Story and photos by John Platero, CPT, RTS

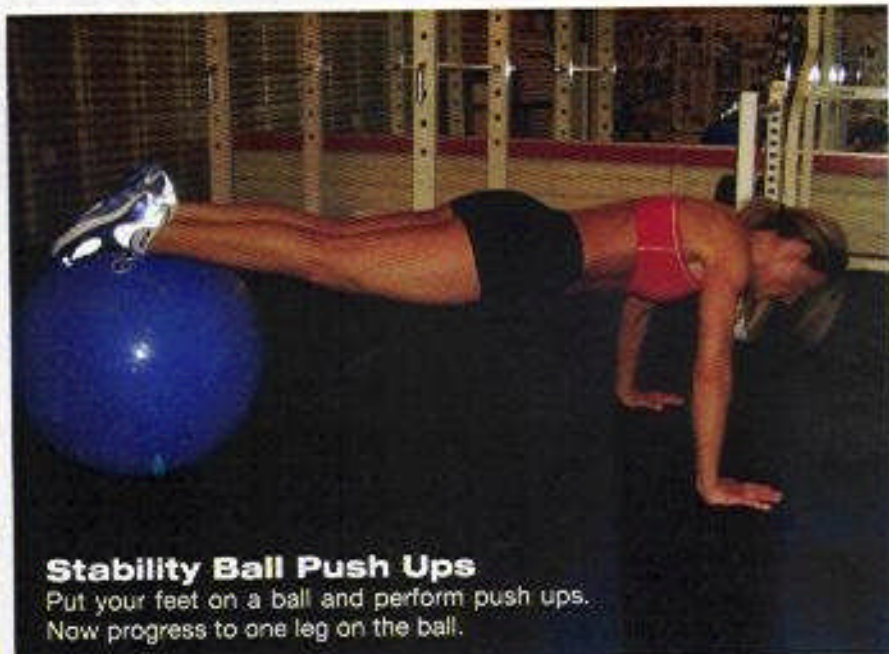


▲ Dumbbell Curls on a Balance Board

Stand with your feet shoulder width on a balance board and perform a standard curl. Make sure you keep your elbow locked by your side.

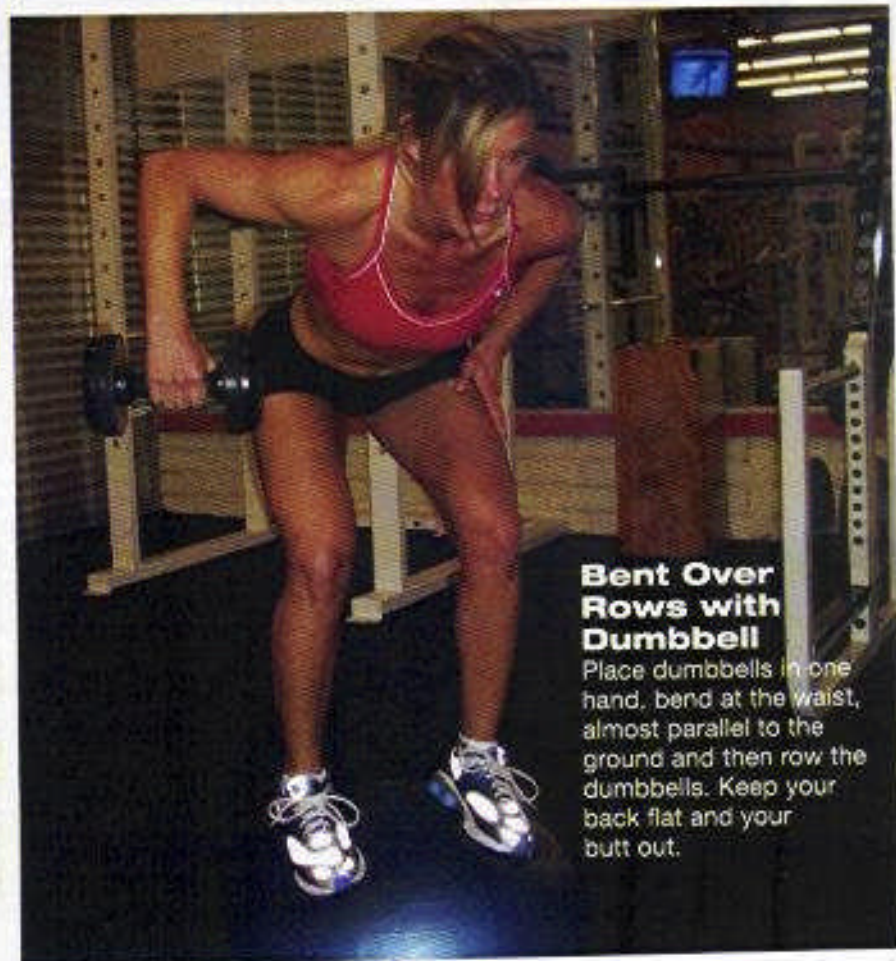
Balance Walk

(not pictured) Imagine or walk down the width of a 2x4. If you have a 2x4 you can use, then great. Go forward, backward and side to side



Stability Ball Push Ups

Put your feet on a ball and perform push ups. Now progress to one leg on the ball.



Bent Over Rows with Dumbbell

Place dumbbells in one hand, bend at the waist, almost parallel to the ground and then row the dumbbells. Keep your back flat and your butt out.



◀◀ Touch Downs

Start on one leg. Raise the opposite arm overhead trying to touch the ceiling. Now bend at the waist, knee and ankle and touch the floor in front of you. Alternate arms and legs, then do same side; arms and legs.

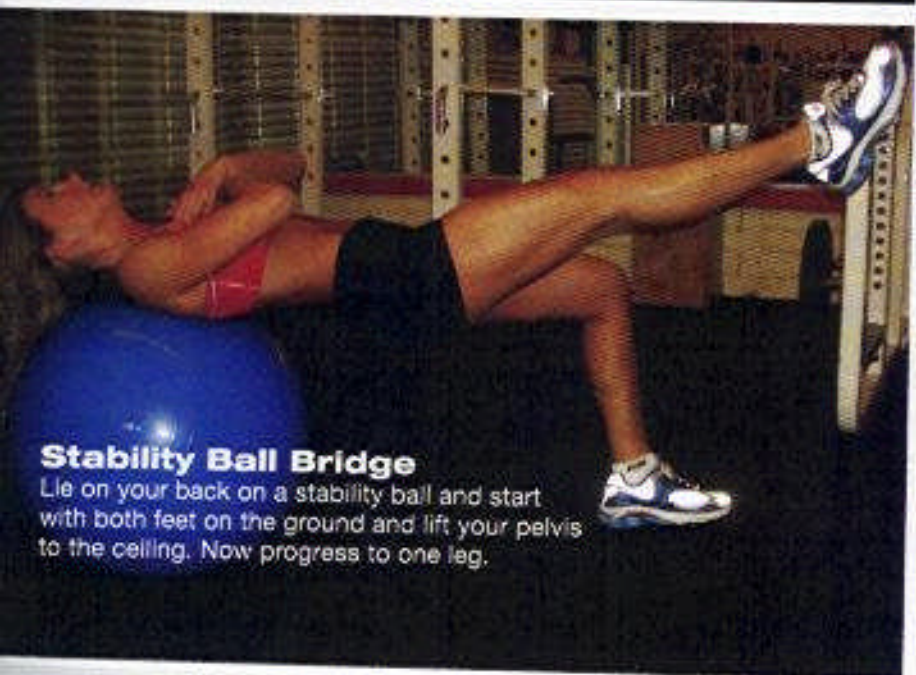
▶▶ Lateral Raises on One Leg

Hold dumbbells in each hand at your sides. With a slight bend in the elbow, raise the dumbbells out to the side (like a bird flying) to ear height; then switch legs.



Three-Point and Two-Point Planks

(not pictured) Get into a push up position but instead of placing your hands on the ground, place your forearms on the ground. In a plank position, lift one leg at a time, then one arm at a time.



Stability Ball Bridge

Lie on your back on a stability ball and start with both feet on the ground and lift your pelvis to the ceiling. Now progress to one leg.

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