

Adding Balance and Agility Work to your Exercise Routine





Balance and Agility - It's everywhere!

- Utilize poor balance in a movement and what happens to power you can produce?
 - Hint – what do you need to do to push open a heavy door, or what happens to football lineman with poor balance happens to you when you pushing a open a heavy metal door football lineman with poor balance

- What do you think happens to the effort/work you need to produce in if you improve your balance?
 - Hint – dipping your wife at the end of a slow dance, or the gymnast running along a balance beam

- Proper Balance improves neuromuscular efficiency (firing muscles at the right time without wasted effort)
 - Hint – walking on slanted hill or trying push-ups on a balance board/ or theraball

Balance Exercises – Simple Things to Try



- Stand, sit, kneel, lie etc on unstable surfaces (*stability ball classes are fantastic*, balance boards, couch cushions)
- Reduce balance points (perform exercises on one leg, bridge positions on one leg and one arm)
- Complex/Combined movements – for example doing karate punches with upper body rotation while in a lunge position or while standing on a balance board.
- After mastered try with eyes closed to reduce visual cues and further heighten balance





It's easy to find opportunities to include balance and agility training in your day

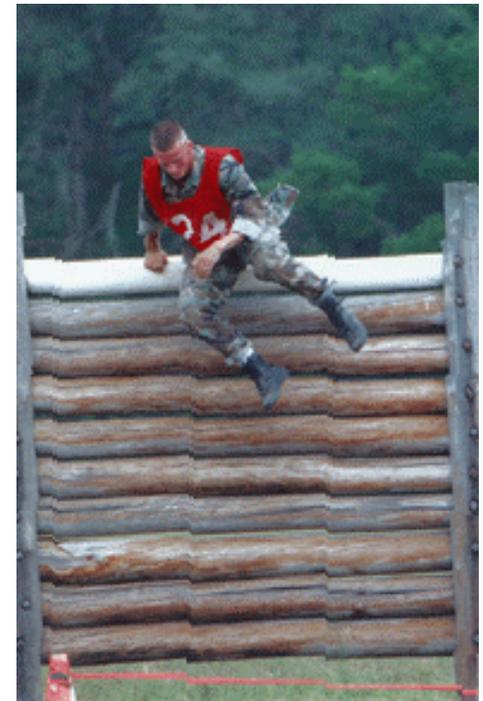
- Try to get out of the linear rut. Few activities have only a linear (forward/backward) component
- Include exercises where you move forward and backward, side to side, up and down and rotate and where you step across the body
- Try more activities requiring balance and agility like swing dancing, ping pong, basketball, racquetball, bad mitten, tennis, throwing and catching a Frisbee, kicking a soccer ball around with the kids whatever!

More Balance Agility Opportunities

- Or for those that have to make it more “official”

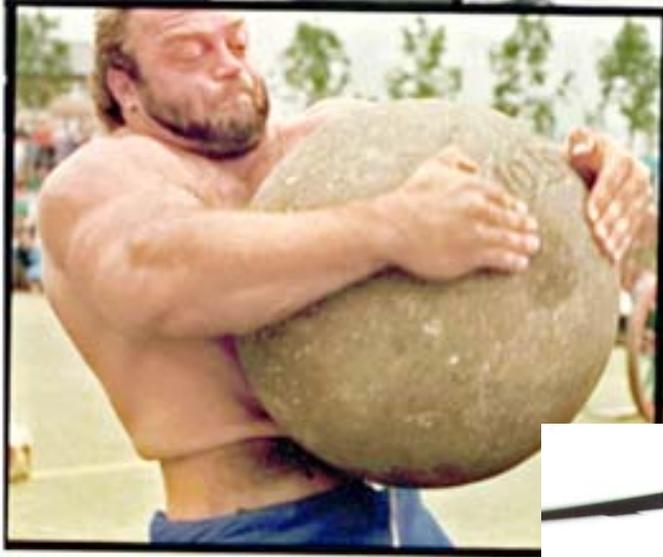


Try some quick step, carioca, T, side step, ladder, cone or tire drills etc.



Make your own little obstacle course

Outside Training Opportunities





A Few Outside Training Benefits

- Almost limitless Space – handle large number of athletes
- Roads – provide some scenery and change of terrain for runners and cyclists
- Grass – provides excellent shock absorption at the same time allowing some “give” in foot plants
- Ground – no need to keep clean, can throw things with impunity
- Lastly you may run into built-in exercise gadgets
- Fewer strange looks when doing weird exercises (people are farther away)



A Sampling of Sand Bag Work often too Dirty to drag inside



Lower Body

Upper Body

Don't Worry - You'll see much more on
Day 2 day courtesy of US Army Sandbag
Workout!

