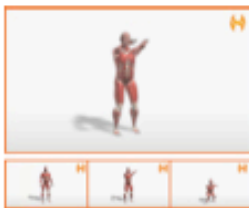




Balance Training

Balance training should be a vital component of anyone's training program. Balance training enhances the communication between one's nervous system, muscular system, and articular system.

Workout



Bodyweight Squats

Sets	Reps	Distance	Duration	Tempo	Rest Period	Weight Load	Intensity
2	12			Moderate	30 sec		

Description

- With your feet wider than shoulder width, hold your arms out in front of you.
- Squat straight down.
- Keep your feet flat and straight or slightly pointed outward.
- Stand back up, leading with the chest.

ProTip

- Keep your back straight.

Mistakes

- Rounding the back.
- Letting the knees cave in.
- Knees not pointing in the same directions the toes are pointing.



Single-Leg Squat

Sets	Reps	Distance	Duration	Tempo	Rest Period	Weight Load	Intensity
2	12			Moderate	30 sec		

Description

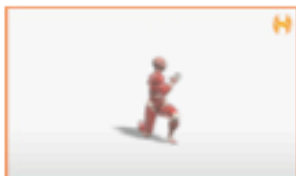
- Keeping the chest up at all time, balance on one leg.
- Lower yourself carefully by bending the hips and knee.
- Keep your weight on the bottom heel and shift your hips back as you squat.
- Keeping the knee tracking straight at all time, return to the top.

ProTip

- Keep your heel down

Mistakes

- Shifting the hip of the standing leg to the side
- Buckling the knee inward
- Rounding the back



Walking Lunge Rotation

Sets	Reps	Distance	Duration	Tempo	Rest Period	Weight Load	Intensity
2	12			Fast	30 sec		



Description

- Stand with your feet at shoulder width, holding your hands relaxed in front of you.
- With one foot, step forward about 16 to 20 inches and descend carefully.
- While descending, turn your torso to the side you're stepping forward on.
- Then step forward onto the front leg, to a standing position, turning forward again.
- Then repeat with the opposite leg.

ProTip

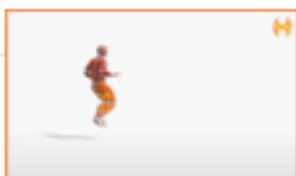
- Turn your entire torso, starting at the waist.

Mistakes

- Front foot and knee not pointing straight.
- Rotating only the arms instead of the entire torso.
- Letting the chest drop.

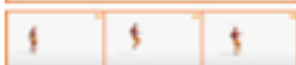
Equipment

- No Equipment Needed



Lateral Hop

Sets	Reps	Distance	Duration	Tempo	Rest Period	Weight Load	Intensity
2	12			Explosive	30 sec		



Description

- Keeping your feet directly underneath you, quickly hop sideways.
- Hop quickly without pausing during the landing phases.
- After several hops one way, quickly reverse direction.
- Keep your chest up and maintain good posture throughout.

ProTip

- Explosively swinging your arms up helps with jump height

Mistakes

- Hunching and not keeping the chest up