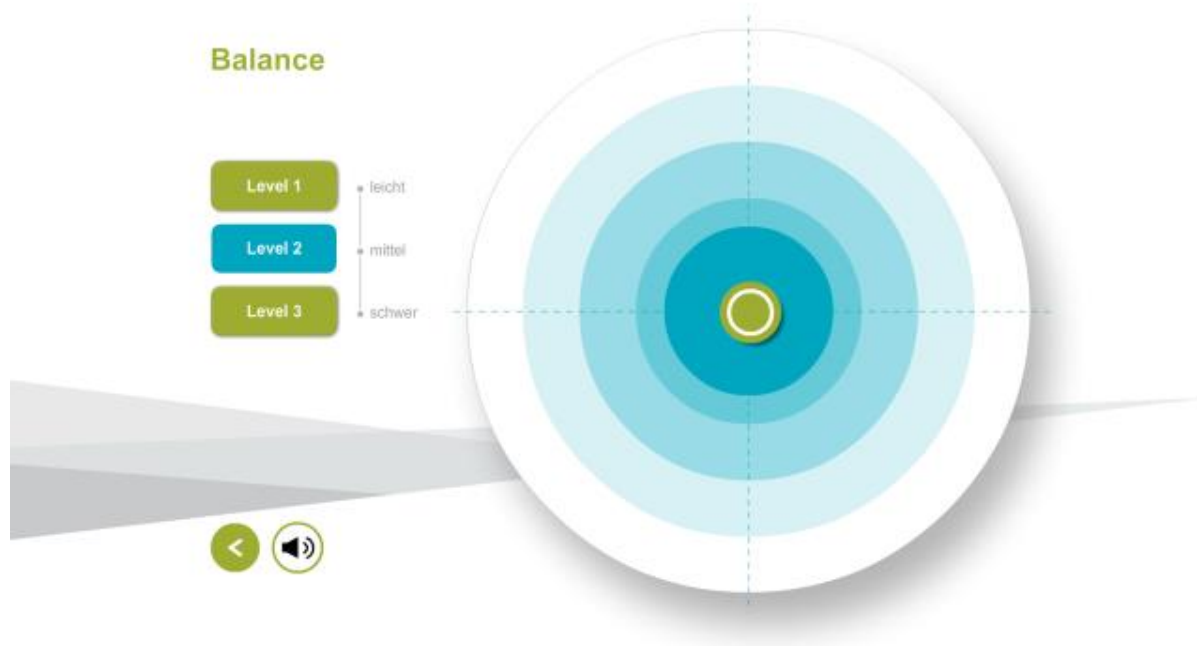


Balance exercises Cushion:

Balance – The balance control is used during additional training exercises such as lifting and circling the arms, exercises with the fitness band, exercises with the ball - always to sit controlled in the balance/centre. The balance control is visually and acoustically possible in 3 levels.



Balance exercises Cushion



Upright seat with different arm movements (to the side, forward, upwards, backwards) also upper body rotation or lateral inclinations



Upright seat with Fitnessband or something; different arm postures as before incl. rotations or lateral inclinations



Seat with lifting of a foot from the ground; whether or not in alternation; all arm movements can be combined, incl. Rotations and lateral inclinations



Exercises with ball or other small devices; Ball throwing and catch, ball with foot of one side to the other Roll or only move with bales on the spot