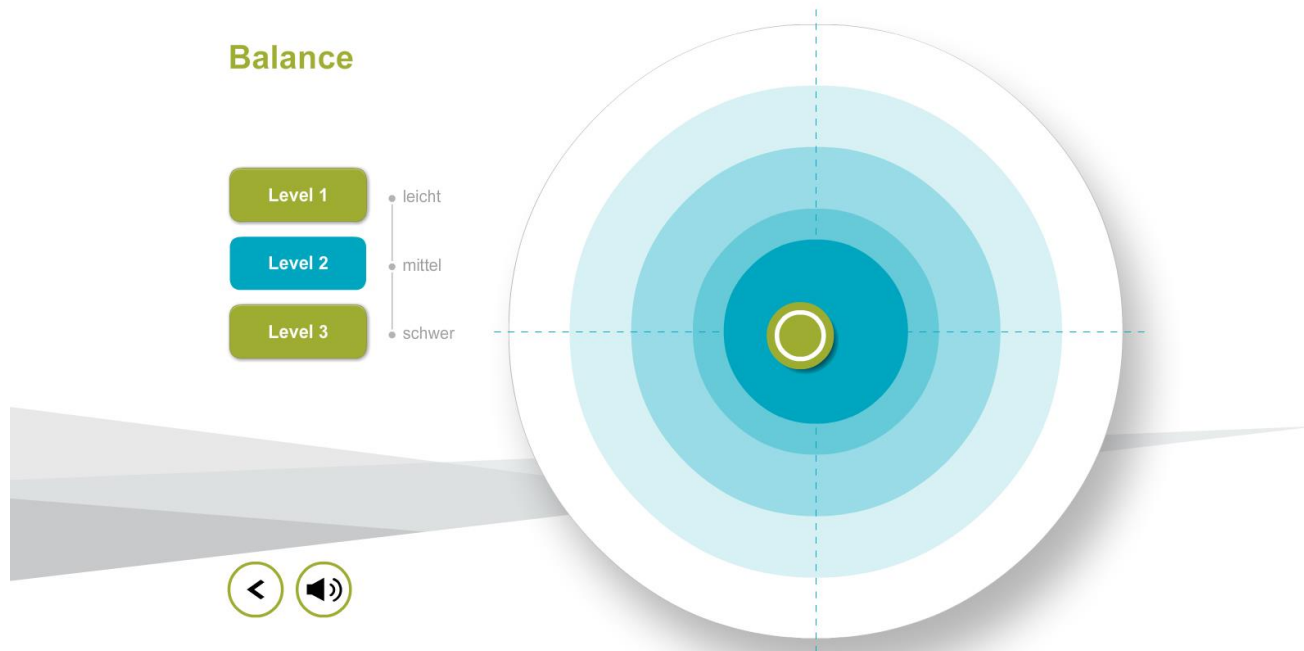


Balance exercises Sit Ball:

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



Balance exercises Sit Ball



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



Upright seat with Fitness strap or similar; 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 dumbbell or other small devices; to make this exercise dynamic, the arms can be lowered and stretched out again.