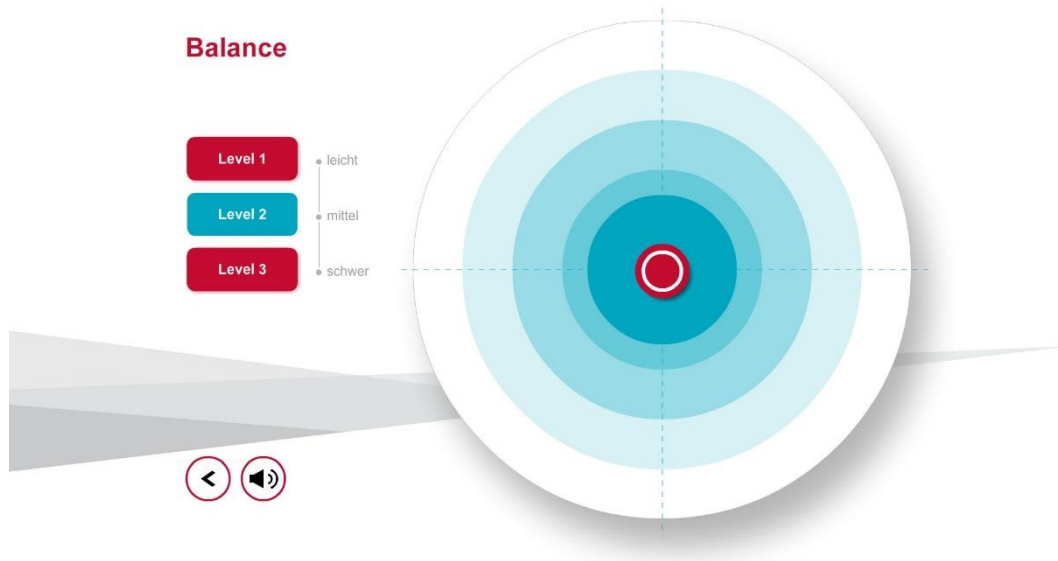


Balance exercises Challenge Disc 2.0



Balance - The balance control is used during the training exercises such as - the two/one leg knee bend, free weight training, exercises with the Theragym- Band - always to stand controlled in the balance /centre. The balance control is visually and acoustically possible in 3 levels.



Balance exercises Togu Challenge Disc 2.0



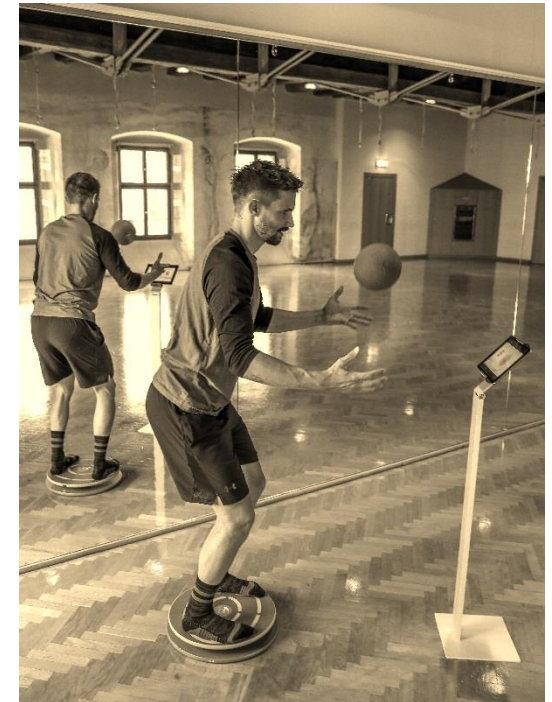
Two legged stand with different
Arm movements with
or without dumbbells
(to the side, forward,
to the top, etc.),
also upper body rotation
or lateral inclinations



Two legged stand with
Theragym -Band or the like;
different arm postures as
before
incl. rotations or
Lateral inclinations



Classic knee bend with
different knee bend
depths;
Exercise with both legs
and/or one leg; with or
without shoes



Exercises with ball or
other small devices;
throw ball up/bounce
and catch it; or juggle
balls; practice on both
legs and on one leg; do
not forget to switch on
the sound!