

Four 10 Minute Circuits to Improve Strength & Balance
Figure 8 Bands, Medicine Balls, Flattened Stability Ball, & Stability Steppers

Figure 8 Bands:



Partners pull from the middle with controlled slow fluid movements. Do 10 to 12 reps and then switch arms. Partners should stand far enough apart to achieve maximum stretch. Variations:
 -Partners facing each other
 -Partners facing away from each other



One partner holds with both hands down low while other partner does bicep curls. Do 10 to 12 reps with each arm then switch.



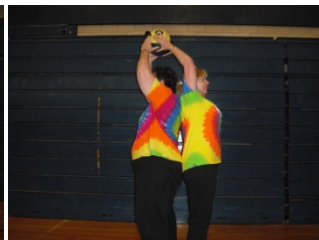
Turn back to partner. Partner holds band with both hands with one foot extended forward. The other partner does a tricep extension. Do 10 to 12 reps with each arm then switch.



Partner holds band low. Pull forward with palm facing forward. Do 10 to 12 reps with each arm then switch. Variations:
 -Partners facing each other
 -Palm up
 -Palm down

Note: If Figure 8 Bands are not accessible, stretch bands can be used in the place of. Figure 8 Bands are great for individuals with arthritis in the hands because the bands have foam handles.

Medicine Balls (We use 6 pound balls with handles):



Partners rotate to the same side to give and receive the ball. Partners rotate to the other side and continue the swap. To prevent dizziness, partners can look straight ahead and use peripheral vision to give and receive the ball. Each ball exchange counts as 1. Do 20 exchanges.

Partners give and receive ball over the head. Once ball is received, it is lowered to waist level then arms extended out and raised to above head. Each ball exchange counts as 1. Do 20 exchanges.



Using correct posture to set ball on floor then stand up. Use correct posture to pick ball up and bringing to chest. Extend arms forward. Partner receives ball and repeats the exercise. Each partner should do 10 reps.



Partner starts with ball down low in front. Extend ball upward with straight arms and the other partner accepts ball at mid- point. Each exchange counts as 1. Do 20 exchanges.



One partner starts with ball overhead, as they lower the ball, the other partner accepts the ball and brings above their head. Each exchange counts as 1. Do 20 exchanges.

Partners rotate to their respective rights and exchange the ball in the middle. Each exchange counts as 1. Do 20 exchanges.

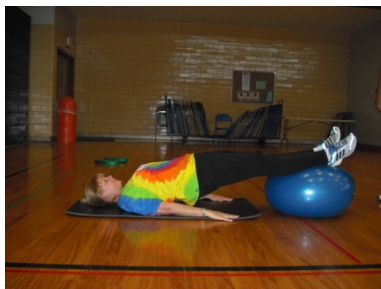




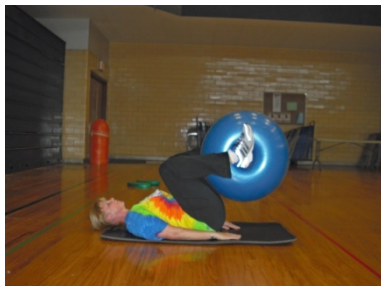
Lower ball to right foot then lift across body to the left as high as you can reach. Do 10 reps. Repeat with left side.

Variation: Can be done with a partner. When ball is lifted up, the partners accepts it and lowers to their opposite foot. Do 20 exchanges and switch sides.

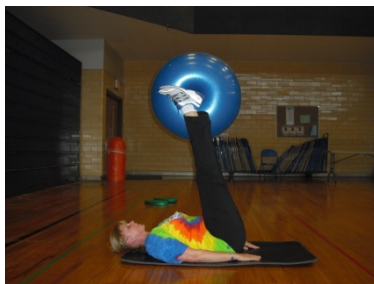
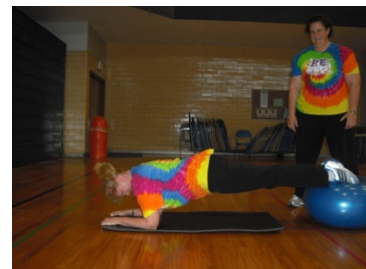
Flattened Stability Balls:



Plank: Lay on mat placing lower legs on ball. Raise buttocks off the floor and hold for 4 counts. Perform one set of 4 then rest. Perform one more set of 4 and rest. Finish with 2.



Lay on back with ball between feet and knees. Extend legs up and down. This counts as 1 rep. Do 10 reps.

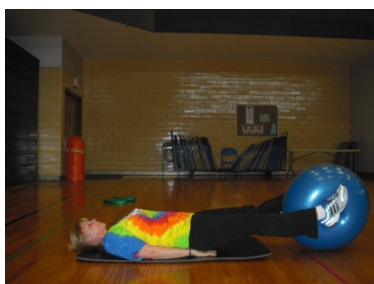


Variation: With legs fully extended up lower to floor with legs straight then bend knees to extend upward again.

Another exercise: In the bent knee position, rotate from side to side for 10 reps. This should be a controlled movement and not done quickly.

Plank: Lay on stomach with lower legs and feet on ball. Assume the plank position. Hold for 4 counts and lower to floor. Perform 4 reps, rest, 4 reps, rest, finish with 2.

Another exercise: Push-ups. 10 reps



Stability Steppers:



Start with toes on back of pads, lift up on toes.
10 Reps



Start with heels on front of pads, lift toes off floor with rear going back.
10 Reps

Variations:

Do toe raises and toe lifts as shown to the left. Next set, add arms either up or out to side. Next set, get rhythm going and close eyes.



Place one pad in front and one behind.

Exercises:

- Rocking back and forth lifting feet
- Lift front foot off pad
- Lift back foot to rear extending the leg
- Step off pad to the back with the front foot.
- Cross front foot over in front of back foot.
- Repeat with pads switched.



Note: If stability steppers are cost prohibitive, foam noodles can be used. They can be cut in half to provide even more stability for those who are beginners.



Exercises can be performed using one pad: Kick to front, kick to back, lift knee up.

Tips:

Beginners may want to be close to a wall or stand next to a chair when attempting these exercises.

When attempting these exercises, focus on something on the wall or floor a few feet in front of you.

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<http://www.latech.edu/education/kinesiology/adultfit>.