



ADVANCED TRAINING AND PERFORMANCE

Single leg balance with eyes closed



Exercise Description

1. Find a wall or stable surface for support
2. Stand on one leg with hands across your chest
3. Close your eyes
4. Sets and reps
 - o 3-4 days/wk
 - o 1-2 sets
 - o 1-2 minutes
5. Repeat for opposite leg

The Why

This exercise should focus on balance and control. Oftentimes after ankle injuries, the muscles forget how to work properly. This exercise should help engage the muscle in your foot ankle ankle to help with balance

