



ADVANCED TRAINING AND PERFORMANCE

Single leg balance on unsteady surface



Exercise Description

1. Find a couch cushion or use a balance device such as a BOSU
2. On one leg stand with your arms across your chest
3. Sets and reps
 - o 3-4 days/wk
 - o 3-4 sets
 - o 1-2 minutes
4. Repeat for opposite leg

The Why

This exercise should focus on balance and ankle control on an unsteady surface. The challenging surface should force the ankle and leg muscles to work harder in order to maintain your balance.

