







Stand upright on one leg in a stable stance on the balance block. Hold onto the back of the chair. Close your eyes. Try to let go from the back of the chair. Alternate leg. Duration: 20-30 sec



Stand upright on one leg in a stable stance on the balance block. Hold onto the back of the chair. Alternate leg. Duration: 20-30 sec



Face a colleague and apply pressure over the shoulder. Alternate Leg. Duration: 30-60 sec



Move your right and left arms forward towards your colleague. Try to unbalance each other and work against it with their body tension. Switch legs Duration: 30-60 seconds on each side



While working, place your feet on the Balance Block. Duration: 3x 30-60 sec



Without shoes. Pressure build up with the forefoot on the Balance Block and relax. Duration: 30x 30-60 sec





Stand upright on one leg in a stable stance on the balance block. Switch legs. Duration: 20-30 sec Variation: Close your eyes.



One leg stand on the balance block. Swing your leg to the front and back leg changes. Duration: 30-60 sec

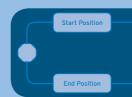




empfohlen von



Wiederholungen und Sätze jeder Übung







www.togu.de ©TOGU Gebr. Obermaier oHG - Prien Germany