

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



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

Start Position

End Position

