



# Day 1 Fitness Balance Disc



# Let's get started!

When the body is confronted with an uneven surface, it must activate the deep core muscles in order to keep balance and stability in the body.

To reduce risk of injury, it is important that each exercise can be completed successfully without the balance disc before adding the equipment for modification.

Sitting on the balance disc creates active and dynamic sitting. Place the disc directly onto the chair, this provides a less stable sitting surface, which means that the body has to make continuous small movements to correct balance. These movements strengthen the deep core stability muscles which provide postural support to the body. Make sure to maintain a good posture at all times while sitting on the disc. Build up your use of the disc gradually. If you experience any low back pain, consult your physician.



# Push up

- With left hand placed on the disc, the other hand placed on floor in push up position with body and knees off the ground. Palms should be placed forward but you can adjust them to different positions to work different parts of your upper body.
- Slowly lower your body towards the floor until your elbows, shoulder and back are even. Raise back up to plank position. This exercise can be performed with knees on the floor and work up to plank position.



# Balanced Leg Lift w/Plank

- Get in plank position with hands shoulder-width apart on the disc. Lift right leg to hip height behind you. Hold for 20-60 seconds
- Rest 30 seconds, repeat raising left leg to complete the set.

# Bridge Hip Extension

- Lying on the floor with both feet placed on fit disc, knees bent. Arms extended out the side on the floor.
- Slowly raise your hips so your shoulders, hips and knees are aligned. Hold for a count of 8-10 and slowly lower and repeat.



# Standing Raised Arm Squat

- Stand with feet hip-width apart on the disc, arms extended overhead.
- Slowly bend knees to squat, only allowing yourself to lower to where your knees do not pass over your toes.
- Slowly raise up to starting position concentrating on your balance.

# Crunch

- While sitting on the fit disc bring your knees up in front of your chest. Feet on the floor in front of you. Place your hands on the floor behind you.
- Slowly raise your legs and arms off the floor and hold for a count of 8-10.
- Lower legs and repeat.



# Tree pose

To improve your sense of Balance and coordination

- Begin standing on the disc with your left leg on the disc, right leg on the floor, arms at your sides. Distribute your weight evenly across both feet, grounding down equally through your inner ankles, outer ankles, big toes, and baby toes.
- Shift your weight to your left foot. Bend your right knee, then reach down and clasp your right inner ankle. Use your hand to draw your right foot alongside your inner left thigh. Do not rest your foot against your knee, only above or below it. Adjust your position so the center of your pelvis is directly over your left foot. Then, adjust your hips so your right hip and left hip are aligned.
- Rest your hands on your hips and lengthen your tailbone toward the floor. Then, press your palms together in prayer position at your chest, with your thumbs resting on your sternum.
- Fix your gaze gently on one, unmoving point in front of you.
- Draw down through your left foot. Press your right foot into your left thigh, while pressing your thigh equally against your foot. Hold

