

AIREX BALANCE BEAM

The Airex Balance Beam is a great tool to use when working on static and/or dynamic stabilization. All exercises can be performed with the wide side down or, for greater instability, facing up. To ensure safety, use the Airex on a non-slip surface.

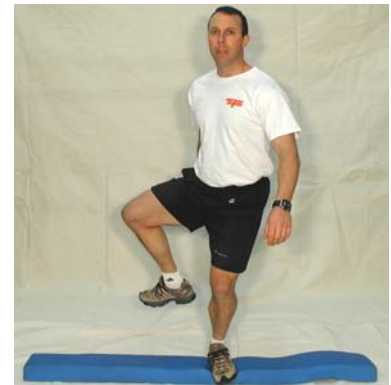
LUNGE ON OR OFF

- Stand with both feet either on or off the Airex.
- Lunge forward, onto or off the beam.
- Stabilize and return to the upright or starting position.
- Try these laterally, to the rear or as crossovers.



SINGLE LEG EXCURSION TEST

- Stand with one foot on the beam.
- Extend your free leg in front of your torso as far out as possible.
- Hold for 10 seconds.
- Repeat with free leg to the side and rear.
- This exercise can be done in sets and reps or administered as a test to assess rehabilitation progress.



SINGLE LEG SQUAT

- Stand with one foot on the beam.
- Squat to a below parallel position while extending the arms forward.
- Return to upright position.
- Repeat to both sides.
- Try holding dumbbells or a med ball to counter balance the squatting movement.



ISO ABS

- Support your body weight with one arm on the beam, positioning yourself so that your side faces the floor and feet are stacked.
- Hold for 10 seconds.
- Rest and repeat to opposite side.
- After mastering this exercise, try performing it with your feet stacked on the beam.

CRAWLS

- Begin in a push up position with both hands on the beam.
- Move one hand over the other along the beam in a crawling motion.
- Reverse the movement and crawl in the opposite direction.
- Keep the feet in place or move them as you crawl.



PUSH UPS

- Perform these with both hands on the beam.
- Also try *T Stabilization Push Ups* – Start by performing a standard push up with one foot and one hand on the beam and the others on the floor. Finish the exercise by balancing on the hand on the beam, raising the other straight up in the air, and stacking the feet.

