



FIZIQUE

# Balance Pad 1

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## Anterior Lateral Lunge

Legs



- 1 - Stand upright holding dumbbells at your sides with your arms straight and an Airex pad to one side and slightly in front.
- 2 - Step forward and laterally onto the pad, lowering your body down towards the floor and leaning your torso slightly forward.
- 3 - Push off the front foot to return to start position.

Equipment Sub: Plates

## Bicycle Crunch

Abs



- Lie on an Airex pad with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee in towards your chest and the opposite elbow to this knee, twisting your torso.
  - 2 - Lower your upper body and leg and repeat to the opposite side, using your other leg.
- Alternate sides with each rep.

## Front Bridge

Lower Back



- 1 - Raise your body off the floor, resting on your forearms and toes with your forearms on an Airex pad.
- Try to maintain your body in a straight line and keep your back neutral/flat.
  - Hold briefly, then lower yourself back to the floor and repeat.

## Lunge

Legs



- 1 - Stand upright with an Airex pad in front and your arms by your sides.
  - 2 - Step forward onto the pad, dropping your back knee towards the floor and leaning your torso slightly forward with your weight on your front leg.
  - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

## One Leg Plank

Lower Back



- 1 - Support your body off the floor, resting on one foot and your hands on an Airex pad with the other foot raised.
- Try to keep your body in a straight line and your back neutral/flat.
  - Hold briefly, then lower yourself back to the floor and repeat.
  - Complete all reps on one side before switching to the other side.

## Overhead Press

Shoulders



- 1 - Stand upright with both feet on an Airex pad, holding dumbbells at shoulder height with your elbows bent and your palms facing forward.
  - 2 - Press the dumbbells overhead, extending your arms fully.
- Keep your back flat throughout the movement.
- Equipment Sub: Barbell

## Russian Twist

Abs



- Sit on an Airex pad with your knees bent and feet raised, holding a med ball at chest level.
- 1 - Twist your torso to one side, lowering the ball towards the ground.
  - 2 - Twist your torso back to the other side.
- Keep your feet raised throughout.
- Equipment Sub: Plate, Dumbbell

## Squat

Legs



- 1 - Stand upright on an Airex pad with your arms up at shoulder height.
- 2 - Lower your body down into a squat position, bending at the hips and knees, keeping your back neutral/flat and your arms up.
- 3 - Push through your heels to return back to the upright position.

## Plank

Lower Back



- 1 - Support your body on your toes and hands with your arms straight, back flat, feet together and your hands on an Airex pad.
- Keep your body in a straight line and your back neutral/flat.