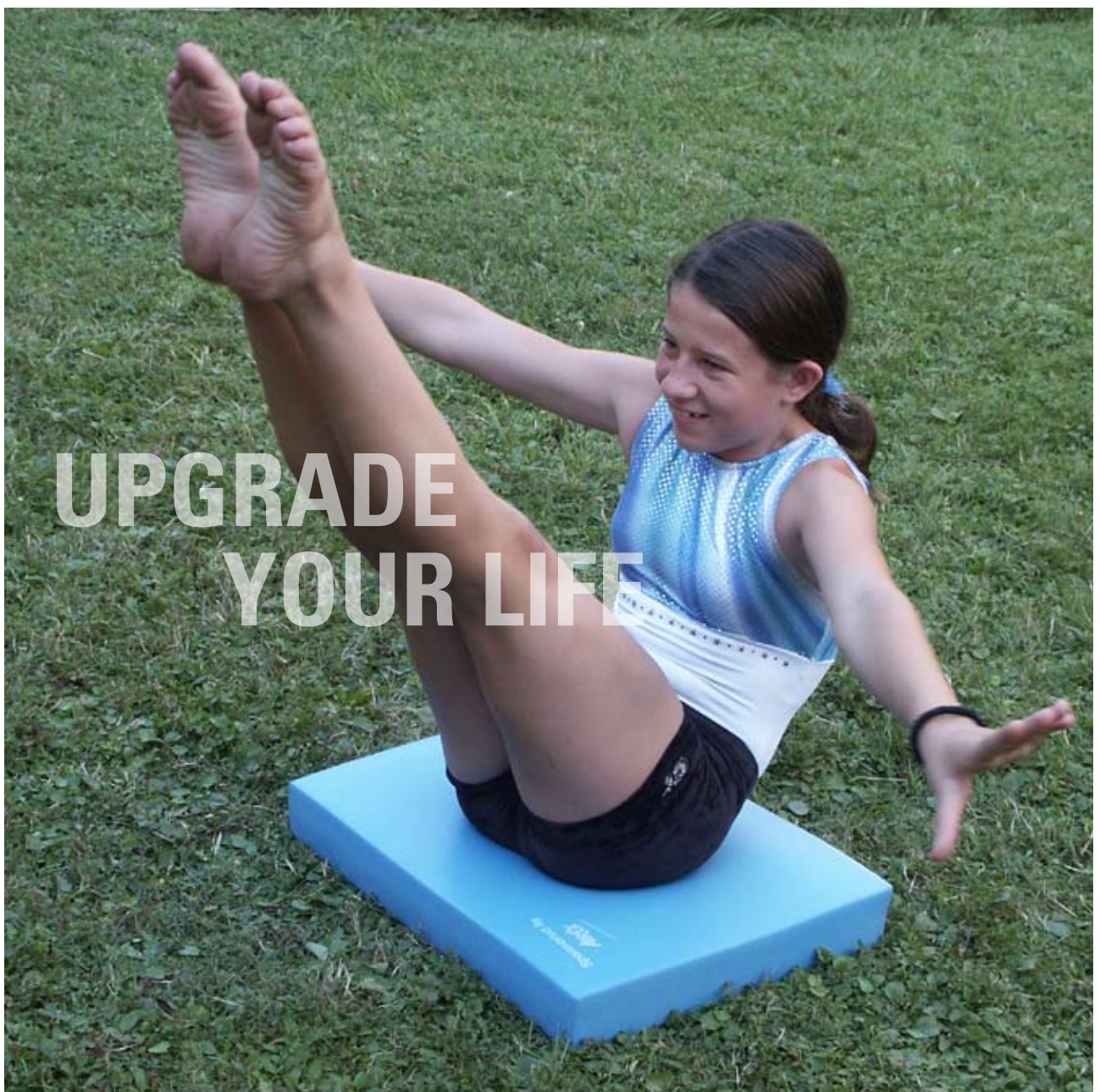




## BeBalanced! FOR KIDS II



# BeBalanced! FOR KIDS II

## Description of exercises:

### 1. Standing on one foot / on both feet

Stand on the AIREX® Balance-pad Elite in different postures, in normal or moving positions, with or without using your arms for balance.



### 2. Upright squat

Stand upright and slowly try to move yourself down into a squatting position without losing your balance. While you are doing this, the soles of your feet should remain wholly on the AIREX® Balance-pad Elite.





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## 3. Sitting down

Sit on the AIREX® Balance-pad Elite - you can use your hands to support yourself if you like. Either pull up your feet onto the pad or pull them up and stretch them out in front of you - try not to lose your balance.

*Alternative version:* Hold both your ankles from the outside with your hands and slightly spread your legs.



## 4. Kneeling

Kneel on the AIREX® Balance-pad Elite. You can now either gently move the upper part of your body or lift your feet off the pad. The level of difficulty can be varied by increasing or decreasing the gap between the knees; (easier when the knees are further apart, more difficult when they are close together).



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## 5. On all fours / in the press-up position

You can either place your feet, knees or hands on the AIREX® Balance-pad Elite and assume the press-up position or (easier) get on all fours and try to hold this position.

Important: Keep your back straight, tense your stomach („pull your belly in“)

*Alternative versions for those with more experience:* Use 2 or 4 AIREX® Balance-pad Elite and place each hand or foot on one of the pads, swap between lifting an arm and leg off to the side.

*Objective:* To gain first experiences of exercising on „unsteady“ ground, learning to keep one’s balance by engaging different parts of the body.



## Posture training

## 6. Standing on the balls of the feet

Stand on the AIREX® Balance-pad Elite normally and rise so that you are just standing on the balls of your feet. Try to hold this position; you can also try lifting your arms while doing this.

*Alternative version for those with more experience:* Stand on one foot normally and rise onto the ball of the foot, using your arms to balance if you like.



*Important:* Keep your stomach tight, do not slump, keep your head straight.

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## 7. Crouch

Make yourself as small as possible on the AIREX® Balance-pad Elite, i.e. assume a crouching position, put your head between your legs, arch your back - this achieves the opposite effect and uses the opposite muscles from those used when standing on the balls of your feet.



## 8. Dynamic tension exercises

Lie on your back on the AIREX® Balance-pad Elite and press your back hard against the pad. Lift your legs and arms, keeping your head between your arms and your stomach tensed.

*Alternative version:* perform the same movements while lying on your left and right sides

*Objective:* Creating and holding tension in different parts of the body and in different positions



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## Strengthening exercises

### 9. Press-ups (+ alternative versions)

Place your hands, knees or feet on the AIREX® Balance-pad Elite and assume the press-up position; bend and stretch your arms.

*Important:* tense your stomach, keep your back straight

*Alternative versions for those with more experience:*

Change between lifting a leg or arm when you are in the press-up position. Keep your body tensed, hold the press-up position on one side and slightly lift and lower your pelvis.

*Objective:*

Strengthening arm and chest muscles





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## 10. Strengthening the stomach muscles

Lie on your back on the AIREX® Balance-pad Elite and roll your upper body up while simultaneously pulling up your legs. You can also use your arms to make the exercise easier.

*Important:* do not jerk your upper body or legs up - move them up and down slowly.

*Alternative versions:*

Do the same exercise with your legs stretched out (approx. 45°) and lift and lower the upper part of your body.

Lie on your back on the AIREX® Balance-pad Elite and stretch out your arms and legs, keeping them tensed.

*Objective:*

Strengthening the stomach muscles



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## 11. Strengthening the back muscles

Kneel on the AIREX® Balance-pad Elite and stretch out your right arm and left leg - pull your toes towards your shins - when doing so, keep your neck long and look at the floor, keeping your back straight. Now move your knees and elbows together below your body and arch your back while doing so.



### Alternative versions:

Lie on your stomach on the AIREX® Balance-pad Elite and stretch out your legs and arms and cross them, keeping your neck long and your face pointing down.



### Objective:

Strengthening the back and rear leg muscles.

## 12. Leg muscles

Stand on the AIREX® Balance-pad Elite and carry out some exercises while standing on both feet and one foot. Slightly bend your legs and stretch, raise yourself to stand on the balls of your feet and lower yourself down again. Jump over and onto the pad (carefully!)



### Objective:

Strengthening the leg muscles and training muscle co-ordination.



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## Co-ordination games

### Some ideas for games

- run over the AIREX® Balance-pad Elite and touch each pad with one foot / both feet
- hopscotch into the space between the pads (hop in the spaces between the pads and make contact with both feet on the pads themselves)
- weaving between the AIREX® Balance-pad Elite (Slalom)
- jumping onto the AIREX® Balance-pad Elite with one or both feet



- jumping over the AIREX® Balance-pad Elite with one or both feet



- river crossing; covering a certain distance with the aid of two AIREX® Balance-pad Elite without touching the floor



- musical chairs; use one AIREX® Balance-pad Elite less than there are children, children move to music and every child tries to stand on an AIREX® Balance-pad Elite when the music stops; the child, that didn't manage to get onto an AIREX® Balance-pad Elite has to drop out of the game - take away another pad.
- children turn into stone and are released with the AIREX® Balance-pad Elite
- different versions of relay racing