

Exercises for use on your wobble board

Here are some exercises to try on your wobble board – they get gradually more difficult, so take it steady!

Beginner's Exercises

1. Sit down on a chair, with the wobble board under your feet and slowly rotate the board in each direction. This helps to improve ankle range of motion and control.
2. Holding on to a chair for support, carefully stand on the wobble board, with feet shoulder width apart. Slowly start to rock the board forwards and backwards, then side to side. Do this for 2 to 3 minutes.
3. Rotate the wobble board round so that the edge of the board is in contact with the floor at all times. Again try this for 2 to 3 minutes.
4. Balance on the wobble board for as long as you can without the edges touching the floor. Aim for over 2 minutes without touching the floor.
5. Rotate the wobble board in a circle but do not allow the edge of the board to touch the floor. Aim for 2 minutes.
6. Balancing on the board with both feet, perform small knee bends to challenge your balance. Gradually bend your knees further into a squat. This can be done in parallel and in 1st position.
7. Again balancing with both feet, reach both arms out in to 1st position. Rotate your upper body around slowly from side to side.

Advanced Exercises

8. Do all of the above exercises with your eyes closed! This will make them considerably harder!
9. Stand on the wobble board with one leg. Rock the board from front to back for 1 minute and then side to side for 1 minute.
10. Whilst standing on one leg, rotate the board in a circular motion in one direction for 1 minute then repeat in the other direction.
11. Try to balance on the wobble board with one leg only, start with 10 seconds and gradually increase until you can stand for two minutes.
12. Balancing on one foot, perform small knee bends to challenge your balance.
13. Still on one foot, put your arms into 1st position and rotate the upper body from side to side.

Practice regularly to see an improvement in your turns, arabesques and core strength.