

Balance & Therapy Domes

Includes
9 Exercises:



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Improve your balance, stability, joint mobilization and motor skills by integrating Balance & Therapy Domes into your workout routine. Use the domes spike side down for moderate training and spike side down for an increased balancing challenge. Complete the exercises in this guide using the Balance & Therapy Domes to alleviate common foot problems and discomfort in the upper extremities, using the gentle spikes to stimulate blood flow and circulation.

Forward Lunge



Starting position: stand with one foot slightly forward, ball of the foot on the Balance & Therapy Dome (spike side up), arms long by sides

INHALE to prepare

EXHALE shift weight forward and bend front knee, pressing down on Dome

INHALE return to standing

Complete 10 reps on each side

Deep Squat



Starting position: stand with one foot slightly forward, ball of the foot on the Balance Dome (spike side down), arms reaching out to the sides

INHALE bend both knees, lowering back knee toward the floor

EXHALE return to standing

Complete 5-8 reps on each side

Ankle Exercise



Starting position: stand with one foot slightly forward, sole of the foot on the Balance & Therapy Dome (spike side down), arms long by sides

INHALE press down on the toes, rocking the Dome forward

EXHALE press down on the heel, rocking the Dome back

Complete 10 reps on each side

Hip Rolls



Starting position: lying on back on mat, arms long by sides, knees bent, each foot on top of one Balance & Therapy Dome (spike side down)

INHALE to prepare

EXHALE keep torso stable and lift hips to form one long line from shoulders to knees

INHALE plantar flex ankles by pressing toes down

EXHALE dorsiflex ankles by pressing heels down

INHALE return to neutral

EXHALE return to start

Complete 3-5 repetitions

Ab Prep



Starting position: lying on back on mat, upper back resting on Balance & Therapy Dome (spike side up), knees bent, feet flat on mat, hands supporting head

INHALE lower upper torso back over Dome, supporting head

EXHALE flex upper torso forward to starting position

Complete 10-12 repetitions

Modification: increase work to obliques by rotating upper torso to each side on forward flexion

Complete 5-8 repetitions on each side, alternating

Hip Flexor Stretch



Starting position: kneel on one knee on top of Balance & Therapy Dome (spike side down), other foot forward, hands resting on top of forward knee

INHALE to prepare

EXHALE shift weight forward, opening the front of the back hip, keeping abdominals engaged

Complete 5 reps on each side

Note: to increase the stretch, lift the back foot off the floor

Glute Stretch

Starting position: sitting with one ankle crossed over opposite knee, one hip resting on Balance & Therapy Dome (spike side up), back hand resting on mat for support, front hand around outside of top knee

With a smooth breath, allow weight to sink into Dome and release glute muscles

Repeat on other side



Calf Stretch



Starting position: stand with one foot slightly forward, ball of the foot on Balance & Therapy Dome (spike side up), heel on the floor, hands on hips

INHALE to prepare
EXHALE keep heel on the floor and bend both knees, lengthening calf muscles

Complete 10 reps on each side

Outer Hip Stretch (Abductors)

Starting position: sitting with the side of one hip resting on Balance & Therapy Dome (spike side up), bottom leg long, top leg bent with foot on mat in front of bottom knee, back hand resting on mat for support, front hand around front of top knee

With a smooth breath, allow weight to sink into Dome and release abductor muscles on outside of hip

Repeat on other side



WARRANTY, CARE AND USAGE FOR BALANCE & THERAPY DOMES

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.