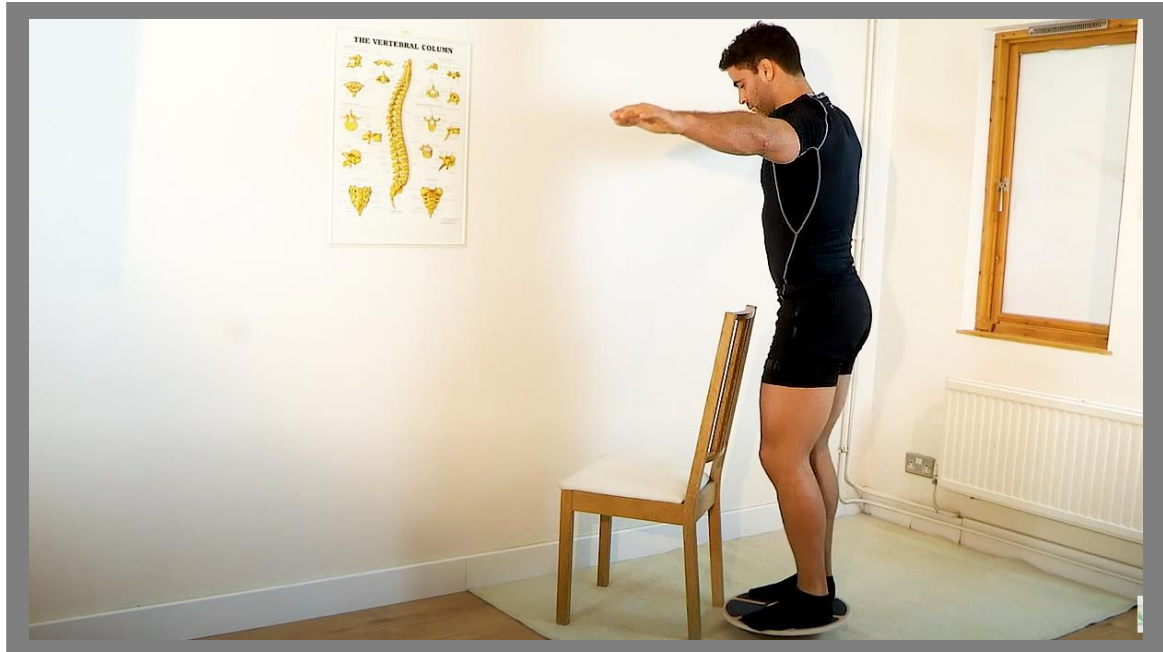


# BALANCING EXERCISES ON WOBBLE BOARD

BAL55



## AREAS AFFECTED

Balance receptors  
Ankle joint & leg muscles

## ADVICE

Start by holding onto a steady chair or another object. Stand on a wobble board. Attempt balancing using both legs, one leg, then you're your open & closed eyes.