

Client **Priya Kalaignanasundaram** Practitioner **Priya Kalaignanasundaram**

Program Name

# Balance exercises

Time Period

**2025/10/14 - 2025/10/27**

How Often

**Whenever**

When

**Any time**

You have 6 exercises

**1 Chair squat with dumbbells**  
10 reps 60 seconds rest 3 sets 1kg dumbbell

**2 Hip adduction in standing with front support**  
10 reps 60 seconds rest 3 sets

**3 Hip adduction in standing with front support with a cable**  
10 reps 60 seconds rest 3 sets 1kg cable

**4 Single leg balance with support**  
30 seconds rep 60 seconds rest 3 sets

**5 Single leg balance with head turns on a foam pad**  
30 seconds rep 60 seconds rest 3 sets

6

**Single leg balance with foot on a small ball with support with shoes off**

10 reps 60 seconds rest 3 sets

1

### Chair squat with dumbbells

10 reps 60 seconds rest 3 sets 1kg dumbbell



#### How to perform

1. Bend down into a squat, keeping your knees in line with your toes, until you sit on the chair.
2. Then push through your heels to stand back up to complete the exercise.
3. Remember to keep your weight through your heels and chest up throughout the exercise.

2

## Hip adduction in standing with front support

10 reps 60 seconds rest 3 sets



### How to perform

1. Shift your weight to one leg and lift your other foot off the floor.
2. Keeping your body straight, lift your leg up and in front of your other leg, then bring your leg back to the starting position to complete the exercise.
3. Remember to keep your leg straight throughout the exercise.

3

### Hip adduction in standing with front support with a cable

10 reps 60 seconds rest 3 sets 1kg cable



#### How to perform

1. The cable attachment should be in line with your shin and on the same side of your body.
2. Shift your weight to your leg without the cable strap and lift your other leg off the floor and out to the side.
3. Keeping the rest of your body still, move your leg in towards your other leg, then lift your leg up and out to the side to complete the exercise.
4. Remember to keep your hips facing forward throughout the exercise.

4

### Single leg balance with support

30 seconds rep 60 seconds rest 3 sets



#### How to perform

1. Keeping your chest straight, shift your weight to one leg and lift your other foot off the floor.
2. Maintain your balance for the prescribed time, and then relax to complete the exercise.
3. Remember to keep your head up and chest tall throughout the exercise.

5

### Single leg balance with head turns on a foam pad

30 seconds rep 60 seconds rest 3 sets



#### How to perform

1. Step on to the foam pad with one foot and lift your other foot off floor.
2. Keeping the rest of your body still, turn your head from side to side.
3. Repeat this movement for the prescribed amount and then relax to complete the exercise.
4. Remember to use balance support as required throughout the exercise.

**6 Single leg balance with foot on a small ball with support with shoes off**

10 reps 60 seconds rest 3 sets



**How to perform**

1. Have a small ball resting on the ground in front of you.
2. Shift your weight to one leg, lift your other foot off the floor and place it on top of the ball.
3. Maintaining your balance, roll the ball around with your foot in clockwise circles, and then anticlockwise circles to complete the exercise.
4. Remember to only put a small amount of pressure on the ball throughout the exercise.

# Priya Kalaignanasundaram

# Balance exercises

How Often

When

**Whenever**

**Any time**

Exercise Name	\	\	\	\	\
Chair squat with dumbbells					
Hip adduction in standing with front support					
Hip adduction in standing with front support with a cable					
Single leg balance with support					
Single leg balance with head turns on a foam pad					
Single leg balance with foot on a small ball with support with shoes off					

Exercise Name	\	\	\	\	\
Chair squat with dumbbells					
Hip adduction in standing with front support					
Hip adduction in standing with front support with a cable					
Single leg balance with support					
Single leg balance with head turns on a foam pad					
Single leg balance with foot on a small ball with support with shoes off					

Exercise Name	\	\	\	\	\
Chair squat with dumbbells					
Hip adduction in standing with front support					
Hip adduction in standing with front support with a cable					
Single leg balance with support					
Single leg balance with head turns on a foam pad					
Single leg balance with foot on a small ball with support with shoes off					

Exercise Name	\	\	\	\	\
Chair squat with dumbbells					
Hip adduction in standing with front support					
Hip adduction in standing with front support with a cable					
Single leg balance with support					
Single leg balance with head turns on a foam pad					
Single leg balance with foot on a small ball with support with shoes off					