

Osteogenic & Balance Exercises

Week 4

with thanks to Kirra Rankin, exercise physiologist

Challenge: how many high knee drives can you do in 10 secs?

2 Sets / 2 Reps / 30 sec duration

1. Single leg stance, bouncing a ball against a wall

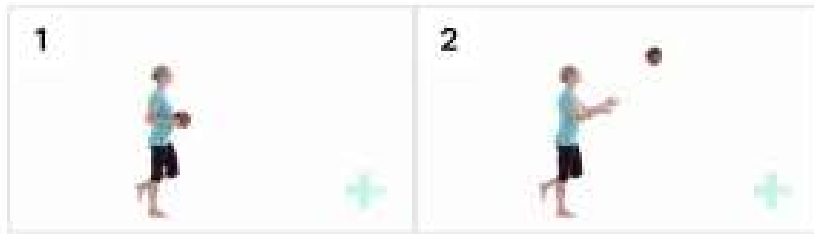
Stand up straight in front of a solid wall holding a ball.

Stand on your weakest leg and get your balance, ensuring you do not rest your elevated leg against the stance leg.

Bounce a medium sized ball against the wall, hard enough so you can catch it.

If this is difficult to do with both arms, then use your strongest arm.

Try changing the direction of your throw, so you have to lean to catch it.



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2 Sets / 2 Reps / 30 sec duration



2. Line walking passing item around waist

Stand up straight with a clear path in front of you.

Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.

Walk along this line on the floor as if you are walking a tightrope.

Pass an object around your waist whilst you are walking.

Start slowly, and then increase your speed.

Change the direction you pass the object, whilst maintaining your balance in a straight line.

2 Sets / 10 Reps



3. Impact Exercise - Marching side step

Stand up straight.

Step to one side, stamping each foot as you perform the step.

Step back to the starting position and repeat.

Feel how your cheeks and buttocks shake for every step.

2 Sets / 10 Reps

4. Heavy split jumps (impact training)

Stand up straight.

Jump and land with one leg forward and one back.

The soles of your feet thump on the floor with every jump.

Feel how your buttocks and cheeks shake for every jump.

Repeat, alternating which leg is forward and which leg is back.



2 Sets / 2 Reps / 30 s hold

5. Hip adductor stretch

Take a large step out to the side and keep both feet flat on the floor with the toes slightly turned out.

Shift your weight to one side, bending this knee.

You will feel a stretch down the inside of the thigh on the straight leg.

Hold this position.

