

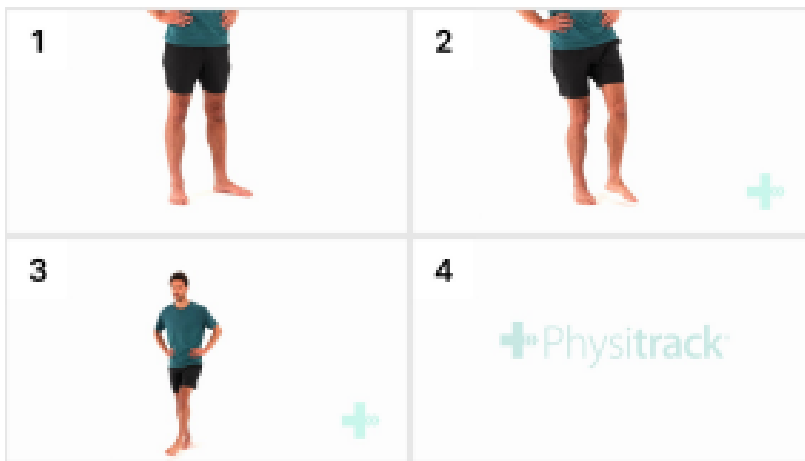
Osteogenic & Balance Exercises

Week 2

with thanks to Kirra Rankin, exercise physiologist

Challenge: How long can you tandem stand for?

2 Sets / 10 Reps



1. Star Excursion Balance

Stand on one leg with hands on your hips.

Squat down a little by bending your knee to assume your start position.

When ready, with your other leg reach as far as possible in each of the following directions lightly touching the floor to the furthest point before returning to the middle position:

- Forwards across your standing leg
- Straight forwards
- Forwards and away from your midline
- Sideways
- Backwards and away from your midline
- Straight back
- Back and behind your standing leg

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2 Sets / 10 Reps

2. Tandem walk

Walk with one foot in front of the other as though you are on a tightrope. The heel of the front foot should touch the toes of the back foot. Look straight ahead and control your balance as you do this.



2 Sets / 10 Reps

3. Impact Exercise Marching Version 1

Stand up straight. March on the spot and stamp the sole of your feet against the floor. Feel how your cheeks and buttocks shake for every step.



2 Sets / 10 Reps



4. 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 / 2 Reps / 30 s hold



5. Hamstring stretch in stand

Place the foot of your affected leg onto a chair or step.

Keep your knee straight and foot pointing ahead.

Keeping your back straight, tip forwards from your hips, pushing your buttocks out behind you until you feel a stretch down the back of your thigh.

Hold this position.