



**Sit - Wobble Board**

Sitting on wobble board, raise sternum to be sitting with a tall spine. Perform controlled forward/backward rock.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Bridge Feet on Rocker**

Lying on back with knees bent and feet resting on rocker board. Raise pelvis up off floor into a bridge position.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Seated Knee Raise - Rocker**

Sitting on rocker board, raise sternum up to be sitting with a tall spine. Raise one knee up and balance maintaining pelvic control.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Plank - Wobble**

Maintain a push-up position with hands on wobble board. Keep abdominals sucked in and maintain postural control.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Push Up Plus - Rocker**

In a push-up position with hands on rocker board. Push spine up toward the ceiling keeping elbows straight. (Push-up as if pushing through the board)

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Push Up - Rocker**

In a push-up position with hands on rocker board. Perform push-ups maintaining abdominal hollow and spinal alignment.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**One Legged Standing**

Standing in readiness position, close to a wall or within a doorway.  
Raise one leg up in front and hold balanced.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**One Leg Squat**

Standing in readiness position, close to a wall or within a doorway.  
Raise one leg up in front and hold balanced.  
Perform half squats maintaining good postural balance .

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**One Legged Heel Raise**

From a one legged standing position, raise up onto the toes maintaining balance and postural alignment.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Cross Crawl - Standing**

Standing, bring one hand to opposite knee, meeting in the midline.  
Return to starting position and alternate.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Standing Cross Crawl on Pillow**

Standing on a pillow or a cushion. Bring one hand to the opposite knee to 'cross crawl' while maintaining postural control and balance.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Cross Crawl - Behind Body**

Standing, bring one hand behind body to touch opposite foot.  
Return to starting position and alternate.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Cross Crawl - Sideways**

Standing, raise one arm out to the side while at the same time lifting the opposite leg to the side. Return to starting position and alternate.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**One Leg AP - Rocker**

Keeping finger tips on wall or chair for support, step onto rocker board with one foot. Keeping eyes looking straight forward, raise opposite foot onto board. Maintaining a short foot and readiness position, raise one knee up in front. Standing on one foot, slowly rock board forward and back.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**One Leg Lateral - Rocker**

Keeping finger tips on wall or chair for support, step onto rocker board with one foot. Keeping eyes looking straight forward, raise opposite foot onto board. Maintaining a short foot and readiness position, raise one knee up in front. Standing on one foot, keep board balanced.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**1/2 Squats - Rocker**

Step onto rocker board with one foot. Keeping eyes looking straight forward, raise opposite foot onto board. Maintain a short foot and readiness position while on the board. Perform half squats while keeping board level. Rotate board and repeat with board rocking opposite direction.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Catch / Bounce - Rocker**

Step onto rocker board with one foot. Keeping eyes looking straight forward, raise opposite foot onto board. Maintain a short foot and readiness position while on the board. Keeping board level, throw ball back and forth and bounce ball on floor. Rotate board and repeat with board rocking opposite

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Cross Crawl - Rocker**

Standing on rocker board, bring one hand to opposite knee, meeting in the midline. Return to starting position and alternate. Maintain proper neutral posture.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Cross Crawl Behind - Rocker**

Standing on rocker board, bring one hand behind body to touch opposite foot.  
Return to starting position and alternate.  
Maintain proper neutral posture.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Wall Push Up - Wobble**

Stand approximately 2 feet from wall and place wobble board against wall at chest height.  
Perform wall presses on board while trying to keep board level.  
Keep hands flat on board, and maintain readiness position.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31