

F I T N E S S



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## **Instruction Sheet**

### **Aeromat Balance Pad**



Balance is the neurological ability to maintain equilibrium. It depends upon mechanism of the inner ear to sense change in movement, the neural system to respond to the information, and the ability of the muscles to react and maintain position. Many people will say they have "bad balance" and this could be due to lack in any one of the previous mentioned systems or any number of other factors. Since balance acts and depends upon the entire chain for success, if one aspect is deficient, then balance will be thrown off.

the vestibular process advantage

Training the motor patterns responsible for creating or promoting balance involves the integrated function of the mind and its ability to send the appropriate signals to the muscles to balance the skeletal system. The soft foam of the Aeromat provides a great stimulus to the neural system to respond and react to an unstable surface. This is evident when one first stands on the Aeromat with bare feet and the muscles of the foot-ankle complex shake and adjust constantly. According to one author, "The architecture of the foot acts as a unified system that can adapt to the most varied conditions." But goes on to say that by "walking on firm ground, protected by shoes, there is little need for the arches of the feet to adapt to new terrains and the supporting muscles eventually atrophy (*Kapandji Physiology of the joints*).

Regular use of the Aeromat utilizing and progressing through a variety of exercises will help improve all aspects of the balance chain including alignment, body awareness, movement efficiency, and control.

### **Exercise Tips**

#### **One Leg Standing**

Flex knee and maintain position up to one minute. Switch legs. Do not use arms for balance; keep at sides. Change elevated leg position for variety and challenge (abduct, extend, flex, etc.).

#### **One Leg Standing**

One arm out front straight, reach across torso. Rotate from torso, hip, or both, with reach/rotation.

#### **One Leg Squat**

Good form, slowly. Focus on core muscles of the torso and lower body musculature.

#### **One Leg Squat**

Squat and reach in front and side to side. Progress by reaching lower and increasing reaches lateral distance. Careful with knee tracking. Reaching for racked dumbbells works great.

#### **One Leg Squat**

Place object on floor, (or other height), outside one foot, squat down, pick up, stand up, pickups squat back down and place object on opposite side of body. Use one or both hands, light and heavy objects (medicine ball).

#### **One Leg Squat**

Squat down, rotate across body, pick up object, (or receive from partner), stand up, pick up with rotation rotating to other side and pass object over shoulder. Vary height and lateral distance.

There are an endless variety of exercises that can be performed on the Aeromat. These few just barely scrape the surface. It is imperative that the exerciser always is in control, focusing on alignment and positioning, especially when resistance is used. Do not to compromise joint integrity for speed and agility. By focusing on proper mechanics of the body and progressing slowly with control, improvement will be noticed and transferred to other exercises where alignment, positioning, and stabilization are always critical.

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**Caution:** This product is not intended for use by children!