



## Physical training / exercise:

### Balance & Tibialis anterior

#### Balance and tibialis anterior reinforcement:

Various exercises to strengthen your tibialis anterior and maintain a good stability of your CoG.

#### **Level 1:**

Maintain your balance on the foam noodle without touching the ground with toes or heels.



Maintain the position 6s, 6 reps.



**Level 2:**

Half squat on the foam noodle, without touching heels or toes! You can hold a flexband in your hands for help.



10 reps, 2 to 4 series



**Level 3:**

Maintain the balance without touching heels or toes on the ground, pass a flex band under your feet, hold it in your hand and make a motion of hang snatch. To make it harder, you can also do it by keeping your arms straight.



6 reps, 2 series



**Level 4:**

Maintain the balance without touching heels or toes on the ground while you reproducing motion of putting with a medicine ball in your hands (1 or 2kg is enough). Next level: reproduce approach or full swing with the medicine ball!



Practise during 2 minutes



**Level 5:**

Maintain the balance without touching heels or toes on the ground while you're pulling alternatively the arms and turning shoulders.



3 periods of 30s