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