

ERB Balance Stretch

This exercise adapts the body for confident balancing movements. It warms up the body by lengthening the hip flexor and chest muscles, while engaging and toning the muscles in the seat and under the shoulder blades. It is an excellent training exercise for those regularly experiencing tension from sitting, prolonged use of devices, shoulder and lower back pain.

1. Stand with feet together, and arms straight down and out to the side of the body, palms facing forward as in the photo.
2. Lightly squeezing the butt cheeks (approx. 20%), extend the right hip back (step back). At the same time, pull arms back behind you. Feel a stretch into the front of the hip and chest, and maintain a light squeeze using the butt muscles and the muscles in between shoulder blades
3. How long can you hold for? Aim for a minimum of 30 seconds.
4. Perform this again with the other leg this time

TIP: If your arms are getting tired, hold them lower. You can do it without the arms, but it will make balance a bit harder. Ensure both of your feet are straight and facing forward.

PROGRESSION: Take a bigger step, OR try to the stretch whilst your upper body turns and your hips remain facing forward in the first position. If your right leg was the leg in front, then you would turn your upper body to the right. The opposite is true for the left, when the left leg is forward leg, then the direction of the upper body turns is left.

