

Jame-Balancer®

Balance, strength and good posture for your body.

By using the balance improving Jame-Balancer you activate the muscles in your feet. When you use the balancer you constantly have to find your balance, which requires you to use your stabilizing core muscles, the abdominal and back muscles deep within. Training the deep muscles in your middle torso improves your posture and is important for the wellbeing of your back. The exercises with Jame-Balancer strengthen any weak muscles in your feet, which could be the reason for any step problems. The exercises suit everybody from active sportsmen to dancers and professional athletes.

Figure skaters and competitive cross country skiers, for example, use the Balancer in their supplementary training program. The Balancer is also excellent in the follow up care of ankle and foot injuries (sprains and fractures), because it develops the muscles supporting the ankle joint. The exercises on Jame-Balancer are always best done on a hard, even surface. If using a slippery surface you can place a piece of rubber mat under the Balancer to stop it from spinning around.

Step on the balancer with your toes facing the wider end and find a comfortable position prior to starting your exercises. (Picture 1) The type of exercises performed should be adjusted according to need and comfort levels. You should also swap your supporting foot regularly so that unbalance of muscles and asymmetrical soreness can be prevented.

If you find exercising on one foot too challenging, using two Balancers will make the exercises easier. To start with, you may want to try the exercises without the Balancer in order to become familiar with the movements and to maintain your posture throughout. You may also wish to combine your Balancer exercises with any gym workouts and group exercise sessions.

You can use your Jame-Balancer for:

- improving your balance
- activating and strengthening the muscles in your feet
- exercising your deep abdominal and back muscles (core muscles).

Here are some examples of possible exercises you can do with your Jame-Balancer:

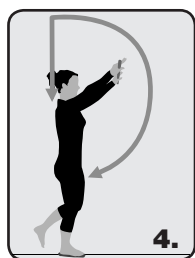
Supporting foot



1

Strengthening and activating the small muscles in the ankles

Keep swapping your weight from your toes to your heels and from the inside of your foot to the outside. Remember to keep your body straight. Don't bend at the knees and hips.



Maintaining posture

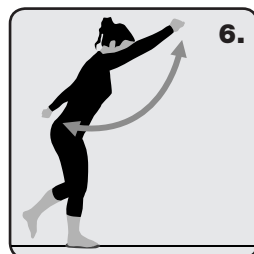
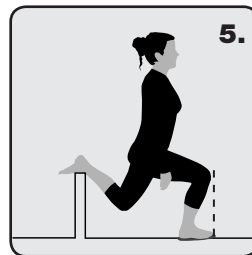
Hold onto a rod with both hands. Keep your arms straight and lift the rod above your head and then, while bending your arms, behind the neck. Bring the rod back down the same way. Maintain your posture the whole time by tightening your abdominal and back muscles.

2

3

Exercising your buttocks and front and back thigh muscles

Raise one leg on a support as in the picture. Squat down by bending the knee of your supporting leg. Keep your knee cap and second toe lined up. Make sure that the knee of the supporting foot does not go further than your toes and that the shoulders-hip line does not lean forward. You can make the exercise more challenging by holding a rod behind your neck.



Intensified exercise to activate the muscles in middle torso

Slightly bend the knee of the supporting leg and lean forward keeping your back straight. Find a balanced position. Don't let the shoulders-hip line lean forward at any stage of the exercise. Lift one arm forward and up next to your head and pull the other back and down without moving your upper torso. Swap the position of the arms keeping your elbows straight. Continue the swinging motion staying in good control of the abdominal and back muscles.

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