



Jyri Marjamäki

# *Jame-Balancer*

## **Experiences of a personal trainer with Jame-Balancer.**

1. The small size of Jame-Balancer makes it convenient to carry. Trainer/coach will find it easy to take several Balancers to a training session.
2. By using Jame-Balancer, you can enhance the efficiency of gym and mat training exercises that are normally conducted to practise control of middle torso and lower limbs. Particularly various squatting exercises conducted on two balancers develop muscle control to a greater extent than exercises done directly on the floor.
3. Because of its small size and low height Jame-Balancer is well suited for balance exercises for all age groups. Its low height compared to other balance trainers makes it also a safer alternative for all user groups, particularly the elderly. The sense of security is further enhanced by the possibility of using either one Balancer under one foot or two balancers, one under each foot.
4. Senior citizens who have regularly trained with the Balancer have reported improved balance which has in turn made their daily activities and exercise easier. Exercising outdoors is not dependent on the season anymore because improved balance and body control enables exercise also on slippery winter roads and non-paved, unlit tracks in the darker autumn and winter months.
5. While doing normal gym and mat exercises with balance boards, many working age people have noticed that their control of their core muscles and muscles in the ankles and feet is poor. This is the case even if the number of their weekly training sessions has been adequate.
6. One of the advantages of Jame-Spinner is precisely the fact that you don't have to do only exercises designed specifically for the Spinner. You can use Jame-Spinner while doing your own training program simply by placing it under the point of contact with the floor. Examples include feet, knees, the buttocks, elbows and hands. Balance and other body control exercises done purely on the Jame-Balancer should also be included in everyone's training program whether a professional athlete or just training for basic fitness. The variations possible for these kinds of exercises are only limited by the user's imagination.
7. Balancers are especially suited for training and rehabilitating the lower limbs. Due to its small size and ease of use the Balancer is a great tool at the start of any rehabilitation, whether the injury is the hip, knee or ankle. An elderly patient will find it easier to start rehabilitation for soft tissue injury with a balance tool of low height like the Jame-Balancer. Low height and small area will ensure ability to put the supporting leg down quickly in case of loss of balance.
8. Jame-Balancer is a great rehabilitation tool but best of all it works as prevention for various knee and ankle injuries. Regular exercise on the Balancer, and by exercise we mean even standing on them while doing the washing up or other house chores, will improve balance in the ankle and the knees and strengthen the muscles around them.
9. Jame-Balancer is a fantastic tool for young sportspeople while learning the techniques for weight and strength training. They can simultaneously practise middle torso control, train core muscles and the muscles in the lower limbs, particularly the ankles. Research shows that this kind of training has at least in Finland received too little attention.
10. Standing regularly on Jame-Balancer improves your sense of balance and movement and by activating the deep core muscles it also improves your posture. Many users have reported reduction in shoulder and back pain thanks to their improved balance. In order to receive these kinds of results one must be aware of the correct movements in training and maintain focus on the quality of the training undertaken with the Balancer.

These arguments are based on my own experiences and observations in training sessions as well as testimonies from clients.

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