

Balance Training Kit

General Guidelines

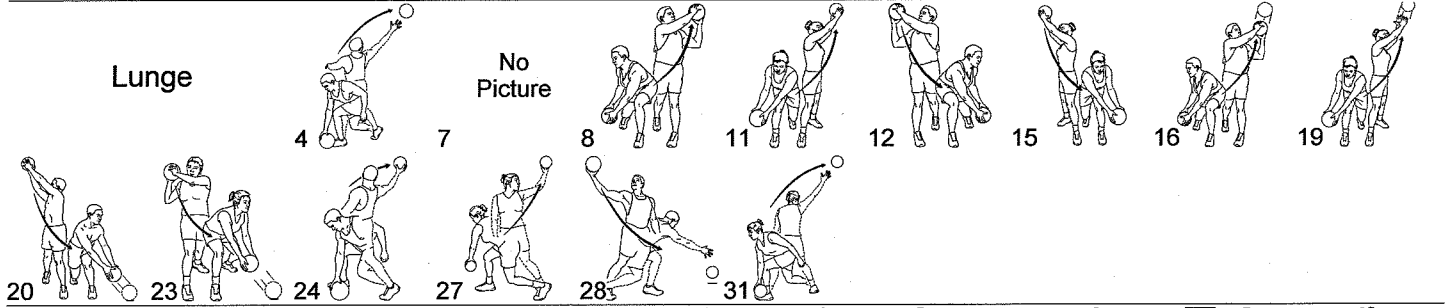
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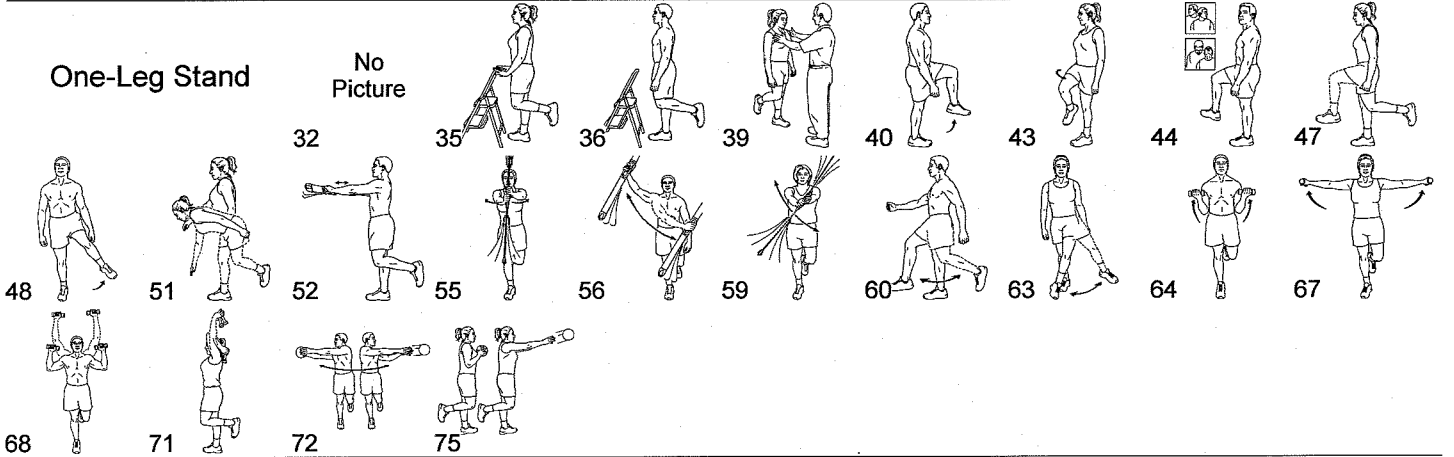
3

Lunge

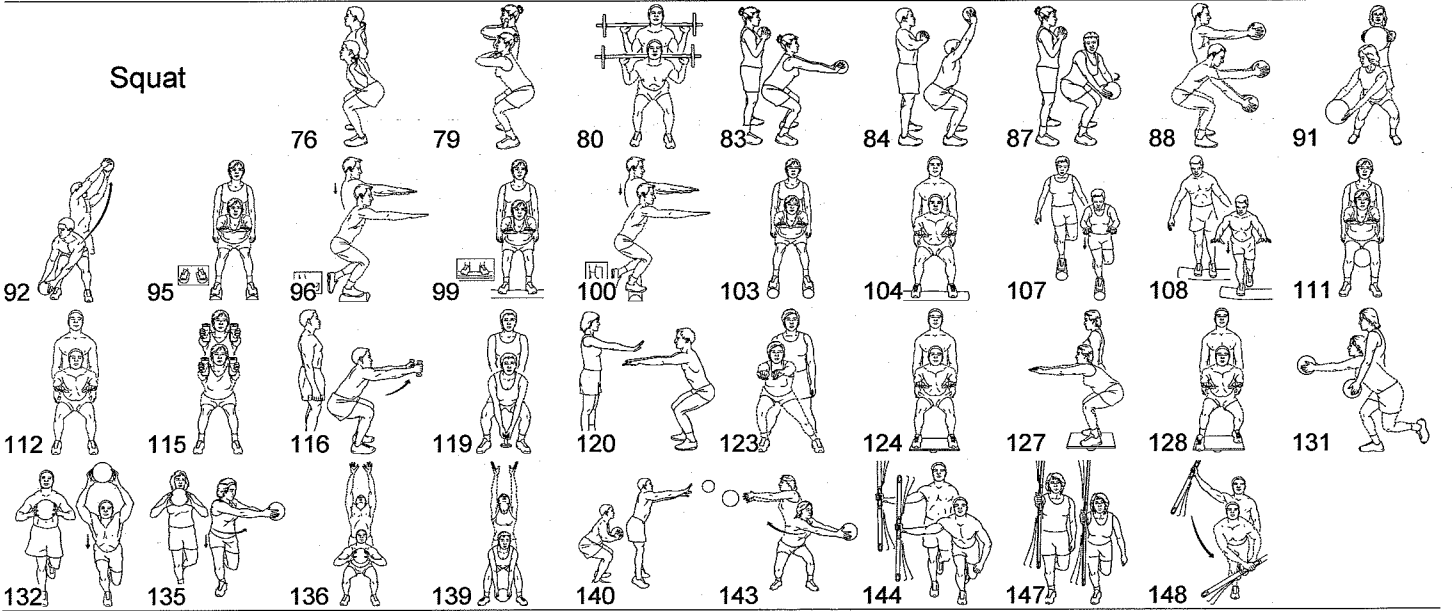


One-Leg Stand

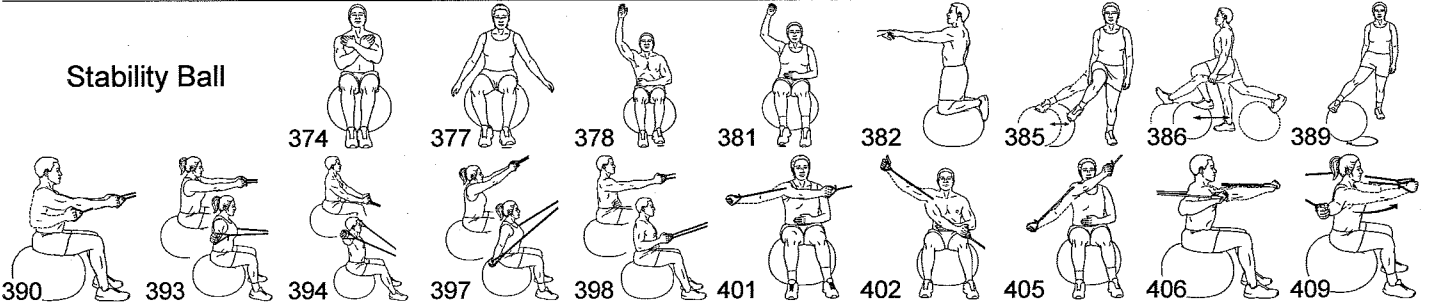
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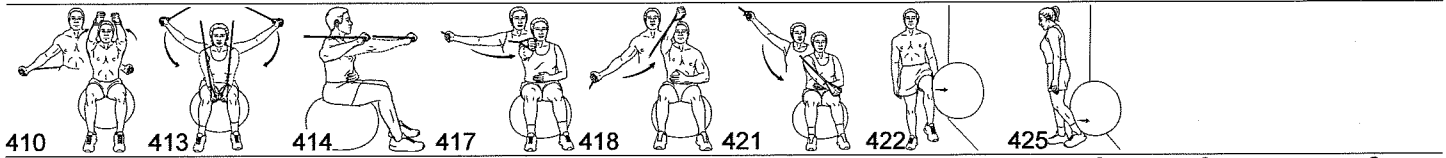
Squat



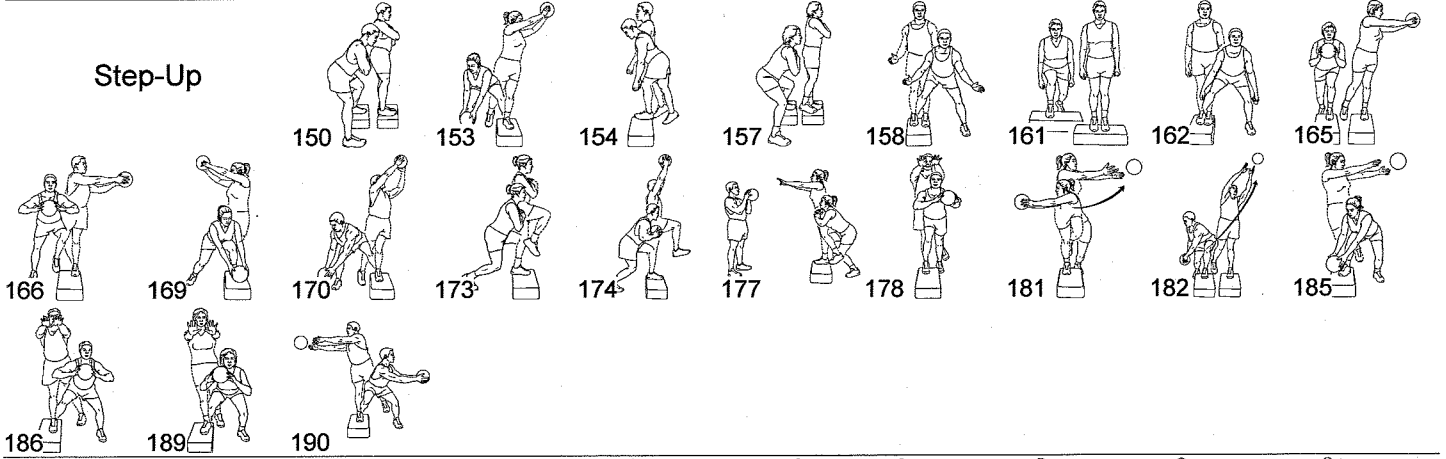
Stability Ball



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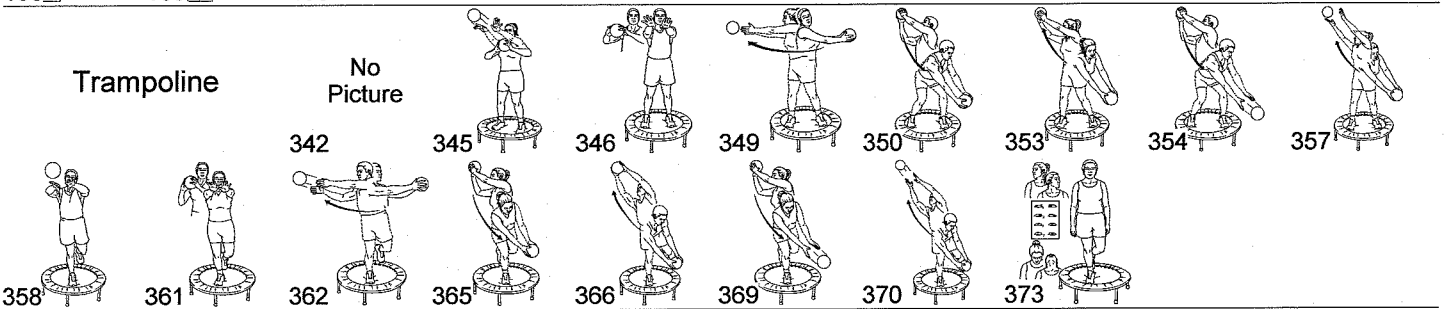


Step-Up

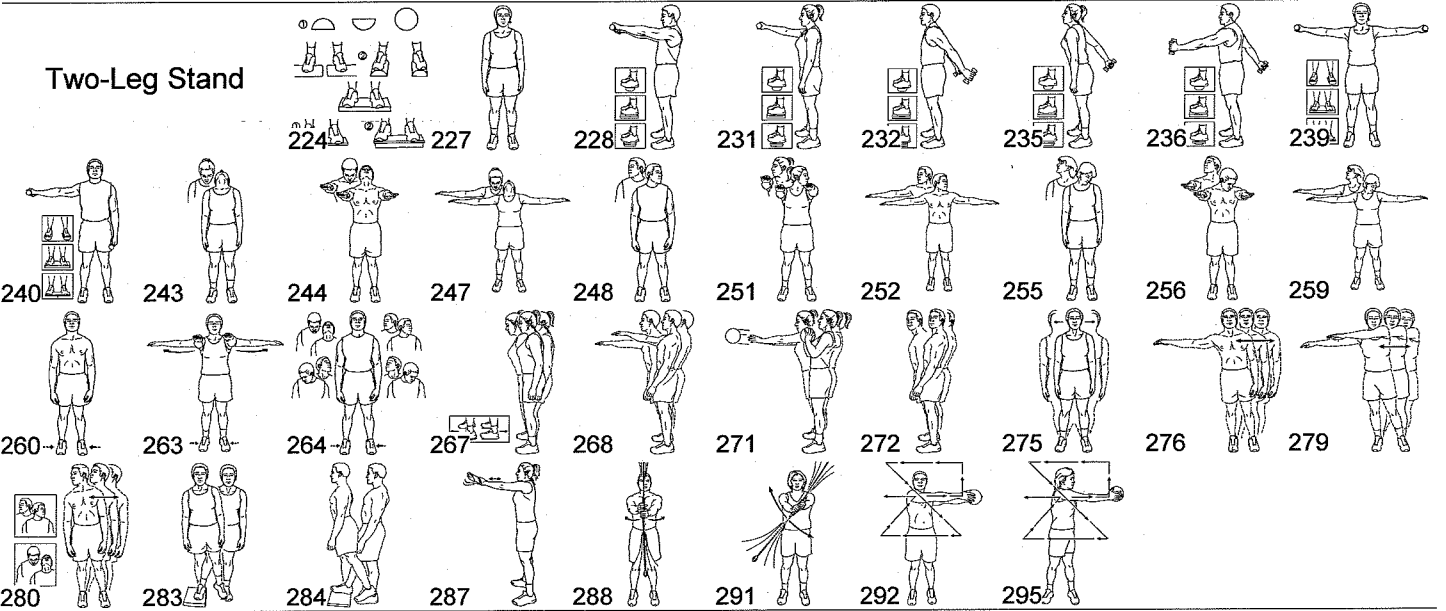


Trampoline

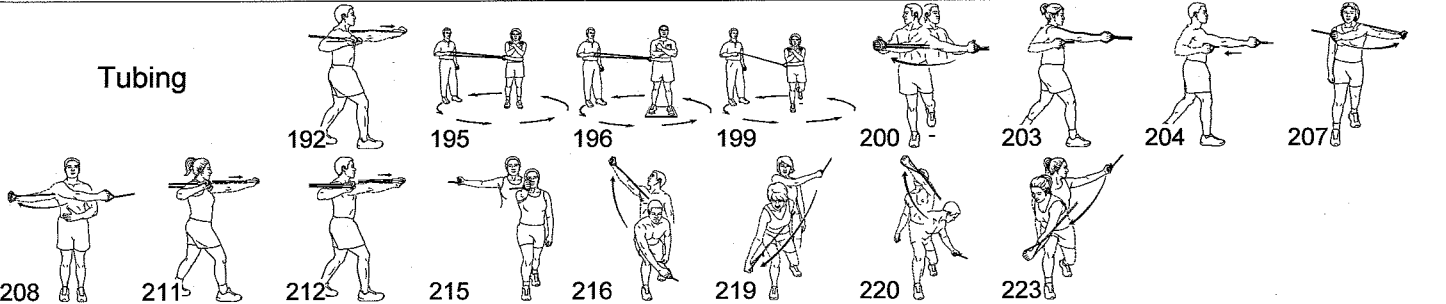
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Two-Leg Stand



Tubing



Balance Training Kit

Unstable Surfaces

