Name: Phase 1  Team: AIS/AFL Academy  Sport: AFL  Program Type: Balance Session

1. Single leg squat 02056

   Stand on one leg (no squat) - balance with minimal movement of the hips and non weight bearing foot elevated off the ground. 3 sets of 60sec per leg eyes open.

2. Single leg squat 02056

   Stand on one leg (no squat) - balance with minimal movement of the hips and non weight bearing foot elevated off the ground. 3 sets with eyes closed. If 60 sec is achievable, progress to standing on a pillow and then a step.

3. Balance 01100

   Balance with minimal movement of the hips. 3 sets of 60sec eyes open and 3 sets eyes closed when eyes open is achieved without the stability / wobble board touching the ground.

4. Balance 01099

   Stand on one leg - balance with minimal movement of the hips. 3 sets of 60sec eyes open and 3 sets eyes closed when eyes open is achieved without the stability / wobble board touching the ground.

5. Stability board half squat 01106

   3 x 10 without the stability / wobble board touching the ground.

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.