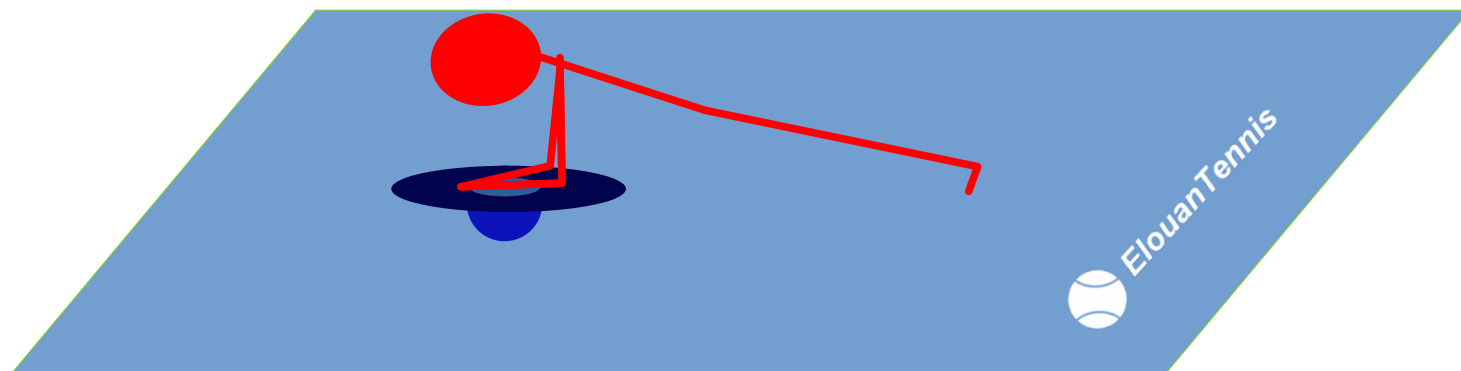


## 295 physical exercise - sheathing with a balance board

Category(s):	Warm-up
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	1mn
Materials:	Balance board



Hi !

Today, we are going to take up a challenge with sheathing on a balance board. This exercise will make your abs, your shoulders and your balance work.

Put yourself in the board position, but this time put your forearms on the balance board. Be sure that your elbows are well aligned under your shoulders and your body forms a straight line, from head to heels. The goal is to hold this position between 30 and 40 seconds, while keeping the board stable.

If you want even more challenge, try to slightly move your forearms forward or on the sides to destabilize the board a little more. But beware, the slightest false movement, you will capsize lol.



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