

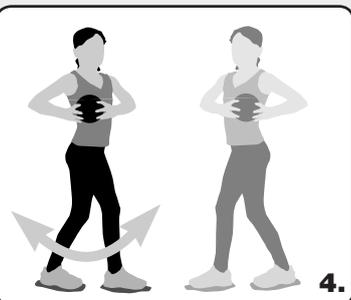
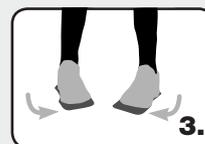
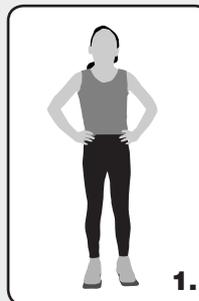
## Exercises to practise balance and strength for figure skaters

With Jame-Balancer you can also do the same exercises as with a traditional Spinner.

# 1

### Leg Turns

Turn your legs open and in while standing on one or two Jame-Balancers. (Pictures 2. and 3.) Look straight ahead, keep your hands on your hips and your middle torso tight (1. picture).

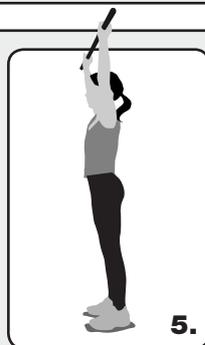


### Twists

Use one or two Jame-Balancers. Look straight ahead at a ball that is being held at chest high. Variation: Squat down and stand up again while doing the twists.

# 2

# 3

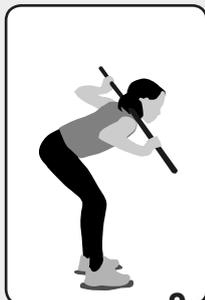


### Press-Ups with Speed

Use two Jame-Balancers. Look straight ahead and keep your middle torso tight.

1. Hold a rod above your head with straight arms keeping your knees straight (5. picture).
2. Bring the rod to chest high and bend your knees (6. picture).
3. Take the rod back up to straight arms and stretch out your knees again (5. picture).
4. Take the rod behind the neck and bend your knees (7. picture).

IMPORTANT! Keep the rod in line with your point of balance at all times (6. picture).



### Parallel Back Turns

Use two Jame-Balancers. Look straight ahead, do the small turns of your upper body leaning forward and bending your knees lightly.

# 4

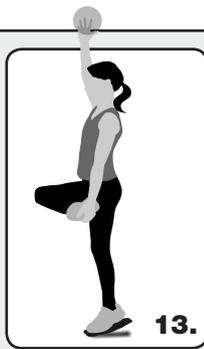
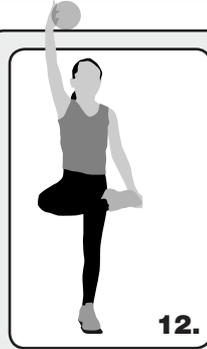
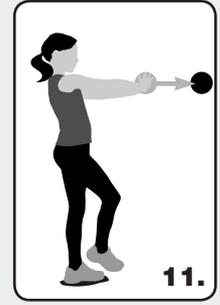
## 5

### Throwing a ball to a partner or against a wall

Use one or two Jame-Balancers.

Variations:

1. While using one Jame-Balancer, change the position of free leg.
2. Partner throws the ball to the side. After catching the ball, return to the starting position.
3. Use 1 kg fitness ball.



### Tray Slide

Do movement alternating legs. You can use a ball.

Variations:

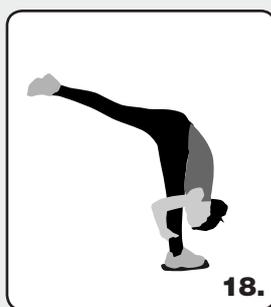
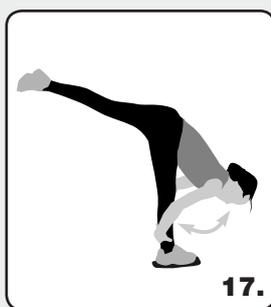
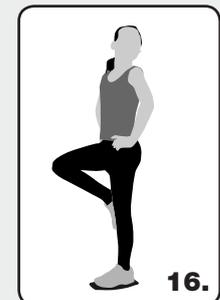
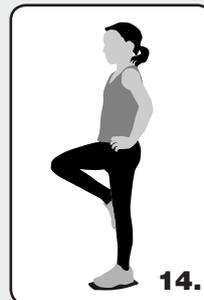
1. After finding your balance, close your eyes.
2. Go on tiptoes (13. picture).

## 6

## 7

### Rooster slide and head turning from side to side

Alternate legs keeping your hands on your hips.



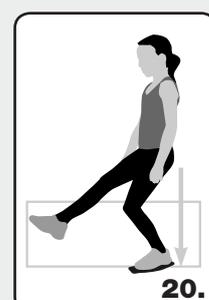
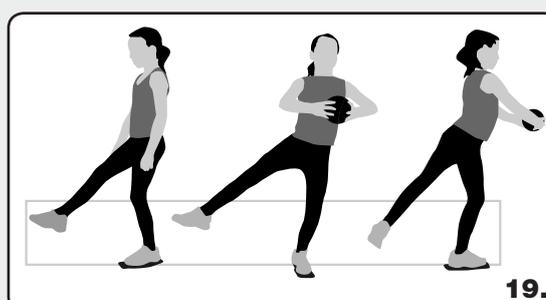
### Charlotta horizontal position

Alternate legs. Bend forward to a horizontal position (17. picture).

Press your nose to your knee holding the ankle of your supporting leg with your hands (18. picture).

## 8

## 9



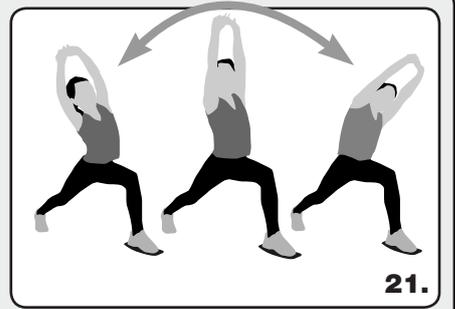
### Lifting your leg forward, to the side and back (19. picture)

You can use a ball. Look straight ahead and make small controlled curtsies (20. picture) in all positions. Concentrate on keeping the supporting leg and the body correctly lined up.

# 10

### Long stride and side bends

Keep the knee of your back leg in the air and the front leg on Jame-Balancer. Bend your body sideways. You can use a ball.



21.



22.

### Long stride and body twists

Keep the knee of your back leg in the air and the front leg on Jame-Balancer. Twist your body from right to left. You can use a ball.

# 11

# 12

### Long stride and boxing

Keep the knee of your back leg in the air and the front leg on the Jame-Balancer (23. picture). Do boxing movements with hand weights or bottles filled with sand (24. picture).



23.



24.



25.

### Leaning on an angle

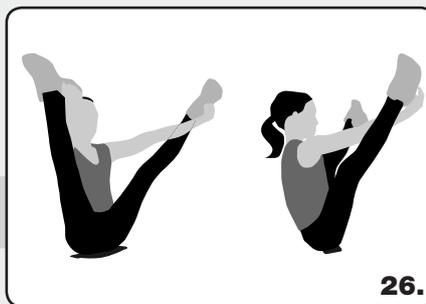
Place Jame-Balancers under your palms and lift your body to the position.

# 13

### Variations

1. With some help from a partner, do a hand stand on one Jame-Balancer. Move your legs past each other and back again, twist them or turn them around the vertical axis.
2. Place two Jame-Balancers on top of each other the smooth sides in (parallel or forming an x) and balance on top of them alternating the legs.

# 14



26.

### Sitting on an angle

Sit on a Jame-Balancer, hold on to your ankles and lift up your legs.

# 15