Mindluster Platform

About the course Individual Balance exercises for beginners

Individual Balance exercises course, in this course we will learn about the Individual Balance exercises aimed at enhancing one's ability to maintain stability and equilibrium in various positions. These exercises include standing on one foot, lifting legs, utilizing fitness balls, and practicing mindfulness techniques like yoga and meditation. Through targeted activities, participants will improve muscle strength, coordination, and proprioception, vital for overall balance and stability. This course caters to individuals of all ages and fitness levels, with exercises adaptable to individual needs and capabilities. Consulting a fitness trainer or rehabilitation specialist is advisable before commencing any exercise program, especially for those with existing injuries or medical conditions.

Medical Category's Courses

Course Lesson(14)

Lesson 1 : **Romberg Stance Ask Doctor Jo**

Lesson 2 : **Romberg Stance on Uneven Surface Ask Doctor Jo**

Lesson 3 : **Romberg Stance Eyes Closed Ask Doctor Jo**

Lesson 4 : **Romberg Stance Head Movement Side to Side Ask Doctor Jo**

Lesson 5 : **Romberg Stance Head Movement Up and Down Ask Doctor Jo**

Lesson 6 : **Romberg Stance Head Movement Side to Side Eyes Closed Ask Doctor Jo**

Lesson 7 : **Romberg Stance Head Movement Up and Down Eyes Closed Ask Doctor Jo**

Lesson 8 : **Tandem Stance Ask Doctor Jo**

Lesson 9 : **Tandem Stance on Uneven Surface Ask Doctor Jo**

Lesson 10 : **Tandem Stance Eyes Closed Ask Doctor Jo**

Lesson 11 : **Tandem Stance Head Movement Side to Side Ask Doctor Jo**

Lesson 12 : **Tandem Stance Head Movement Up and Down Ask Doctor Jo**

Lesson 13 : **Tandem Stance Head Movement Side to Side with Eyes Closed Ask Doctor Jo**

Lesson 14 : **Tandem Stance Head Movement Up and Down Eyes Closed Ask Doctor Jo**

Related courses

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Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
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