

NEURO-BALANCE THERAPY

Revive Your Body's Ability to Feel Strong,
Stable & Balanced



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Balance & Stability Specialist

Published By
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MULTIPLY YOUR POTENTIAL

EXERCISE GUIDE

LEGAL STUFF

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NEURO-BALANCE THERAPY

EXERCISE GUIDE

BY CHRIS WILSON, RKC, CPT, SNC

TABLE OF CONTENTS

| | |
|--|----|
| Chapter 1 - Program Overview & Parameters..... | 6 |
| Chapter 2 - Balance Mastery Routines..... | 10 |
| Level I - Beginner..... | 10 |
| Level II - Intermediate | 11 |
| Level III - Advanced | 12 |
| Chapter 3 - Balance Exercise Definitions & Pictures - Level I-III..... | 13 |
| Level I - Beginner..... | 13 |
| Level II - Intermediate | 24 |
| Level III - Advanced | 35 |
| About the Author..... | 46 |

CHAPTER 1

PROGRAM OVERVIEW & PARAMETERS



Before getting into the design and specifics of this balance program, it's important to make one more thing clear. If these routines are not **effective and fun**, doing them won't become part of your daily life.

In all of my years working with the general public, the clients that stuck with physical therapy and resistance training for the long term did so

because they saw the massive positive effect the sessions/workouts had on their lives and they were fun to do.

Liking activity and exercise is essential in order to do it regularly. It's why restrictive diets and complex workouts don't work in the long run for most people. This is precisely why several modalities or types of exercises were used in the creation of these balance

routines. Variety is the spice of life!

The different modalities and influences of the Neuro-Balance Therapy program include:

Walking, Tai Chi, shadow boxing, Silver Sneakers, isometric training, body weight resistance training, seated exercise, standing exercise, braced exercise as well as a focus on breathing.

The goal of these routines is to make every day movements easier and safer. When each step becomes less concerning or more confident.

In life, practice does not make perfection, it makes progress. The more you do these balance and strength-based exercises, the better and more confident you'll get. And this balance program is progressive.

Everyone should begin with the Level I – Beginner routine. This is the base or foundation routine that the others are built on. The next two routines, Level II and Level III are just a touch more challenging with subtle changes to each exercise.

Each routine has 10 exercises that can be done in 10-15 minutes with little or no rest between exercises. Since these

are not intense workouts, rest will be based on individual needs.

If you already have a regular exercise regimen, great, good for you! These balance routines can be used as warm ups or as stand-alone routines to do on your days off.

If you're not currently doing any other form of activity, it is recommended that these balance routines are done daily or at least every other day to get maximum benefits.

Again, because of the nature of these balance exercises, doing these routines daily would be absolutely fine 'physical therapy' for the entire body.

Below are examples of how to implement Level I-III routines based on your ability. These are only examples of how to add these balance routines into your week. Remember, first identify if you're a beginner, intermediate or advanced level athlete and be honest with yourself. Getting started is the most important thing here.

The term 'athlete' is used because if we're truly active people no matter our age, we are all athletes. Begin to think of yourself in that way, it can be a huge mindset boost!

How to Implement Beginner, Intermediate and Advanced Balance Mastery Routines (examples):

True Beginner

Monday - Level I – Beginner
Tuesday – 10-15 minutes of walking
Wednesday - Level I – Beginner
Thursday – 10-15 minutes of walking
Friday - Level I – Beginner
Saturday – 10-15 minutes of walking
Sunday – 10-15 minutes of walking

As you can see, walking is highly recommended as it's the single greatest activity for the body. Walking enhances balance, builds strong bones and slows down the aging process.

Intermediate

Monday - Level I Beginner or Level II Intermediate plus 10-15 minutes of walking
Tuesday – 15-20 minutes of walking or current exercise routine
Wednesday - Level I Beginner or Level II Intermediate plus 10-15 minutes of walking
Thursday – 15-20 minutes of walking or current exercise routine
Friday - Level I Beginner or Level II Intermediate plus 10-15 minutes of walking



Saturday – 15-20 minutes of walking or current exercise routine

Sunday – 15-20 minutes of walking or current exercise routine

The intermediate week has an increase in walking plus the option of doing either the Level I or Level II balance routines. Give the Level I Beginner routine a try at first to be certain you're ready for the Level II Intermediate routine. There is no rush and airing on the side of safety is always best.

Advanced

Monday - Level III Advanced plus either 15-20 minutes of walking or strength training

Tuesday – Level III Advanced plus either 15-20 minutes of walking or strength training

Wednesday - 20-30 minutes of walking or strength training

Thursday – Level III Advanced plus either 15-20 minutes of walking or strength training

Friday - Level III Advanced plus either 15-20 minutes of walking or strength training

Saturday – 20-30 minutes of walking or strength training

Sunday – 20-30 minutes of walking or strength training

The advanced level participant will already be fairly active in their lives



and just looking to add in some more balance-based training. Or the true beginner has put in the work and surpassed the intermediate routines and is looking for more of a challenge. Either way, the weekly activity is now robust.

Lastly, if you're wondering where the days of rest are in these examples, stop looking, you won't find one. Think of all of those hours spent not exercising in your day. Therein lies your rest. Keep Moving! You're welcome.

CHAPTER 2 - BALANCE MASTERY ROUTINES – WORKOUT CHARTS

| LEVEL I – BEGINNER | | |
|---|------|---|
| Exercise | Sets | Reps |
| Spiky Massage Ball Nerve Activation | 2 | 1 minute per foot |
| Short Foot | 2 | 5 reps, 5 sec hold |
| Flamingo | 2 | iso-hold 10-20 secs (arms at side or bracing) |
| 3 Way Leg Raise | 2 | 5 each way per leg |
| Tightrope Walker | 2 | 60 secs, slow tempo |
| See Saw | 2 | 10 reps side to side, slow tempo |
| Wall Press | 2 | 10 reps |
| Tippy Toes | 2 | 10 reps, try to hold 1-3 secs |
| Pick Up the Box | 2 | 10 reps |
| Amateur Boxer | 2 | 30 secs, alternating cross |
| NOTE: Rest as needed between each exercise | | |

BALANCE MASTERY ROUTINES – WORKOUT CHARTS

| LEVEL II – INTERMEDIATE | | |
|---|------|---|
| Exercise | Sets | Reps |
| Spiky Massage Ball Nerve Activation | 2-3 | 1 minute per foot |
| Short Foot | 2-3 | 5 reps, 5 sec hold |
| Flying Bird | 2-3 | iso-hold 10-20 secs (arms at side or bracing) |
| Half Moon Leg Raise | 2-3 | 5 reps per leg, rear-side-front-repeat |
| Tightrope Walker | 2-3 | 60 secs, forward 30, backwards 30, moderate tempo |
| See Saw | 2-3 | 12 reps side to side, moderate tempo |
| Wall Press | 2-3 | 12 reps |
| Tippy Toe Reach | 2-3 | 10 reps, hold 2-4 secs |
| Box Lift & Twist | 2-3 | 10 reps, alternate sides |
| Olympic Boxer | 2-3 | 45 secs, cross and uppercut |
| NOTE: Rest as needed between each exercise | | |

BALANCE MASTERY ROUTINES – WORKOUT CHARTS

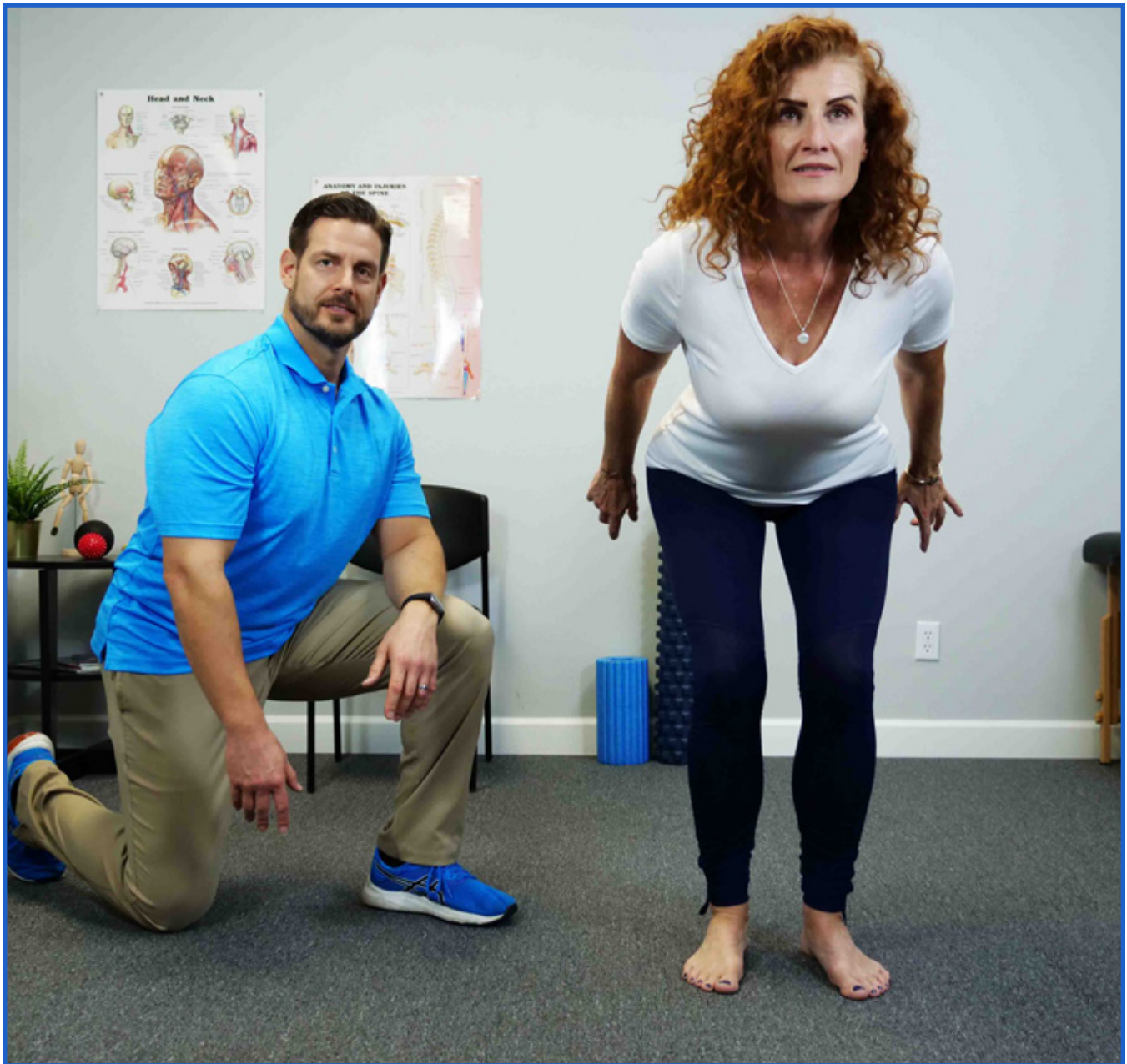
| LEVEL III – ADVANCED | | |
|---|------|---|
| Exercise | Sets | Reps |
| Spiky Massage Ball Nerve Activation | 2-3 | 1 minute per foot |
| Short Foot | 2-3 | 5 reps, 5 sec hold |
| Wave Maker | 2-3 | iso-hold 10-20 secs (arms up and down) |
| The Dancer | 2-3 | 5 reps per leg alternating |
| Tightrope Walker | 2-3 | 60 secs, forward 30, backwards 30, fast tempo |
| See Saw | 2-3 | 12-15 reps side to side, fast tempo |
| Wall Press | 2-3 | 12-15 reps |
| The Skier | 2-3 | 12-15 reps, triple extension, 3-5 secs |
| The Mover | 2-3 | 10 reps, full rotation |
| Champion Boxer | 2-3 | 60 secs, cross, uppercut, hook |
| NOTE: Rest as needed between each exercise | | |

CHAPTER 3

BALANCE EXERCISE

DEFINITIONS & PICTURES

LEVEL I-III



LEVEL I – BEGINNER

EXERCISE #1 – SPIKY MASSAGE BALL NERVE ACTIVATION



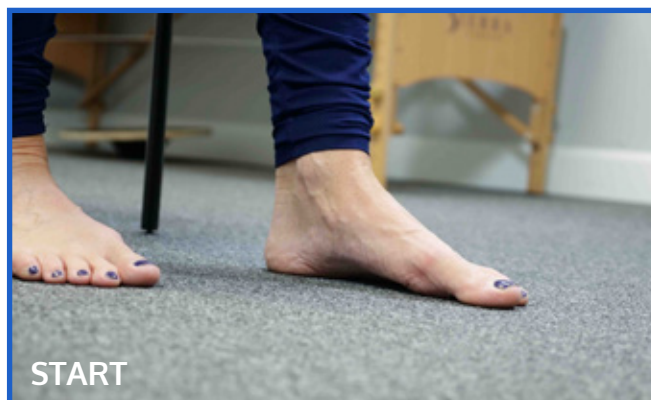
From a seated position in a sturdy chair, begin by removing footwear. It is best to be barefoot but a very thin sock can be worn only if feet are extremely tender and/or sensitive.

Place the spiky massage ball under your right foot starting in the middle of the front pad. Place a light amount of downward pressure on the ball. With applied pressure, roll the spiky ball up and down the foot from the foot pad to the beginning of the heel. Do this for 30 seconds before switching from 'front to back' to 'side-to-side'.

With the ball still under the right foot with light downward pressure, continue to roll the ball front to back while incorporating a 'side-to-side' floss across the midline of the foot. This pattern should resemble a zig-zag pattern up and down the foot. Do this for 30 seconds before moving the ball to the left foot.

With the ball under the left foot, roll up and down for 30 seconds before switching to the 'side-to-side' pattern for 30 seconds.

EXERCISE #2 – SHORT FOOT



Sit in a chair in your bare feet. It is best to be barefoot but a very thin sock can be worn only if feet are extremely tender and/or sensitive.

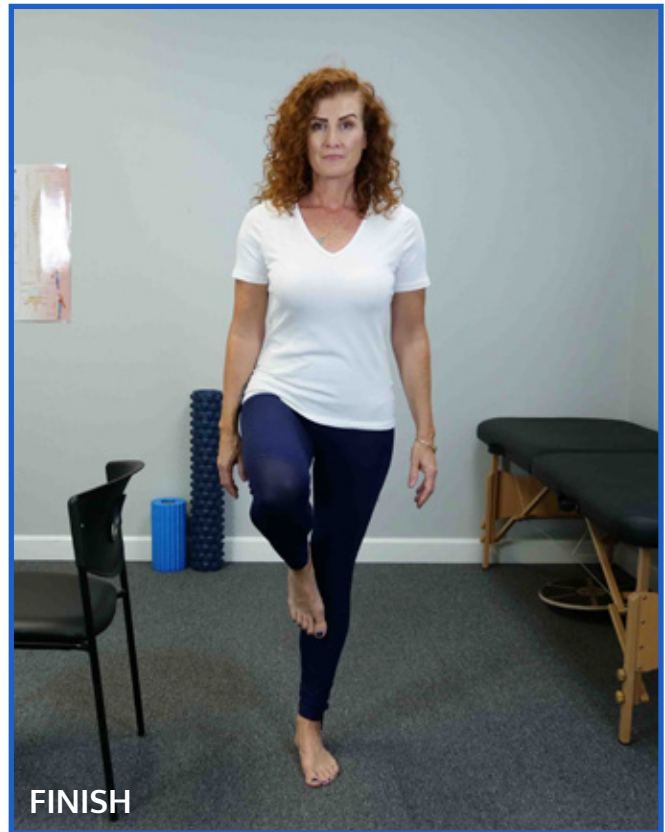
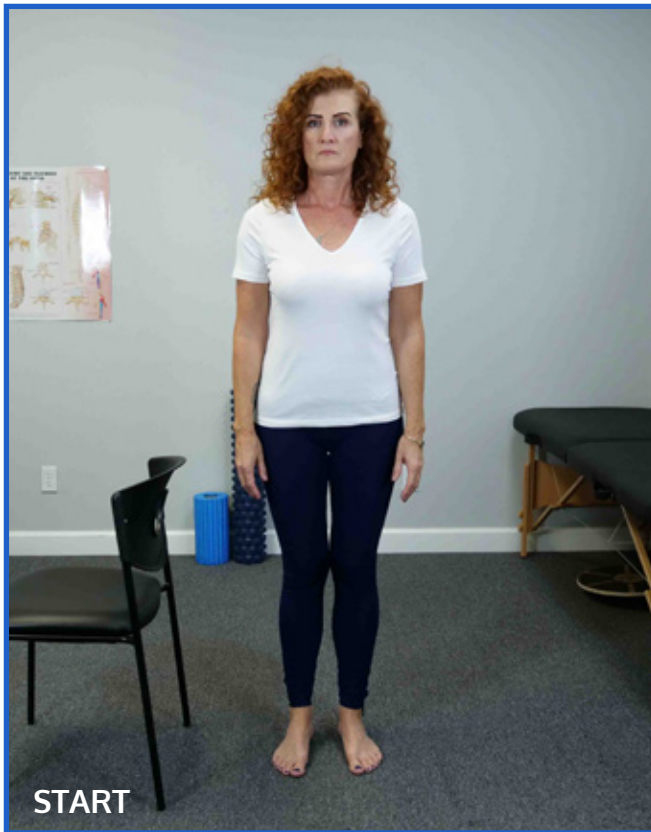
Form a 90-degree angle at your right knee and ankle. Make sure your right foot is in a 'tripod' like position where your heel, big toe, and little toe are all in contact with the floor with an even amount of weight distributed.

Without crunching your toes, try to shorten your right foot by bringing the ball of your foot toward your heel, doming the arch in your right foot. Note- gently push your big toe into the floor while visualizing your heel sliding forward.

Try not to curl or extend your toes and make sure to keep your foot neutral, not rocking inward or outward.

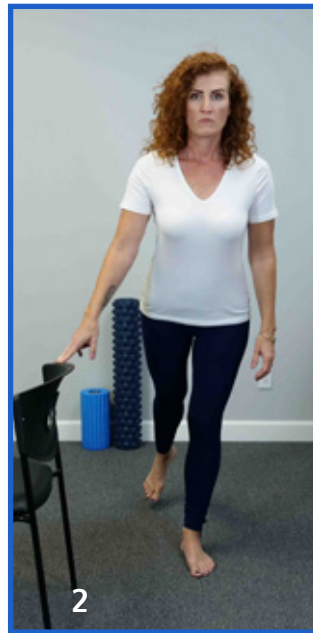
Hold for 5 seconds and relax. Repeat 5 times. Then switch to the left foot and repeat steps A – C.

EXERCISE #3 - FLAMINGO



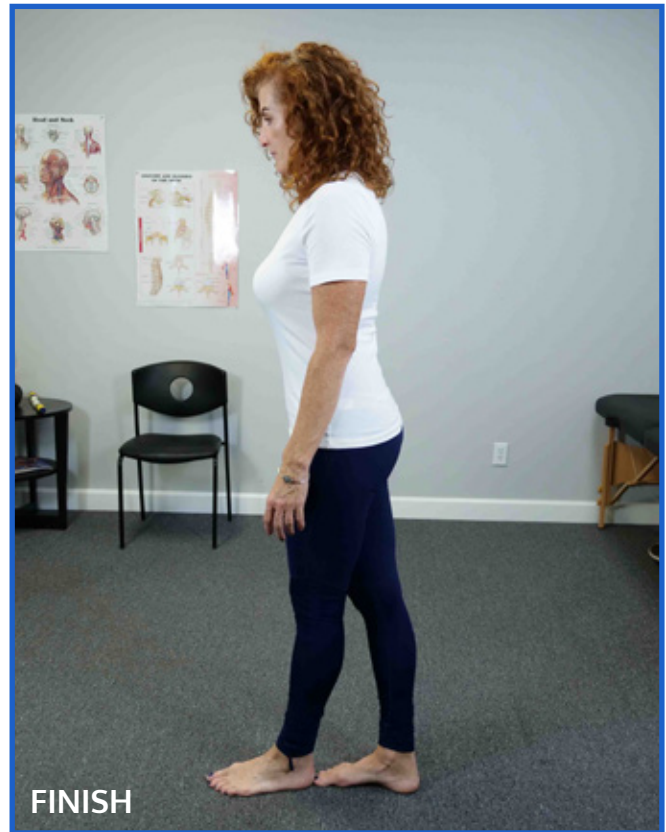
Begin by standing on the left leg and lifting the right leg up so that the knee is at hip height. Keep arms at your side or feel free to brace yourself using a chair, door frame or wall. Hold the position for 10-20 seconds and switch to standing on the right leg and lifting the left leg for another 10-20 seconds.

EXERCISE #4 - 3 WAY LEG RAISE



Begin by standing on the left leg and raising the right leg to the front. Keep the leg straight. Keep arms at your side or feel free to brace yourself using a chair, door frame or wall. Pause briefly and return the leg to starting position. Then raise the leg out to the side, pausing again for a moment and back to starting position. Lastly, raise the leg to the rear, pause and return to the start. That completes one repetition of the exercise. Repeat the movements 5 times for each leg.

EXERCISE #5 - TIGHTROPE WALKER



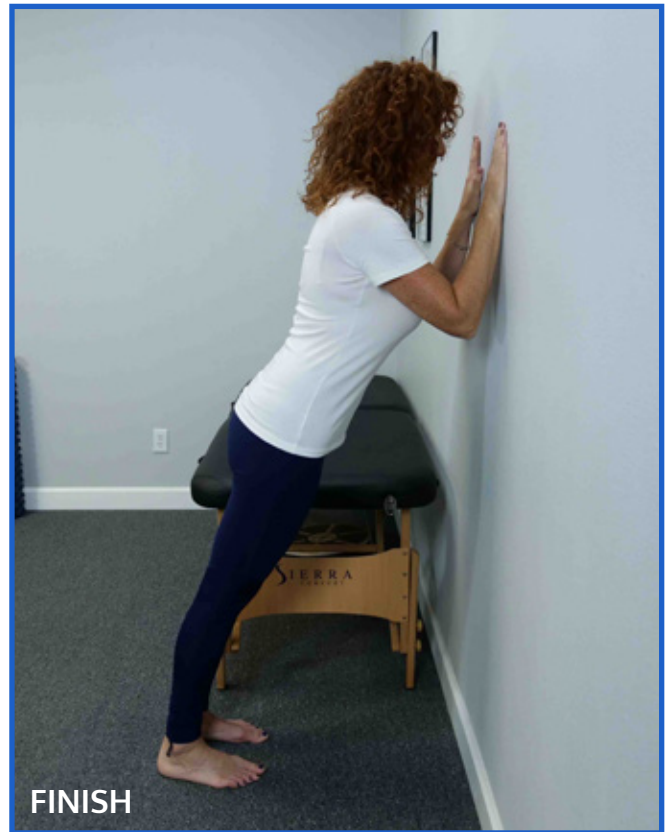
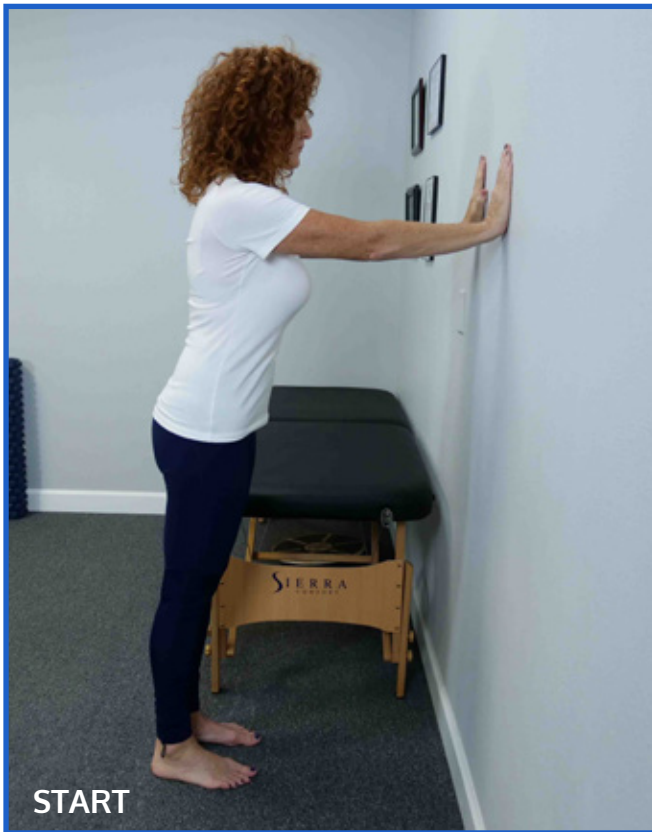
Use your imagination or create an actual line on the floor to walk along. Step one foot in front of the other as if you're high above the ground on a tightrope. Use your arms out to the side to help your balance. Every step should be precise, with the feet placed just in front of the other. Move slowly and do this for 60 secs continuously.

EXERCISE #6 - SEE SAW



Take a wide stance to begin. Place your arms at your waist. With a subtle rocking motion, transfer your weight to the right leg, bending at the knee as the left leg straightens out. Then slowly transfer the weight back to the left leg, bending at the knee as the right leg straightens out. Think of how a see saw moves. Be sure to work within your personal limits and move slowly. Repeat this side to side motion for 10 total repetitions.

EXERCISE #7 - WALL PRESS



Locate a strong, sturdy wall in or outside your home. Hold your arms extended out in front of your body and place your palms firmly against the wall. With the body standing straight, begin to bring your body towards the wall. Keep the feet grounded slowly lowering yourself to the wall and then press back to starting position. Perform this for 10 repetitions.

EXERCISE #8 - TIPPY TOES



With the arms at your sides or bracing yourself, begin to lift the body upwards onto the balls of the feet so that the heels are elevated. Go as high as you can comfortably, pausing at the top for 1-3 seconds. Repeat this for 10 repetitions.

EXERCISE #9 - PICK UP THE BOX



Using your imaginary skills, bend at the waist as if you're picking up a box down at your feet. This exercise can be done with a prop or with nothing at all. Bend over, grab the "box" and pick it up so that your palms are facing. Then fully extending the arms in front of you, place the box above your head on an imaginary shelf. Repeat this for 10 repetitions.

EXERCISE #10 - AMATEUR BOXER

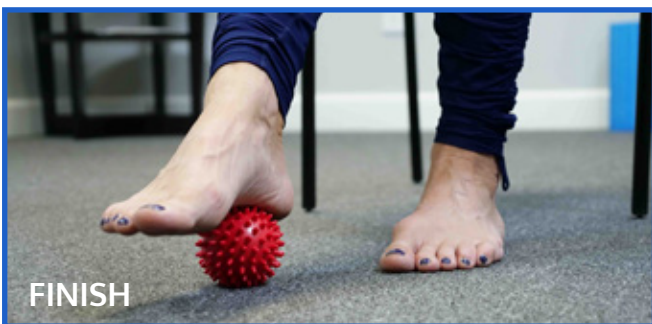


Place your feet in a strong staggered position so that you feel sturdy and supported. Bring both fists up in front of you by your chin. Proceed to alternate cross punches L, R, L, R and so on for 30 secs continuously. Determine a tempo or pace that feels appropriate for your level. Try to subtly rotate the trunk and hips as you extend the punching arms. Work within safe limits and have fun feeling like a boxer.



LEVEL II - INTERMEDIATE

EXERCISE #1 – SPIKY MASSAGE BALL NERVE ACTIVATION



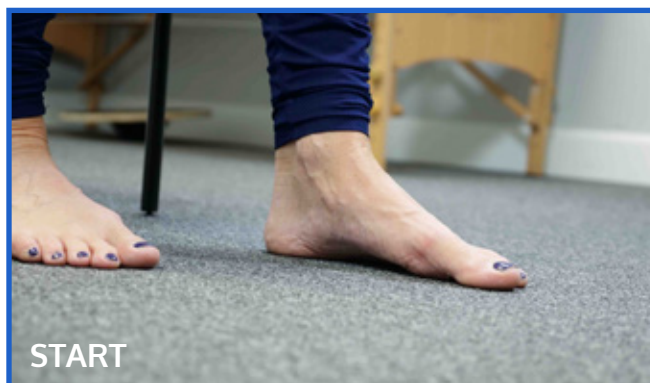
From a seated position in a sturdy chair, begin by removing footwear. It is best to be barefoot but a very thin sock can be worn only if feet are extremely tender and/or sensitive.

Place the spiky massage ball under your right foot starting in the middle of the front pad. Place a light amount of downward pressure on the ball. With applied pressure, roll the spiky ball up and down the foot from the foot pad to the beginning of the heel. Do this for 30 seconds before switching from 'front to back' to 'side-to-side'.

With the ball still under the right foot with light downward pressure, continue to roll the ball front to back while incorporating a 'side-to-side' floss across the midline of the foot. This pattern should resemble a zig-zag pattern up and down the foot. Do this for 30 seconds before moving the ball to the left foot.

With the ball under the left foot, roll up and down for 30 seconds before switching to the 'side-to-side' pattern for 30 seconds.

EXERCISE #2 – SHORT FOOT



Sit in a chair in your bare feet. It is best to be barefoot but a very thin sock can be worn only if feet are extremely tender and/or sensitive.

Form a 90-degree angle at your right knee and ankle. Make sure your right foot is in a 'tripod' like position where your heel, big toe, and little toe are all in contact with the floor with an even amount of weight distributed.

Without crunching your toes, try to shorten your right foot by bringing the ball of your foot toward your heel, doming the arch in your right foot. Note- gently push your big toe into the floor while visualizing your heel sliding forward.

Try not to curl or extend your toes and make sure to keep your foot neutral, not rocking inward or outward.

Hold for 5 seconds and relax. Repeat 5 times. Then switch to the left foot and repeat steps A – C.

EXERCISE #3 - FLYING BIRD



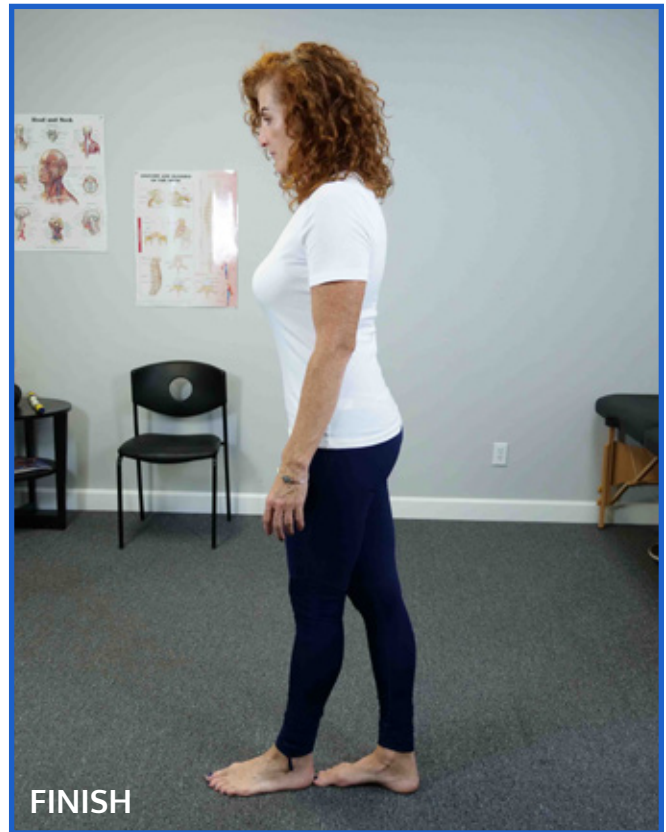
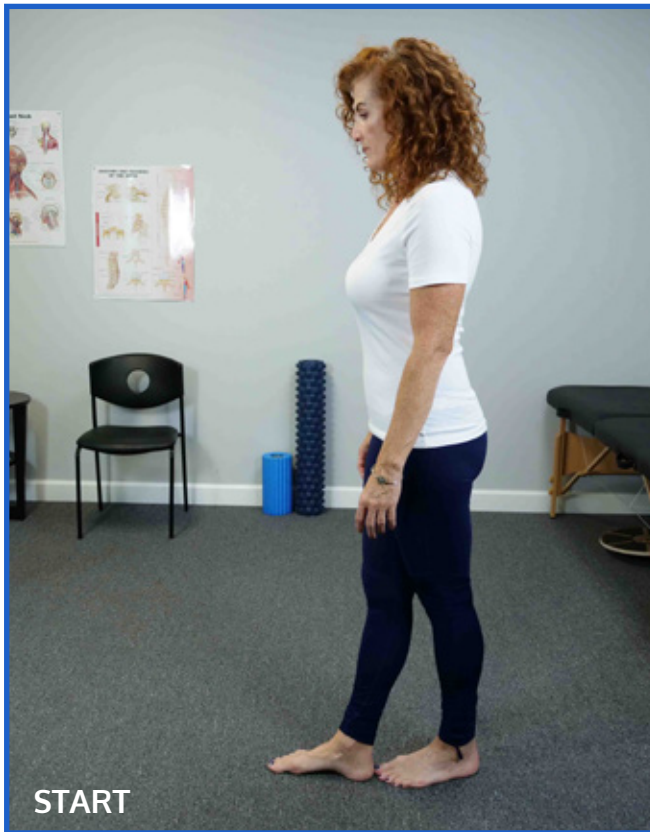
Begin by standing on the left leg and lifting the right leg up so that the knee is at hip height. Position arms out to the sides like you're flying. Either hold the arms statically or raise and lower them slowly as if gliding through the air. Hold the position for 10-20 seconds and switch to standing on the right leg and lifting the left leg for another 10-20 seconds.

EXERCISE #4 - HALF MOON LEG RAISE



Begin by standing on the left leg and raising the right leg to the front. Keep the leg straight. Keep arms at your side or feel free to brace yourself using a chair, door frame or wall. Pause briefly and return the leg to starting position. Then raise the leg out to the side, pausing again for a moment and back to starting position. Lastly, raise the leg to the rear, pause and return to the start. That completes one repetition of the exercise. Repeat the movements 5 times for each leg.

EXERCISE #5 - TIGHTROPE WALKER



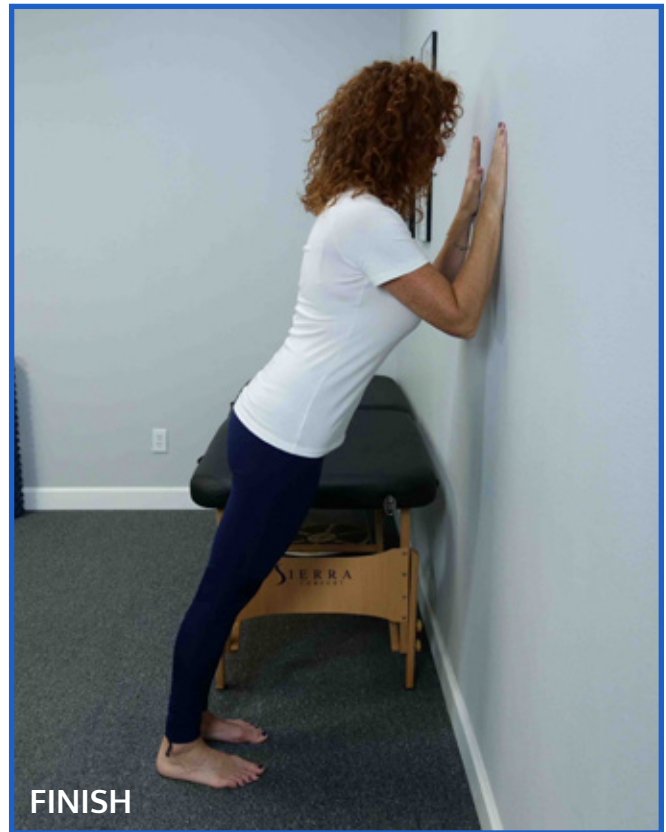
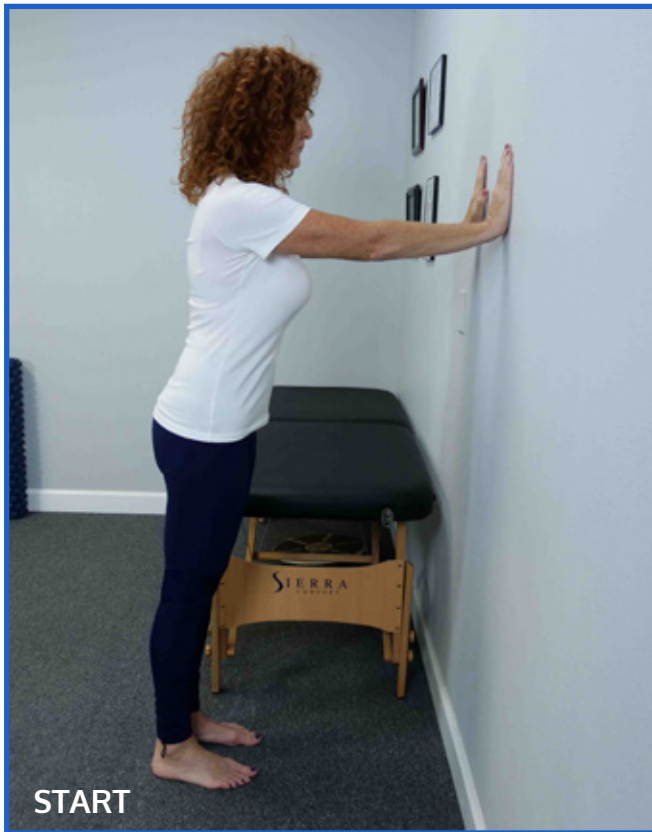
Use your imagination or create an actual line on the floor to walk along. Step one foot in front of the other as if you're high above the ground on a tightrope. Use your arms out to the side to help your balance. Every step should be precise, with the feet placed just in front or behind the other. After doing this moving forward for 30 secs, do the same thing moving backwards. Take your time, remember to move slowly and do this for 30 more secs.

EXERCISE #6 - SEE SAW



Take a wide stance to begin. Place your arms at your waist. With a subtle rocking motion, transfer your weight to the right leg, bending at the knee as the left leg straightens out. Then at a moderate pace, transfer the weight back to the left leg, bending at the knee as the right leg straightens out. Think of how a see saw moves. Be sure to work within your personal limits moving at a moderate speed. Repeat this side to side motion for 10 total repetitions.

EXERCISE #7 - WALL PRESS



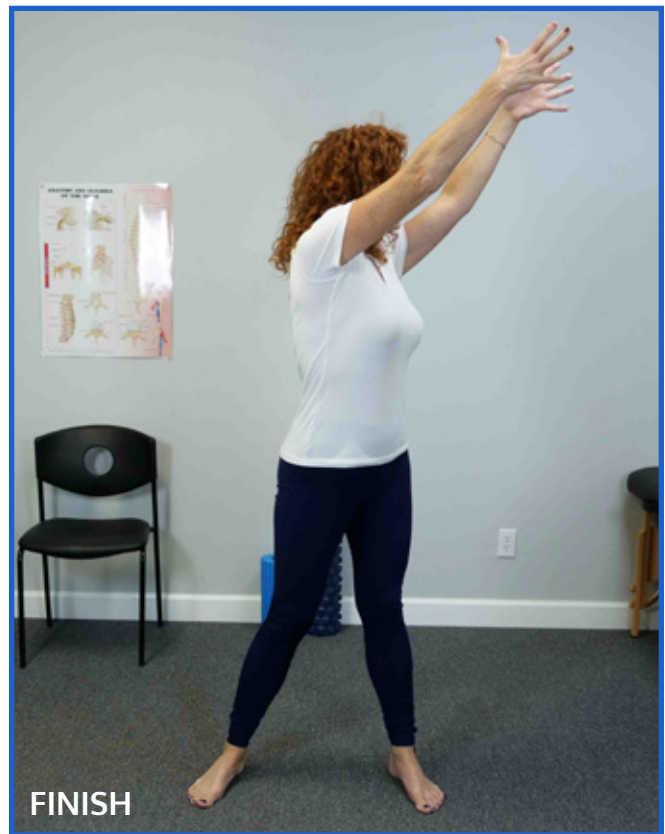
Locate a strong, sturdy wall in or outside your home. Hold your arms extended out in front of your body and place your palms firmly against the wall. With the body standing straight, begin to bring your body towards the wall. Keep the feet grounded slowly lowering yourself to the wall and then press back to starting position. Perform this for 12 repetitions.

EXERCISE #8 - TIPPY TOE REACH



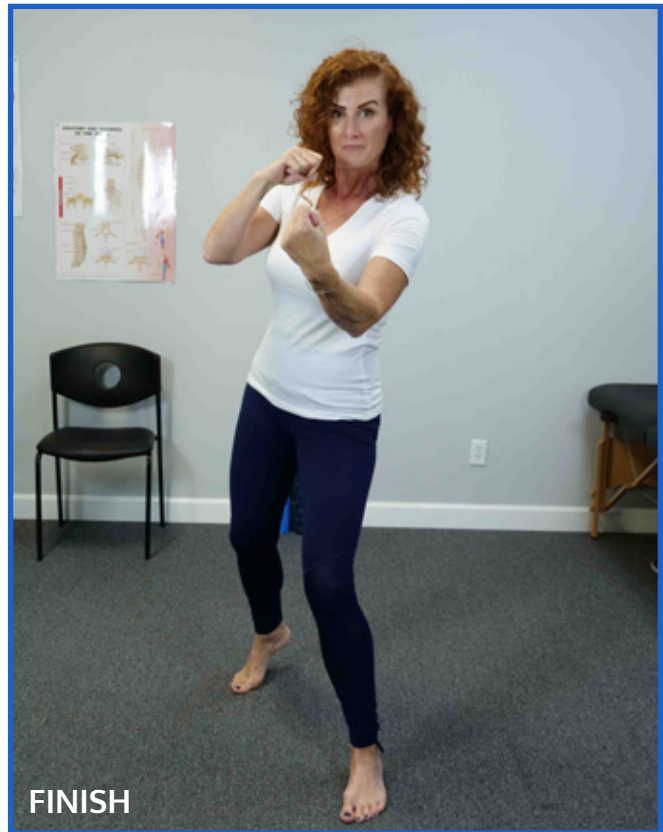
With the arms at your sides, begin to lift the body upwards onto the balls of the feet so that the heels are elevated. Go as high as you can comfortably. At the top, pause, and reach your arms upward for 2-4 seconds. Repeat this for 10 repetitions.

EXERCISE #9 - BOX LIFT & TWIST

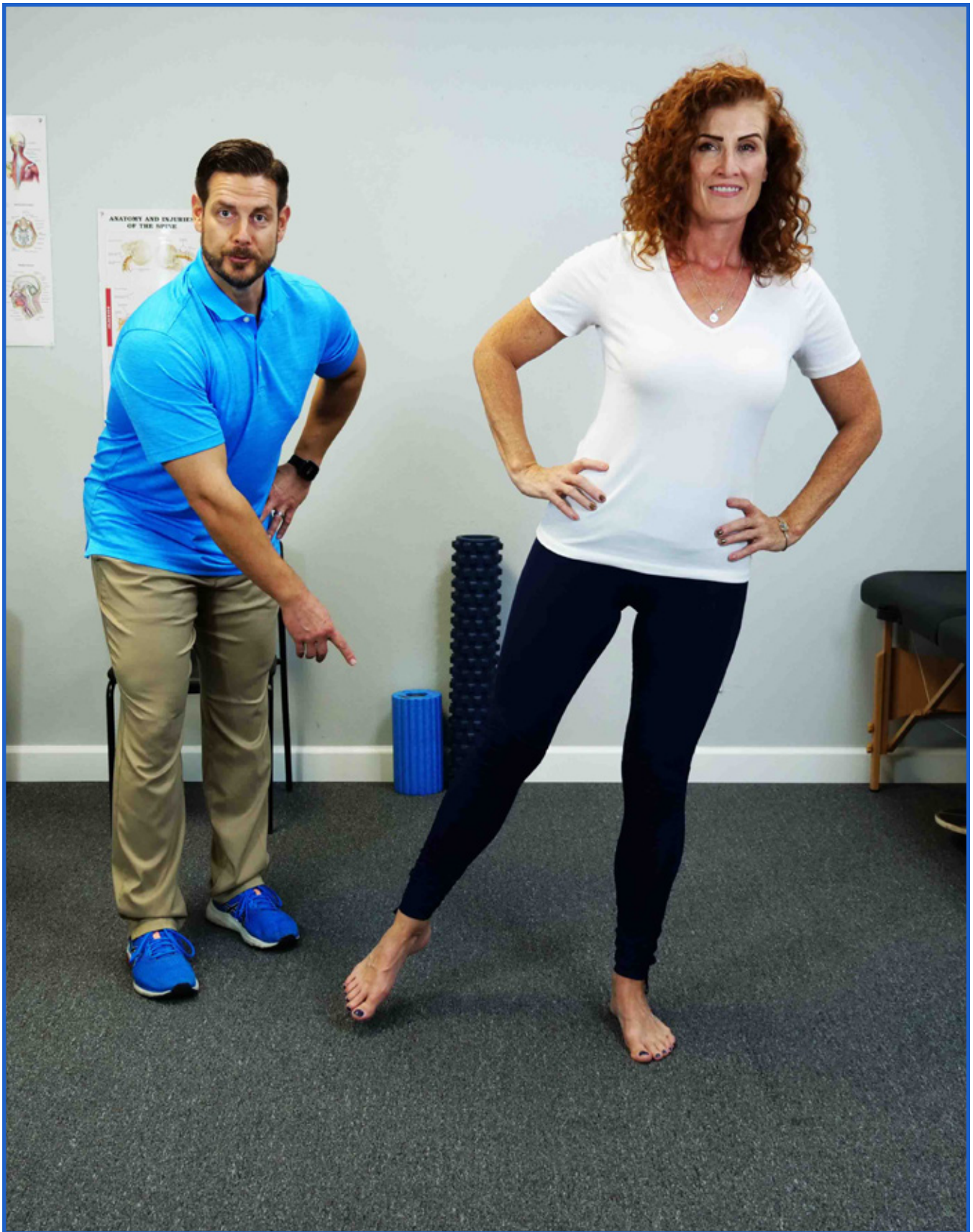


Again, using your imaginary skills, bend at the waist as if you're picking up a box down at your feet. This exercise can be done with a prop or with nothing at all. Bend over, grab the "box" and pick it up so that your palms are facing. Then fully extending the arms in front of you, slightly rotate your trunk and place the box up to the left or right on an imaginary shelf. Repeat this movement alternating sides for 10 total repetitions.

EXERCISE #10 - OLYMPIC BOXER

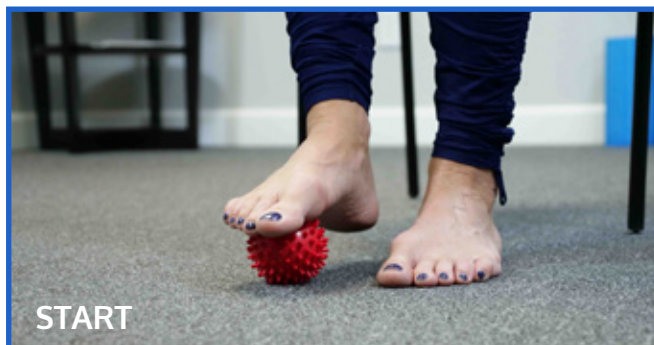


Place your feet in a strong staggered position so that you feel sturdy and supported. Bring both fists up in front of you by your chin. Proceed to alternate cross punches L, R, L, R with uppercuts for 45 secs continuously. Do the best you can with your form. Determine a tempo or pace that feels appropriate for your level. Try to subtly rotate the trunk and hips as you extend and move the punching arms. Work within safe limits and have fun feeling like a boxer.



LEVEL III - ADVANCED

EXERCISE #1 – SPIKY MASSAGE BALL NERVE ACTIVATION



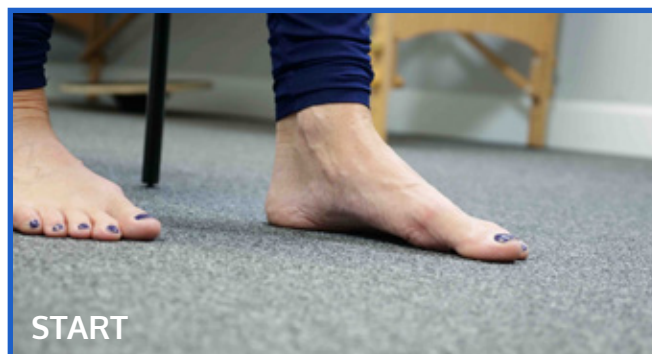
From a seated position in a sturdy chair, begin by removing footwear. It is best to be barefoot but a very thin sock can be worn only if feet are extremely tender and/or sensitive.

Place the spiky massage ball under your right foot starting in the middle of the front pad. Place a light amount of downward pressure on the ball. With applied pressure, roll the spiky ball up and down the foot from the foot pad to the beginning of the heel. Do this for 30 seconds before switching from 'front to back' to 'side-to-side'.

With the ball still under the right foot with light downward pressure, continue to roll the ball front to back while incorporating a 'side-to-side' floss across the midline of the foot. This pattern should resemble a zig-zag pattern up and down the foot. Do this for 30 seconds before moving the ball to the left foot.

With the ball under the left foot, roll up and down for 30 seconds before switching to the 'side-to-side' pattern for 30 seconds.

EXERCISE #2 – SHORT FOOT



Sit in a chair in your bare feet. It is best to be barefoot but a very thin sock can be worn only if feet are extremely tender and/or sensitive.

Form a 90-degree angle at your right knee and ankle. Make sure your right foot is in a 'tripod' like position where your heel, big toe, and little toe are all in contact with the floor with an even amount of weight distributed.

Without crunching your toes, try to shorten your right foot by bringing the ball of your foot toward your heel, doming the arch in your right foot. Note- gently push your big toe into the floor while visualizing your heel sliding forward.

Try not to curl or extend your toes and make sure to keep your foot neutral, not rocking inward or outward.

Hold for 5 seconds and relax. Repeat 5 times. Then switch to the left foot and repeat steps A – C.

EXERCISE #3 - WAVE MAKER



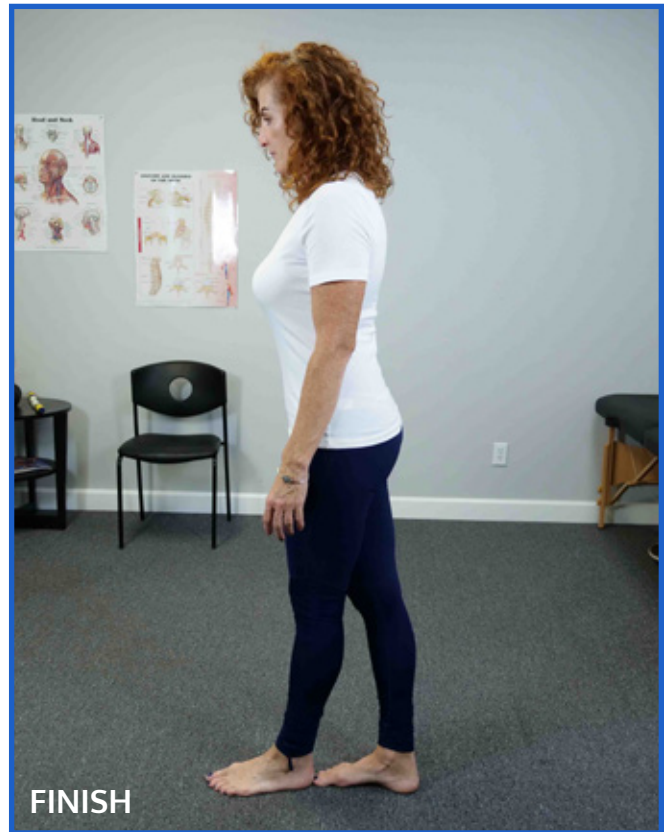
Begin by standing on the left leg and lifting the right leg up so that the knee is at hip height. Position arms overhead reaching for the sky. Slowly make the motion of a wave with your arms pushing down towards the floor. Continue to hold the position for 10-20 seconds while making waves with your arms and switch to standing on the right leg and lifting the left leg making waves for another 10-20 seconds.

EXERCISE #4 - THE DANCER



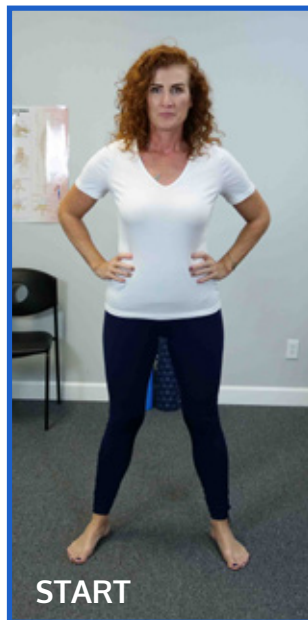
Begin by standing on the left leg and raising the right leg to the front. Keep the leg straight. Keep arms at your side or feel free to brace yourself using a chair, door frame or wall. Pause briefly and return the leg to starting position. Then raise the leg out to the side, pausing again for a moment and back to starting position. Lastly, raise the leg to the rear, pause and return to the start. That completes one repetition of the exercise. Repeat the movements 5 times for each leg.

EXERCISE #5 - TIGHTROPE WALKER



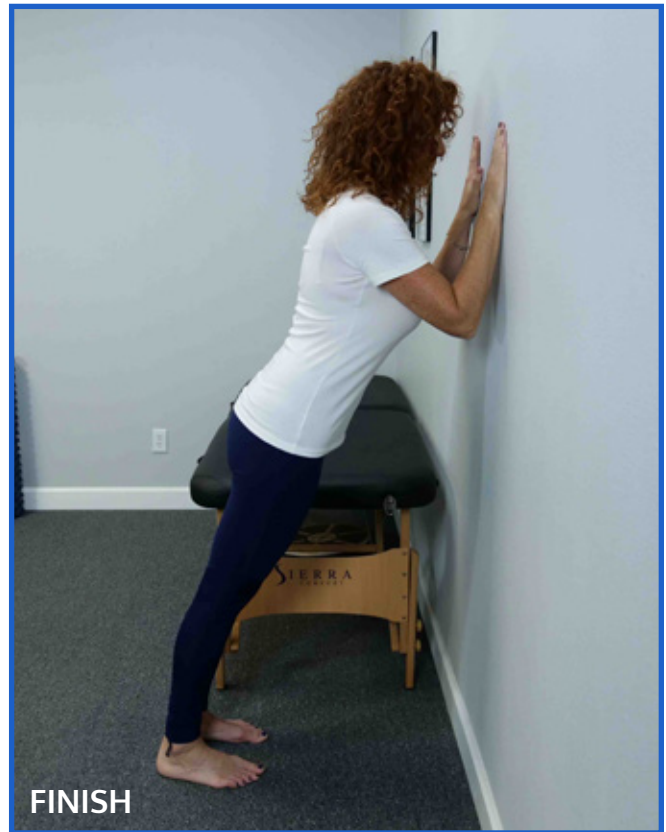
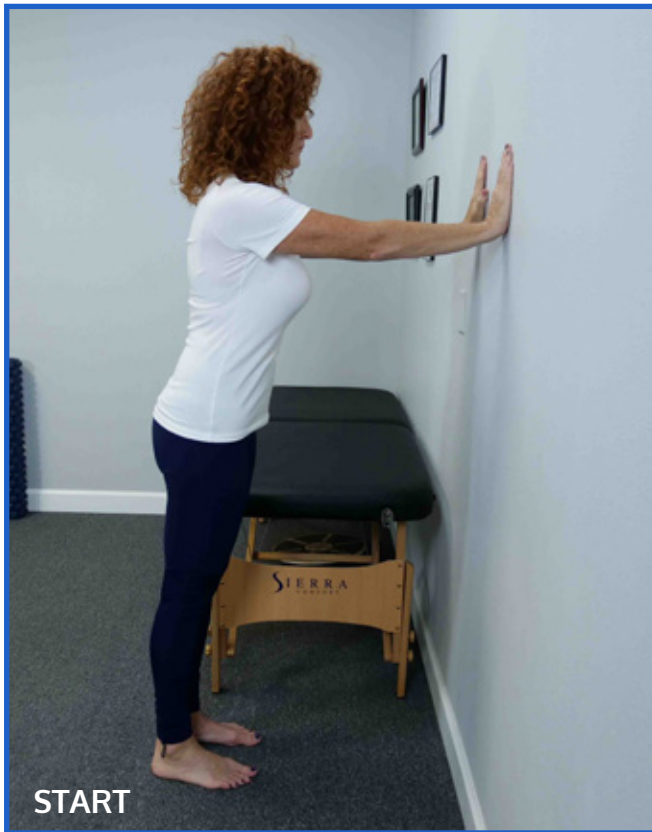
Again, use your imagination or create an actual line on the floor to walk along. Step one foot in front of the other as if you're high above the ground on a tightrope. Use your arms out to the side to help your balance. Every step should be precise, with the feet placed just in front or behind the other. After doing this moving forward for 30 secs, do the same thing moving backwards. Now you're moving at a faster pace trying to cover more ground while keeping the feet on the rope.

EXERCISE #6 - SEE SAW



Take a wide stance to begin. Place your arms at your waist. With a subtle rocking motion, transfer your weight to the right leg, bending at the knee as the left leg straightens out. Then at a faster pace, transfer the weight back to the left leg, bending at the knee as the right leg straightens out. If you're ready, attempt to lift the extended leg just above the floor briefly before transferring your weight back. Be sure to work within your personal limits moving now at a faster rate of speed. Repeat this side to side motion for 10 total repetitions.

EXERCISE #7 - WALL PRESS



Locate a strong, sturdy wall in or outside your home. Hold your arms extended out in front of your body and place your palms firmly against the wall. With the body standing straight, begin to bring your body towards the wall. Keep the feet grounded slowly lowering yourself to the wall and then press back to starting position. Perform this for 12-15 repetitions.

EXERCISE #8 - THE SKIER



With the arms at your sides, begin to lift the body upwards onto the balls of the feet so that the heels are elevated. Go as high as you can comfortably. At the top, pause, and reach your arms upward for 3-5 seconds. As you lower the heels, bring the arms downward and bend at the waist pushing the arms back behind the body. Bring the body into a downhill skier position. Then stand back up and repeat this for 12-15 repetitions.

EXERCISE #9 - THE MOVER



Again, using your imaginary skills, bend at the waist as if you're picking up a box down at your feet only this time the box is on your left or right side. This exercise can be done with a prop or with nothing at all. Bend over at the hips, rotate your trunk and grab the "box" and pick it up so that your palms are facing. Then as you stand, rotate across to the other side fully extending the arms and reaching to place the box up to the left or right on an imaginary shelf. Repeat this movement alternating sides for 10 total repetitions.

EXERCISE #10 - CHAMPION BOXER



Place your feet in a strong staggered position so that you feel sturdy and supported. Bring both fists up in front of you by your chin. Proceed to alternate cross punches L, R, L, R with uppercuts and hooks for 60 secs continuously. Do the best you can with your form alternating between cross punches, uppercuts and hooks. Determine a tempo or pace that feels appropriate for your level. Try to subtly rotate the trunk and hips as you extend and move the punching arms. Work within safe limits and have fun feeling like a boxer.

ABOUT THE AUTHOR

Chris Wilson specializes in all kinds of strength modalities; especially functional fitness exercise designed to restore balance and stability which improves body movement patterns. Chris has been passionate about exercise and human performance for decades and is a lifelong advocate for staying strong in body, mind and spirit.



Chris became a Certified Personal Trainer in 1999 with the National Academy of Sports Medicine (NASM) and has trained over 15,000 hours with clients of all ages, especially older adults and seniors. He's also certified with the American Sports & Fitness Association (ASFA) in Balance and Stability Instruction, is a certified Russian Kettlebell Instructor (RKC) and a Specialist of Sports Nutrition with the ISSA.

Chris resides in the sunny Clearwater area of Florida with his wife Samantha and their beautiful children Kellan and Camryn.

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