



FONTANUS
SCIENTIFIC METHODOLOGICAL
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HANDBOOK ON THE BALANCE² TRAINING METHOD

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(D.7)

I.M.Health

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1. Instructor Responsibilities During the Session

- Ensure visibility by arranging the space so you can clearly see all participants.
- Verbally explain and physically demonstrate exercises, especially during stretching and rest periods.
- Maintain an open and courteous demeanor.
- Approach each participant individually, starting with a friendly introduction.
- For first-time attendees, clarify the nature of the session.
- Discuss whether you can approach them during exercises.
- Conduct individual-focused sessions within a group setting.
- Use concise, clear commands.
- Communicate decisively.
- Monitor exercise execution.
- Correct mistakes.
- Demonstrate exercises simultaneously with giving instructions.
- Continuously set or show the pace.
- Pay attention to every group member.
- Keep participants in continuous motion.
- After explaining an exercise, move around to provide corrections.
- Motivate, encourage, and praise participants!
- Provide feedback after exercises (observations, performance, etc.).
- Summarize and evaluate exercises at the end of the session.

2. Session Structure

2.1. Before the Session:

- Inquire about any illnesses or injuries.
- Arrange the room so everyone can see and hear you, and vice versa.
- If using music, set it up with appropriate style and volume.

2.2. Warm-Up:

- Duration: 10-12 minutes.
- Prepare the body for physical exertion.
- Progress from simple to more complex exercises.
- Move from top to bottom (head-shoulders-arms...).
- Continuous verbal instructions and demonstrations.
- Ongoing correction of mistakes.
- Continuous execution of exercises.
- Include stretching exercises.
- Include balance exercises.

2.3. Main Part:

- This is the primary phase of exertion.
- Focus on developing skills (coordination, conditioning).
- Include technical training.
- Aim for peak exertion (which can occur multiple times).
- Include strength-building exercises.
- Stretching exercises can be included.

2.4. Cool-down Part:

- Gradually reduce exertion.
- Transition towards a state of rest (calm the body).
- Facilitate recovery processes.
- Include many stretching exercises.
- Avoid fast, sudden movements.
- Choose from stretching exercises.
- Evaluate the session (starting generally, then focusing on individuals).
- Summarize the session (begin the reflection process).

3. Exercises

3.1. Warm-Up Exercises

- Head circles.
- Shoulder rotations forward and backward.
- Arm circles.
- Elbow and arm stretches.
- Reaching stretches.
- Hip circles.
- Trunk circles.
- Forward and side bends.

3.2. Balance Exercises in Standing Position:

- Knee lift to horizontal.
- Knee lift above horizontal, then back to horizontal.
- Knee lift above horizontal, then backward.
- Knee lift to horizontal, then pull knee to the side and back to center.
- Knee lift to horizontal, then extend leg forward and bend back.
- Knee lift to horizontal, then ankle rotation inward and outward.

- Knee lift to horizontal, then lower leg rotation inward and outward.
- Lift straight leg back, foot flexed, lift leg to the side, then cross over.
- Knee lift to horizontal, ankle rotation inward, followed by wrist rotation, then opposite ankle and wrist rotation.
- Pull right foot to buttocks with both hands, then hold foot with left hand and bend forward.

3.3. Strengthening Exercises in Kneeling:

- Feet hanging off the mat.
- Closed kneeling position.
- Arms extended next to ears, fully straight, palms facing inwards.



- Shoulders relaxed.
- Bend forward from the hips, keeping the upper body in a straight line with fingertips.
- Elbow pull down (sideways towards the sacrum).



3.4. Exercises in Quadruped Position:

- Pair shoulder rotations forward and backward.
- Half circle with the arm.



- Raise one arm forward next to the ear, with palm facing inward, then move back and return.



- Opposite arm-leg lift (extended) to horizontal.



- Slowly lower raised limbs to touch the ground, then lift it back up.



- Opposite arm-leg lift (extended) to horizontal.
 - Arm-leg pull slowly to touch the stomach with elbow and knee, then straighten them back.



3.5. Front Plank Position:

- Hold position.



- Shift weight forward and backward.

- Shift weight sideways (hip slides without turning).
- Arm lifts (hip stays in place).
- Leg lifts (hip stays in place).



- Arm bends and extensions.



3.6. Straddle Kneeling:

- Sit between legs.
 - Feet facing backwards, pelvis straight.
- Pelvis tilt forward and backward.
 - Forward tilt creates a hollow back.
 - Backward tilt creates a rounded back.
 - Upper back remains straight.

3.7. Floating Seat:

- Hold floating seat with bent knees (shins parallel to the ground).



- Hold floating seat with bent knees:
 - Lower and hold torso and legs just above the ground.



- Floating seat with bent knees, hands behind head.
 - Torso twists to the left and right.

3.8. Exercises in Prone Position:

- Prone position with forehead support, hands behind head (toe support too).



- Torso lifts (lower back and buttocks not engaged).



- Prone position with forehead support.



- Opposite arm-leg lift (forehead stays on the ground).

3.9. Exercises in Supine Position:

- Supine position with feet flat on the ground (heels near buttocks).
 - Hip lifts.



- Supine position with feet flat and hip lifts.
 - Hip slide to the right and left.
- Supine position with feet flat and maximum hip lifts.
 - Knee approach and separation.



- Supine position with feet flat and maximum hip lifts.
 - Leg lift with straight leg to vertical, pushing upwards from the hip.
- Supine position with feet flat and maximum hip lifts.
 - Step with feet while holding hip position.

4. Stretching/Transitional Exercises

4.1. Sitting, Supine:

- Forward bend in extended sitting position (grasping feet).
- Butterfly sitting.
- In cross-legged position, raise left leg forward, extend, grasp left foot (and vice versa).
- Spinal rock with knees pulled to chest.
- From neck stand (candle), lower legs behind head.
- Supine position, pull knees to chest, grasp knees (both sides).
- Supine position, spinal twist with pulled knee (both sides).
- Bridge:
 - Head bridge (support with hands, head, feet).



- Gymnast bridge (support with hands, feet).



- Stretching:
 - In sitting, stretch upwards, to the left, to the right.
 - In supine position.

4.2. Quadruped, Prone:

- In quadruped position, lower chest to the ground with arm sliding forward.
- In prone position with chest support beside you.
- Push-up with arm extension and chest lift (hips stay down).
- Prone position, grasp ankles.
- Torso lift.
- Prone position, arms extended overhead.
- Stretching.

5. Principles of Transitions:

- During movement, progress from top to bottom towards the ground, as this feels natural for the body.
- If you lower your knee, continue with kneeling exercises; if you sit down, continue with sitting exercises; from sitting, you can proceed to supine exercises.
- From kneeling, you can move to lying exercises, strengthen the abs and back, and then transition to supine exercises.