



# Tumbl Trak Fitness for Parents!

## Balance Beam



**Tumbl Trak**  
Train Smart

# Before you begin...

- *Take time to warm up before you begin and cool down afterward.*
- *The first time you perform any exercise, start slowly until you understand the movement.*
- *Be sure to use proper matting, and, ensure that your workout space is clear of obstacles that could cause injury.*
- *Tumbl Trak Equipment is designed for users of a certain weight. See the product recommendations to be sure you can participate safely.*

# Standing Balance

## Description:

- *Stand tall with one foot in front of the other.*
- *Keep your body and shoulders square with the balance beam.*
- *Concentrate on strong posture with a tight core.*

## Additional Challenges:

- *Lift one knee up to hip height and touch toe to the standing knee. Hold for 20 seconds. Switch legs.*
- *Lift heels off of the balance beam and hold for an additional balance challenge!*
- *Add small arm circles alternating 20 seconds forward and then 20 seconds backward.*



# Leg Lifts

## Description:

- *Stand tall on one leg with good posture and core engaged.*
- *Lift one leg toward the **side**, slowly and return to the beam. Repeat on same leg 12 times, then switch to the other leg.*
- *Lift one leg toward the **front**, slowly and return to the beam. Repeat on same leg 12 times, then switch to the other leg.*
- *Lift one leg toward the **back**, slowly and return to the beam. Repeat on same leg 12 times, then switch to the other leg.*

# Sitting Posture

## Description:

- *Sit with legs straight in front, under the balance beam.*
- *Focus on good posture with core engaged.*
- *Reach arms forward as far as feels comfortable and hold that position.*

## Additional Challenge:

- *Sit with feet raised up on the balance beam, increasing the stretch.*

# Leaning Abs

## Description:

- *Sit with legs straight and feet up on the balance beam.*
- *Hold a strong posture, keeping the core engaged, back strong and tall.*
- *With arms crossed, lean back as far as you can, slowly and return to upright sitting position.*
- *Repeat for 20-30 seconds.*

## Additional Challenge:

- As you lean backward, twist the body and lean backward with one elbow toward the ground and return. Alternate sides for 20-30 seconds.

# Hands High Plank Hold

## Description:

- *Place hands flat and shoulder width apart on the beam with feet on the floor.*
- *Lift the body into a strong plank hold with hips flat, (not too high, not too low) and arms straight.*
- *Hold the abdominals tight and push shoulders away from the mat, creating a hollow shape in the chest.*
- *Hold the plank position for 30 seconds - 1 minute.*

## Additional Challenge:

- *Add a side plank - lift one arm off the ground and toward the ceiling. Hold side plank for 30 seconds - 1 minute.*
- *Lower the body by placing elbows on the ground and hold plank position.*

# Feet High Plank Hold

## Description:

- *Place hands flat and shoulder width apart on the mat with feet up on the balance beam.*
- *Lift the body into a strong plank hold with hips flat, (not too high, not too low) and arms straight.*
- *Hold the abdominals tight and push shoulders away from the mat, creating a hollow shape in the chest.*
- *Hold the plank position for 30 seconds - 1 minute.*

## Additional Challenge:

- *Add a side plank - lift one arm off the ground and toward the ceiling. Hold side plank for 30 seconds - 1 minute.*
- *Lower the body by placing elbows on the ground and hold plank position.*

# Push Ups

## Description:

- *Place hands on the balance beam with knees on the floor.*
- *Begin with arms straight, and a long body shape with core engaged and back strong.*
- *Bend the arms slowly lowering toward the balance beam and slowly return to a straight arm position.*
- *Repeat for 20-30 seconds.*

## Additional Challenge:

- *Lift knees off the ground with feet on the ground.*
- *Place feet up on the beam and hands on the floor.*

# Front Plank

## Description:

- *Begin with hands on the balance beam, arms straight, and legs outstretched.*
- *Lift hips to open with strong core and back.*
- *Hold this shape for 30 seconds to 1 minute.*

## Additional Challenge:

- *Lift one leg off the ground with holding the above front plank. Switch to the other leg. Hold 30 seconds to 1 minute each leg.*

# Tricep Dips

## Description:

- *Begin with hands on the balance beam, arms straight and hips slightly forward in sitting position.*
- *Lower your hips by bending the arms, slowly, then return to a straight arm position.*
- *Repeat for 20-30 seconds.*

## Additional Challenge:

- *Cross one leg over the other and perform dips while balancing on one leg.*

# Side Lunges

## Description:

- *Begin with one leg on the balance beam and the other leg wider than shoulder width and to the side.*
- *With a tall upper body and strong core, lower your hips slowly.*
- *Be sure to bend knees only as far as you can control, and, keep the knee from bending forward of the toes.*
- *Straighten your legs, pushing upward toward the balance beam. Pause and stand tall on the beam before stepping back out toward the floor. Plant the foot carefully and repeat with lowering the hips.*
- *Do 10-12 reps and switch sides.*

# Shoulder Stretches

## Description:

- *Begin on your knees with hands on the balance beam.*
- *Sit back on your heels as you lower your forehead toward the floor, opening up the shoulder angle, offering a stretch.*
- *Hold this position for 30 seconds to 1 minute.*

## Additional Challenge:

- *Pike Shoulder Stretch: Stand with feet shoulder width apart and hands on the balance beam. Hips should be high as you lower your forehead toward the floor opening the shoulder angle for a nice stretch.*
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***Tumbl Trak***

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