

DOS AND DON'TS OF UNSTABLE SURFACE TRAINING



DO

- 1.** Assess client's balance before attempting full exercises.
- 2.** Focus on the upper body and core.
- 3.** Avoid putting pressure on load-bearing joints like the knee and ankle.

DON'T

- 1.** Push novice clients into this training.
- 2.** Use heavy weights with unstable surfaces.
- 3.** Take chances or risks with this training!