

Rocker Board and Wobble Board Exercises

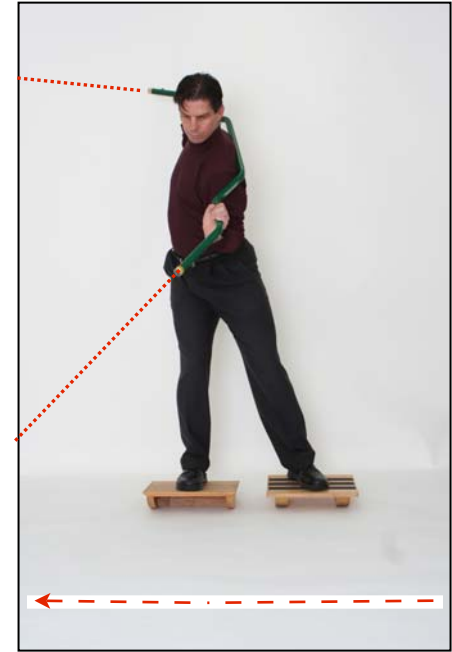


The object is maintain **no**
rocker board motion
throughout the exercise



Phase VII

Back Swing and downswing with Rocker board parallel to foot



Phase VIII

Elastic Exercise Tubing

Back Swing and downswing with Rocker board parallel to foot



Phase VIII

Back Swing and downswing with step off & rocker board parallel to foot



Phase X

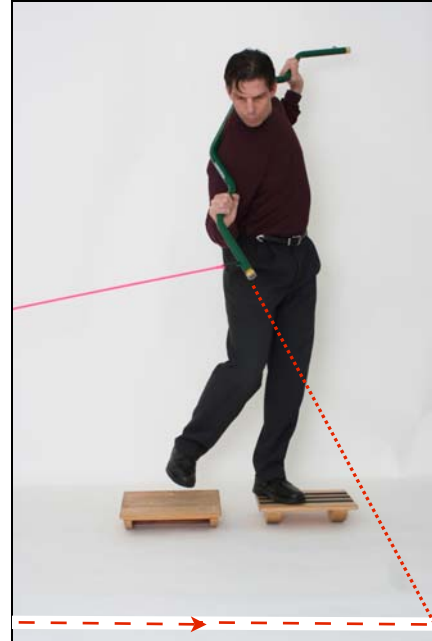
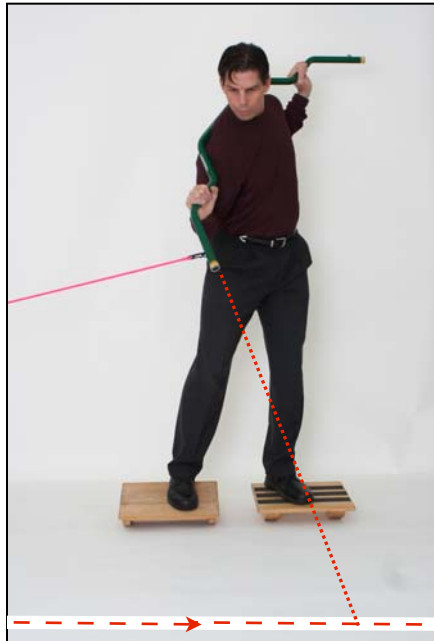
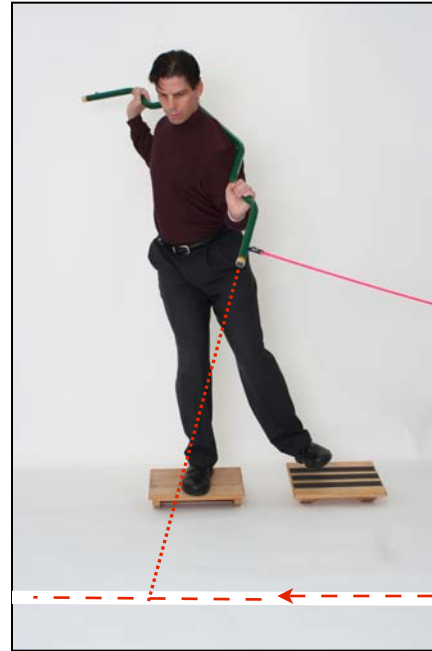
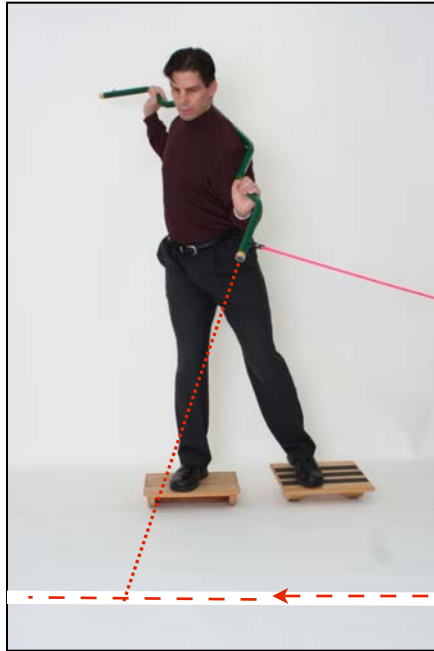
Back Swing and downswing on one foot with Rocker board parallel



Phase XI

Elastic Exercise Tubing

Back Swing and downswing with step off, rocker board parallel to foot



Phase XII

Elastic Exercise Tubing

Back Swing and downswing on one foot with Rocker board parallel

