

Back app training programme

The purpose of this training programme is to offer a combination of voluntary and involuntary balance training exercises for the upper body while sitting on a Back app chair. The programme is designed to stimulate the global stabilizing muscles of the trunk with voluntary, controlled movements on the chair and local stabilizing muscles of the trunk with simple balance training.

This programme is thought to last for approximately ten minutes and may be used several times during the day. The first training period should be instructed by a therapist or personal trainer to ensure proper execution. The following training periods may thereafter be performed individually.

Please follow the steps below and enjoy your ten minutes core muscle training.

Set the chair to training mode

1. Ensure the balance ball at the bottom of the chair is adjusted to the red zone by screwing the ball downwards. The whole of the red zone should be visible. (For rehab purposes and for subtle balance training a lesser challenge may be used by adjusting the balance ball to the green zone or black line.)
2. Sit well back on the seat so you partly cover the rear rim of the
3. With the height adjusting lever on the right of the seat adjust the high sitting position that feels comfortable.
4. Remember to keep your feet on the foot plate all the time.

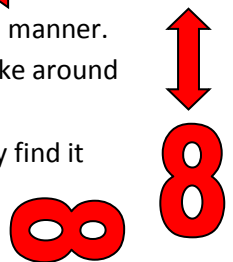
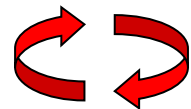


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Training

Try to keep a good lumbar curve and posture during the whole exercise.

1. When sitting comfortably rotate the chair in circles slowly clockwise fifteen times.
2. Rotate the chair anticlockwise fifteen times.
3. Keeping your shoulders and head still, move the chair forwards and backwards in a controlled manner. From the backward position to the forward and then back to the backward position should take around one to two seconds. Do so fifteen times.
4. Try to rotate the chair in a figure eight motion fifteen times. This is a little harder and you may find it easier when stretching your arms out to the side.
5. Next try to rotate the chair in a lying figure eight fifteen times.
6. Now try to find your centre of balance and sit on the red ball without the foot plate touching the floor. Remember to keep your good posture. Try this for four to five minutes.
7. To finish the exercise, repeat steps 1 and 2 again by rotating the chair fifteen times clockwise and then anticlockwise.



You can now adjust the ball back to the green zone or wherever you normally have it whilst working.

Please try to perform the whole exercise three times during your working day. After three or four weeks of this you may increase the number of rotations in each step up to twenty times in each direction.

Happy training!