

Flamingo Swing

Purpose

- This exercise improves balance and reduces the risk of falls.

Position

- Stand at the side of the chair, holding on for support.
- Keep knees and feet hip width apart.
- Stand tall and keep knees soft throughout.

Action

- Stand tall with good posture, looking straight ahead.
- Keep the pelvis neutral, tummy muscles pulled in and the shoulders above the hips.
- Keep the supporting leg straight but do not lock the knee.
- Transfer the weight onto the leg nearest the chair.
- Slide the other foot forwards keeping the toes in contact with the floor, slide the foot back keeping the toes in contact with the floor.


For advanced option please turn over.

Sets Reps

Comments



Contact us

 0151 934 2352

 active.lifestyles@sefton.gov.uk

 @LifestyleSefton

 [activelifestyles-sefton](https://www.facebook.com/activelifestyles-sefton)

Flamingo Swing

Purpose

- This exercise improves balance and reduces the risk of falls.

Position

- Stand at the side of the chair, holding on for support.
- Keep knees and feet hip width apart.
- Stand tall and keep knees soft throughout

Action

- Stand tall with good posture, looking straight ahead.
- Keep the pelvis neutral, tummy muscles pulled in and the shoulders above the hips.
- Keep the supporting leg straight but do not lock the knee.
- Transfer the weight onto the leg nearest the chair.
- Slide the other foot forwards keeping the toes in contact with the floor, and then lift the leg so that the foot is a few inches of the floor and the knee is bent.
- Swing the leg gently backwards in a controlled sweeping motion, keeping it close to the body.


Sets

Reps



Comments

Contact us

 0151 934 2352

 active.lifestyles@sefton.gov.uk

 @LifestyleSefton

 [activelifestyles-sefton](https://www.facebook.com/activelifestyles-sefton)