

Use the Mambo Max Balance Trainer only after consulting a trained licensed healthcare professional. For all exercises, keep a stable object (e.g. chair or table) nearby for support if needed.



Two-Leg Balance
Stand with both feet on the Balance Trainer.



One-Leg Balance Backward
Stand with both feet on the Balance Trainer. Lift one leg backwards and maintain your balance.



One-Leg Balance Forward
Stand with both feet on the Balance Trainer. Lift one leg forward and maintain your balance.



Squat
Stand with both feet on a Balance Trainer, your feet shoulder-width apart and extend your arms in front of you at shoulder height. Bend your knees to squat down. Make sure to keep your upper body and neck straight. For the best results, bend your knees as close to 90 degrees as possible.



Lunge
Stand behind the Balance Trainer. Lunge forward onto the Balance Trainer, bending your knees. Make sure to keep your upper body and neck straight. Return to a standing position and repeat with the other leg.



March
Stand with both feet on the Balance Trainer. March on the spot without lifting your feet off the Balance Trainer.



Ankle Rock
Stand with both feet on the Balance Trainer. Rock your ankles backward and forward on the Balance Trainer. Make sure to keep your hip and knees straight.



at the top of the movement for a few seconds, breathing continuously - Slowly lower back down, but don't relax all the way - Repeat with perfect form for each repetition - To add variation, bring your knees in at the same time you lift your upper body off the floor (Full Body Crunch)

Abdominal Crunch
Lie down on the floor on your back, placing the Balance Trainer under your hip and bend your knees, placing your hands behind your head or across your chest - Pull your belly button towards your spine - Slowly contract your abdominals - Exhale as you come up and keep your neck straight, chin up - Hold



Prone Plank
Get into a pushup position with your elbows on the Balance Trainer, directly below your shoulders - Hold here with your abs contracted, your legs extended and your head aligned with your spine - As you build strength, hold this position longer



Quadruped Stabilization
Get on your hands and knees, with one or both knees placed on the Balance Trainer - Alternate lifting your opposite arm and leg while keeping your trunk steady - Hold and slowly return



Oblique Abdominal Crunch
Lie down on the floor on your back, placing the Balance Trainer under your hips and bend your knees - Lean your trunk backward, contracting your abdominals - Raise one hand out to the side, without rotating your trunk, holding the other hand to your side - Return the stretched arm to the side - Slowly repeat with perfect form for each repetition with the other arm



Side Bridge
Place the Balance Trainer on the ground, and rest your elbow on it - Your elbow should be directly below the shoulder - Raise your hips and make sure your body is straight - Hold this position and slowly return - Repeat on other side



Shoulder Stabilization
Get on your hands and knees, with one hand placed on the Balance Trainer - Make sure the Balance Trainer is placed directly under the shoulder - Maintain the shoulder position while lifting the opposite hand off the floor - Hold and slowly return