

# Dyna Disc Balancing

## Neuromuscular Re-Education

- This will help all the small muscles within the body and the spine stabilize itself so you're better able to use the small muscles to balance vs using the bigger muscles.
- Place the dina disc on the floor in front of you
- Once you are in neutral position, step onto the dina disc
- Contracting the core which will you help stabilize

**\*\*Once you are comfortable and able to balance on the dyna disc, try balancing on the wobble board, keeping your core contracted**



- **2 minute reps x 4 sets is your goal.** Start with 2-3 sets and work your way up to 2 minutes with good form/posture. If you are unable to hold proper form/posture during your exercise, you are not performing the exercise correctly and may be hurting yourself. If you are unsure