

The Stability Chair

--the resistance provided by the chair can be used to challenge torso strength and stability ie. Footwork(compared to reformer), Ab Press Sitting (compared to Spine Stretch Forward on the mat), etc.

---the resistance of the chair can also provide support for clients having difficulty in certain exercises. ie. One Hand Prep Hand on Floor helps to develop the necessary strength and proper movement pattern needed to perform Push-up on the mat; Mermaid helps prepare for Sidebends on the Ladder Barrel and the Mermaid variations on the short box.

---There are four springs on the Chair---2 Heavy Springs(red) and 2 Light Springs(blue). If a spring is placed on the top hook, it will provide the most resistance. If a spring is placed on the low hook, it will provide the least resistance.

---Spring settings will vary greatly depending on individual strength and body weight. The spring settings suggested on the chart are only guidelines.

---In some instances, more resistance will be more challenging (ie. Footwork). In other instances, less resistance will be more challenging (ie. Scapula Isolation Standing---more resistance supports more of the client's body weight making it easier--- less resistance provides less support for the client's body weight making it harder.)

---Always remember that each piece of equipment has essential, intermediate, and advanced exercises that can be performed on it. This means that one piece of equipment is not more or less challenging than another piece of equipment. It DOES mean that similar exercises performed on different pieces of equipment will be more or less challenging depending on what aspect of the exercises you want to emphasize. Theoretically, you could incorporate essential level exercises on any piece of equipment into a client's very first workout depending on their needs.

Exercises on the chair can be added into a client's workout for a number of reasons:

--- To add challenge to certain exercises

---To provide support needed to build strength and clarify proper biomechanics

---when you want to include reciprocal work into the client's routine

---if the client cannot lie supine---(pregnancy, vertigo, obese, certain eye issues, hypertension)

---when you want to work on balance---standing on one leg does not happen at Essential level on any other piece of equipment. (These exercises are especially good for older clients.)

---to add variety to your client's workout

---To incorporate exercises involving weight bearing through the arms and shoulder girdle. Exercises like Scapula Isolation Standing and Triceps Press Standing are essential level exercises on the chair that help the client build the strength needed to support their body weight through their arms/ shoulder girdle. Some Intermediate exercises on the chair require the client to support all of their body weight through their arms/ shoulder girdle. (ie. Knee Raises, Leg Circles, and Beats)