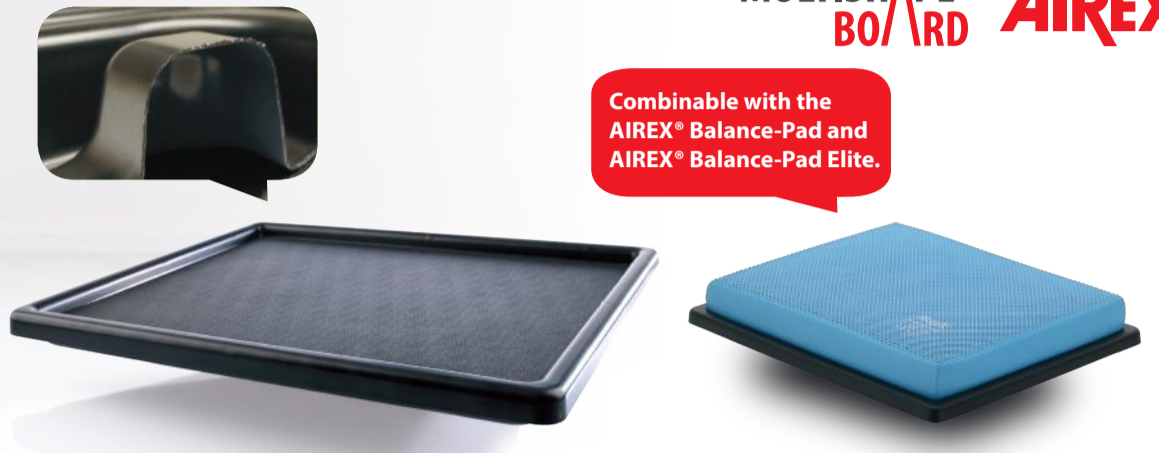


# Sensorimotor Training

Sensorimotor function is the interaction between muscles and the nervous system. Exercises on the Multishape Board® require you to persistently hold your balance while you react to different stimuli. This will improve the stabilizing characteristics of your low-lying musculature and improve your self-perception along with your posture. Moreover, it results in leg stabilisation, which offers very vital protection against injuries.

**MULTISHAPE BOARD AIREX®**

Combinable with the AIREX® Balance-Pad and AIREX® Balance-Pad Elite.



## Leg stabilisation

MULTISHAPE BOARD®, AIREX® Balance-pad

Sets: 1 - 3  
 Repetitions: Hold for 5 - 20 or 20 - 60 sec. Rest Duration: 20 - 60 sec.  
 Execution: Controlled | Even breathing | Lightly bend your supporting leg during each exercise

### Starting position

### End position



### Knee bend - single leg

Touch the heel down forward.

**Strengthening:** Legs

### Starting position

### End position



### Knee bend - single leg

Touch the heel down forward.

**Strengthening:** Legs

### Lunge

Upright your upper body. The front knee should not go past the tip of the foot

**Strengthening:** Legs  
**Stretches:** Hip flexor



### Horizontal single leg stand

Place the upper body in the horizontal position as much as possible and hold briefly.

**Strengthening:** Legs/  
 Torso

### One-leg stand

Vigorous one-leg stands. Briefly hold the end position.

**Strengthening:** Legs  
**Mobilisierung:** Hips



### Extend legs

Extend your legs and hold briefly.

**Strengthening:**  
 Abductors

### One-leg stand

**Alternatively:** Bring your arms together over your head.

**Balance**



### Rotation - knee

Let the roll rotate under your knee/behind your back.

**Coordination**

### Guide ball

Guide the ball around the board.

**Technical Coordination**



### Pass ball

Shoot the ball against the wall repeatedly while you stand on the Balance-Pad.

**Technical Coordination**