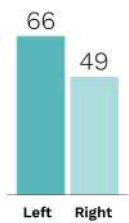


# Training Recommendations - Balance and Plank

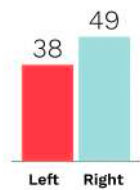
Sparta Science diagnoses and treats musculoskeletal health with simple 90-second scans that identify how you move and instantly creates individualized training recommendations to treat preexisting conditions, reduce future injuries, and optimize your physical health & performance.

## Balance Scan

Measures your ability to stabilize on each leg and can determine the likelihood of sustaining leg injury, having a fall, or even serve as an early warning sign of Parkinson's disease and diabetes.



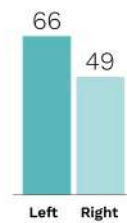
Healthy Scan



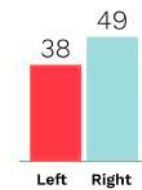
Unhealthy Scan

## Plank Scan

Measures your core's ability to control your body from side to side and top to bottom and can predict the risk of sustaining neck, core, back, and shoulder injuries.



Healthy Scan



Unhealthy Scan

## Activities to Improve Balance Scan



DB Split Squat



Overhead Squat (Dowel)



1 Leg Glute Bridge



Walking Lunge



Single-Leg RDL



Wall Sits



DB Goblet Squat



Inverted Row



Anti-Rotation Press



Push Up



Side Bridge



Bear Claw