

Balance- Belly Button Pendulum Training



Stand in front of the mirror and hold the pendulum at your belly button. Adjust your feet so that your toes are facing forward and you feel comfortable. Use the mirror to view where the pendulum hangs. (Should be inbetween your feet!) Next, shift your weight over your right leg. The pendulum should also shift over toward your right foot. Shift to the left leg next. The pendulum reflects your "Centre of Balance".