**SHARP TIP**
*(add to any exercise to destabilize and improve balance ... and increase energy cost)*

Stance, Heavy, Arms, ROM, Posture, Tempo, Inertia, Planes

**Stance**
- Base of Support – narrow or wide
- One foot
- Head / eyes

**Heavy**
- Imagine the limb or movement is heavy and difficult to do. This changes the muscle recruitment pattern.

**Arms**
- Reciprocal, non-reciprocal, behind back, different plane, unilateral, bilateral, CIT, overhead, ipsilateral

**ROM**
- Levers, bigger movement, larger reach, bigger jump, more flexion / extension, abduction / adduction, internal and external rotation, circumduction, bigger steps, reps, cross midline

**Posture**
- Train with good alignment – it increases function. Poor posture is extremely common in our populations – even with those who exercise.

**Tempo**
- Slow, slower, slowest

**Inertia (stop)**
- Stops (short or long), direction changes, re-starts without alignment changes

**Planes**
- We move mostly in sagittal plane. Add coronal and horizontal. Mix arms and legs and body. Multiplanar movement increases balance difficulties.