

Article Title: **Meditation practice improves body balance compared to stability exercises alone**

Authors: Davide Anchisi*, Brenno Ros, Luigino Sepulcri

Supplementary Information

Isometric trunk stability exercises

1. Plank with elbows on the ground, focus on keeping the body aligned for 20 seconds.
2. Plank with straight arms, raising alternately one arm for 3 seconds, repeated 3 times.
3. Plank with straight arms, raising alternately one leg for 3 seconds, repeated 3 times.
4. Plank with straight arms, raising one leg and the contralateral arm for 3 seconds, 3 times each side.
5. Plank with straight arms, raising one leg and one arm of the same side for 3 seconds, 3 times each side.
6. Side plank on the elbow, focus on keeping the body aligned for 20 seconds for each side.
7. Side plank on elbow, raising a leg and keeping the position for 3 seconds, 3 times each side.
8. Side plank on elbow, raising the arm and keeping the position for 3 seconds, 3 times each side.
9. Side plank on elbow, raising arm and leg, and keeping the position for 3 seconds, 3 times each side.

Stability exercises on fit-ball

Balance training on fit-ball followed a progression in four steps (Fig. 1):



Fig. 1 Stability exercises on fit-ball.

1. Kneeling on the fit-ball, staying balanced for 20 seconds.
2. Kneeling on the fit-ball, raising a leg to set a foot on the ball, balancing for 10 seconds on each leg.
3. Standing on the fit-ball with the hands placed on a support, keeping balance for 20 seconds.
4. Standing on the fiball, balancing as long as possible without any support.

*Corresponding author – Department of Medicine, University of Udine, 33100 Udine, Italy. E-mail: davide.anchisi@uniud.it