



Bolster & Wedge Activities

Bolsters and Wedges are wonderful additions to any obstacle course. Here are some moves that you can do on them.

BOLSTER

** Drape your body (tummy down) over the bolster and get a good stretch in your shoulders. Now place your back on it and let your arms and legs drop over the sides getting a stretch in your chest.*

** Lay supine on the bolster and see if you can balance your entire body on it. This is wonderful for trunk alignment.*

** Lay perpendicular on the bolster and walk your arms out, keeping your body straight, (you add a push up) and then walk your arms back toward the bolster.*

** For abdominal strength, lay with your back on the bolster and feet straddling it on the ground and do sit ups. You can also take turns lifting each knee upward.*

WEDGE

** Walking up and down a wedge can be challenging especially if doing it on your toes.*

** Log roll down the slanted side of the wedge with your hands extended above your head.*

** Lay on your stomach with your head on the higher end of the wedge and your hands free to do activities over the high drop off of the wedge. This is great for trunk extension and strength.*

** Lay with your back on the wedge (head upwards) and slide your heels up, one at a time.*

** Sitting at the top edge of a wedge do leg and ankle exercises.*

** Roll balls down or up the wedge.*

