

balancing exercise *(bal-anc-ing-ex-er-cise)*

Definition

n. An activity designed to improve balance and coordination, often used in physical fitness routines or rehabilitation programs.

Example Sentence

The therapist recommended a **balancing exercise** to help improve her coordination after the injury.

More Example Sentences

Incorporating a **balancing exercise** into your routine can enhance overall stability.

Synonyms

stability drill; coordination practice; equilibrium workout

Antonyms

imbalance; instability; disequilibrium

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