



CLICK FOR TIMER

PROGRAM-6-BALANCE

EXERCISE 1



STEP-UPS/ROTATING JUMPS

- ▶ Place a chair/step/wooden box in front of you. Brace your abdominal muscles and lower back to hold the spin in place.
- ▶ Step up on the box with your left leg, swinging your arms as you do so.
- ▶ Take your right knee and raise it in front of you, into the air.
- ▶ Step down with your right leg. Repeat exercise on one leg for 30 seconds and change side for the remaining minute.

Demo Video

EXERCISE 2



DB SINGLE LEG ROW

- ▶ Start in a bent over row position holding dumbbells or make a fist.
- ▶ Lift your left foot up behind you balance on your right leg, keeping your back neutral.
- ▶ Holding this position, row the weights towards your hips while squeezing your shoulder blades together. Lower weights back toward the floor.
- ▶ Continue rowing on this leg for 30 seconds, and then do 30 seconds on the other leg.
- ▶ Modification: keep both feet on the ground.

Demo Video

EXERCISE 3



LEG LOWERS

- ▶ Lie on your back with your heels pointed up to the ceiling. Place your hands underneath your backside to protect your lower back.
- ▶ Keep your abdominal muscles engaged; lower your right leg until just off the floor hold for one count return to the start. Lower your left leg and then lower both legs.
- ▶ On the next round of leg lowering start with your left leg, then right then together.
- ▶ Repeat for the minute.

Demo Video