



CLICK FOR TIMER

WEEK-1-BALANCE

EXERCISE 1



DEAD LIFT JACK

- ▶ Stand with feet hip-width apart, right foot raised off the floor and arms extended in front of you.
- ▶ Bending forward from your hips and keeping your back flat, raise your right leg straight behind.
- ▶ Return to standing and take the right leg to the side and hands out and over your head.
- ▶ Repeat 8-10 times on one leg then change leg.

[Demo Video](#)

EXERCISE 2



FRONT SQUATS

- ▶ Stand with your feet hip-width apart, hold dumbbells or make a fist with your hands at your shoulders, elbows pointed forward.
- ▶ Push your hips back and squat down until your thighs are parallel to the floor. Keep your chest up, shoulders back and elbows high on the squat.
- ▶ Make sure you sit on your heels, not your toes, pause for one count and return to standing.
- ▶ Repeat for the minute.

[Demo Video](#)

EXERCISE 3



ANKLE TOUCHES

- ▶ Start by lying on a mat, left knee bent, left hand extended out to the side, head turned to the left hand. Right hand resting on your abdomen.
- ▶ Raise your right leg and with your left hand touch your right ankle or toe or get as close as you can.
- ▶ Return the leg and hand to the ground making sure your eyes follow your left hand.
- ▶ Repeat 8-10 times and change sides.

[Demo Video](#)