



CLICK FOR TIMER

WEEK-1-BALANCE

EXERCISE 1

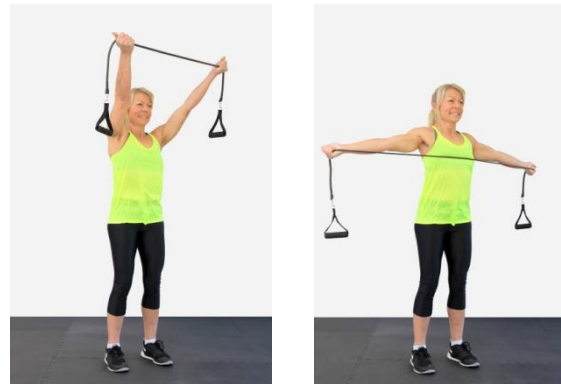


AIR SQUATS

- ▶ Begin with your feet slightly wider than hip-width apart.
- ▶ Keeping your weight in your heels, sit back into your deep squat as you raise your arms overhead.
- ▶ Return to standing while lowering your arms to your sides.
- ▶ Repeat for the minute as quickly as you can with good form.

[Demo Video](#)

EXERCISE 2



BAND PULL APART

- ▶ Stand holding a resistance band with a underhand grip. Raise your arms up, but not overhead.
- ▶ On an exhale, pull your abdominal muscle to your spine and stabilize your torso as you open your arms out to the sides, focus on the shoulder blades sliding together.
- ▶ Inhale as you slowly return your arms back and up to the starting position.
- ▶ Repeat the movement for the minute, being careful not to arch your spine and push your rib cage forward when opening your arms.

[Demo Video](#)

EXERCISE 3



RUNNING MAN

- ▶ Stand near a wall (for security) and lift the leg closest to the wall so that the knee forms a 90 degree angle. Slightly bend the knee on the standing leg.
- ▶ Then drive the raised leg back and touch your toe lightly on the ground behind you, then bring it back up to starting position, moving the arms in a running motion
- ▶ Repeat the movement for 30 seconds and then turn and repeat on other leg.

[Demo Video](#)