



CLICK FOR TIMER

### WEEK-1-BALANCE

#### EXERCISE 1



#### STAR JUMP TOUCH

- ▶ Start in squat position arms by your sides. From this position jump up explosively as high as you can.
- ▶ As you land, absorb the impact of the landing by bending your knees and leaning forward hips back. Make sure your knees don't come towards each other. Repeat with control for the minute.
- ▶ **Modification:** Omit the jump, and stand up from the crouch position bringing one leg out to the side alternating leg each time you come up.

Demo Video

#### EXERCISE 2

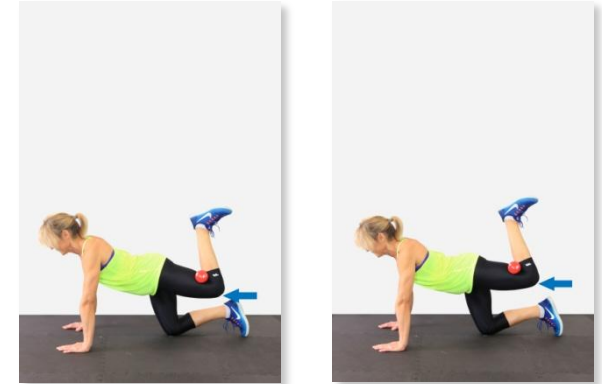


#### BACK SQUAT

- ▶ Stand with your feet shoulder width.
- ▶ You can use a barbell, a stick or have your hands up and at your ears for this exercise.
- ▶ If the stretch is intense, using a stick then work with your breath and stretching for this exercise otherwise continue to the squat.
- ▶ To begin the squat; lower your hips deeply (or to where you can) so your thighs are parallel with the floor. Be sure to keep your weight back in your heels.
- ▶ Pause for one count and return to standing. Continue the back squat for the minute.

Demo Video

#### EXERCISE 3



#### WEIGHTED KICK-UPS

- ▶ Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Bend your right knee at a 90-degree angle and place a dumbbell in the crook of your knee.
- ▶ Slowly pulse your foot toward the ceiling by squeezing your glutes. The motion should be small and controlled with your gluteal muscle doing the work and not momentum.
- ▶ Return to the starting position. Do 15 - 20 pulses on each side.
- ▶ **Modification:** Omit the weight.

Demo Video