



CLICK FOR TIMER

WEEK-2- BALANCE

EXERCISE 1



1-2-3-3 PENDULUM SWINGS

- ▶ Stand straight, keeping your arms close to your body for balance.
- ▶ Swing your legs one at a time out to the side of your body. Transferring your weight from one foot to the other.
- ▶ Once you have the rhythm count 1-2-3 and on the 3rd leg swing hop on the same leg.
- ▶ Continue for the minute ensuring the core muscles are engaged at all times
- ▶ **Modification:** Alternating side foot tap

Demo Video

EXERCISE 2



SINGLE LEG SQUAT SIDE LUNGE

- ▶ Sit on a bench or chair against the wall. Raise your right leg. Your hand stretched out in front.
- ▶ Press your left foot into the ground lift up off the chair. Then with your right leg immediately go into a side lunge. Return to the middle and slowly lower back into the chair using your left leg. Repeat 5-8 times change leg.
- ▶ **Modification:** Omit the sit down and include a mini single leg squat

Demo Video

EXERCISE 3



CHEST FLY BRIDGE

- ▶ Start position: Lie on your back with your knees bent and your arms to the side, make a fist or hold a dumbbell (DB) in each hand
- ▶ Engage your core and glutes keep your knees in line with your hips and feet elbows slightly bent, breathe out as you squeeze the glutes and lift your hips and arms off the mat. Bring the DB up with your palms facing each other.
- ▶ Inhale as you lower your arms and hips back to the start position.
- ▶ **Modification:** Glute bridge arms at your side

Demo Video