



T4-WEEK-2- Balance

EXERCISE 1



TOE TAPS

- ▶ Use a step, box, block or even a thick book. Tap your left toes on the block then push off the ground with your right foot and switch legs in mid-air.
- ▶ You will land with the edge of your right foot on the platform and your left foot on the ground.
- ▶ Continue this movement, alternating feet and tapping the edge, without stopping.
- ▶ **Modification:** omit the hop change.

EXERCISE 2



LICKSTAND SQUATS

- ▶ Hold Dumbbells at shoulder level, elbows forward. Place your right foot on a small step, block or use a thick book.
- ▶ Transfer your weight onto your right foot and lift the left heel off the ground but have toes gently resting on the ground bearing no weight.
- ▶ Push your hips back lower into a single leg squat as deeply as you can. Repeat 10-12 times and change leg.
- ▶ **Modification:** Omit the weight and/or keep both feet on the ground.

EXERCISE 3



STAGGERED PUSH UP

- ▶ Start with your knees on a mat and place your hands below your shoulders.
- ▶ Brace your abdominal muscles and shift your right hand slightly above shoulder height while you shift your left hand back towards your ribs.
- ▶ Slowly lower yourself to the ground, pause and push yourself up to the starting position, repeat 3 times and change hand position.
- ▶ **Modification:** Staggered push up against the wall.

Press to play this week's workout video