



T1-WEEK-6-Balance

EXERCISE 1



SQUAT JUMP/HEEL RAISE

- ▶ Start with feet hip width apart, push your hips back and lower your buttocks to the ground.
- ▶ Simultaneously, reach your right hand towards the ground to a challenging but safe level.
- ▶ Brace your abdominal muscles pressing through your feet pop yourself up, leading with your chest. Landing softly into start position.
- ▶ Immediately descending into a squat with your left hand leading towards the ground. Continue alternating hand reach squat for the minute.
- ▶ **Modification:** Omit the jump and do heel raisers.

EXERCISE 2



BAND LEG SLIDER

- ▶ Start by standing on a stretch band holding each end. Shoulders away from your ears.
- ▶ Brace your abdominal muscles and lift your right knee and pull the stretch band forward with your left hand, maintain your shoulder position.
- ▶ Extend your right leg and left arm back and pull forward the stretch band in your right hand without bending your elbows.
- ▶ Repeat 5-7 times and change sides.
- ▶ **Modification:** Omit the band and use a chair for support.

EXERCISE 3



BAND LEG PRESS

- ▶ Lie on a mat, anchor a stretch band around the sole of your feet, hold each end. Knees are at 90° your shins are parallel to the ground.
- ▶ Brace your abdominal muscles, leading with your heels extend your legs out and down towards the ground. There should be no pressure on your lower back.
- ▶ Return to start position and continue the leg press for the minute with a focus on bracing your abdominal muscles to protect your lower back.
- ▶ **Modification:** Do this exercise seated.

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