



T1-WEEK-1-Balance

1. 2 Way Press Jack



INSTRUCTIONS

- ▶ Start with light dumbbells (DB) overhead feet wide. (start position)
- ▶ Jump your left foot back and bring the DB to chest level.
- ▶ Jump your feet and DB to start back to and then for right foot back.
- ▶ Continue alternating for the minute.
- ▶ **Modification:** Omit overhead and do reverse lunge with a press

2. Clutch Lunge



INSTRUCTIONS

- ▶ Start with feet hip width apart. Brace your abdominal muscles, lift left knee up and clutch with both hands pause.
- ▶ Then immediately descend into a reverse lunge with your left leg back.
- ▶ Return to start position and repeat for a right leg clutch and continue alternating leg for the minute.
- ▶ **Modification:** Omit the lunge and practice knee up balance

3. Bear Tap Back



INSTRUCTIONS

- ▶ Start with hand and knees on the ground and then lift your knees off the ground (bear position).
- ▶ Brace your abdominal muscles and extend your right leg back, return to start and pause to reset.
- ▶ Repeat for left leg extension and continue alternating for the minute.
- ▶ **Modification:** Do tap backs with support of a chair.