

STEP 1



STEP 2



Single Leg Stance

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



Tandem Stance

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Place one foot directly in front of the other, so you are standing in a heel-to-toe position. Maintain your balance in this stance.

Tip

Try not to move your arms away from your body and make sure to keep your back straight.

STEP 1



STEP 2



STEP 3



STEP 4



Single Leg Balance with Clock Reach

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position. Imagine you are standing in the middle of a clock.

Movement

Bend your legs slightly, then reach forward with one foot toward 12 o'clock, then bring it back to the starting position and reach toward 3 o'clock. Continue, reaching toward 6 o'clock, then 9 o'clock, and repeat.

Tip

Make sure to keep your hips level as you reach with your leg, and do not let your standing knee collapse inward.

STEP 1



STEP 2



Single Leg Balance on Foam Pad

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position on a foam surface with your arms resting at your sides.

Movement

Raise both arms and lift one foot off the surface by bending your knee, transferring your weight to your other leg. Hold this position.

Tip

Make sure to keep your back straight during the exercise. Do not lose your balance and do not let your legs touch while you are balancing.

STEP 1



STEP 2



Single Leg Running Balance

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Bend one leg and your opposite arm into a running position, then straighten your bent leg, lean forward, bend your other arm, and bend your standing leg. Return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise. Do not let your knee collapse inward.

STEP 1



STEP 2



Single Leg Balance with Opposite Leg Star Reach

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing on one leg.

Movement

Reach your free foot out towards different points on the star.

Tip

Make sure to keep your movements slow and controlled and do not let your stance knee bend forward past your toes. Try to reach as far as you can while keeping your balance.

STEP 1



STEP 2



STEP 3



Lower Quarter Reach Combination

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the middle of a Y shape on the floor.

Movement

Balance on one leg and reach your other leg along each of the three lines, going around the Y in a clockwise direction.

Tip

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



Single Leg Balance with Alternating Floor Reaches

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Bend forward at your hips, lifting one leg straight behind you, and reach toward the ground with one hand at the same time. Return back to the starting position and repeat with your other arm.

Tip

Make sure to maintain your balance and keep your back straight as you bend forward.

STEP 1



STEP 2



Tandem Walking

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing in a long open flat space.

Movement

Walk forward, placing the heel of your foot directly in front of the toes of your other foot.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



Single Leg Balance with Ball Toss

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing on one leg, holding a small ball, with your parent or caregiver across from you.

Movement

Toss the ball back and forth while keeping your balance.

Tip

Make sure to stand tall and control your balance during the exercise.

STEP 1



STEP 2



Half Kneeling Diagonal Lift with Narrow Balance

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a half kneeling position, with your front foot in line with your supporting knee, and your arms down toward one side, holding a weighted ball.

Movement

Pull your arms diagonally up to your other side in a lifting motion, without rotating your trunk. Slowly return to the starting position and repeat.

Tip

Make sure to maintain your balance, keep your abdominals tight, and do not shrug your shoulders.

STEP 1



STEP 2



STEP 3



Single Leg Balance with Leg Semicircles and Resistance

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position, balanced on one leg, with a resistance band or loop secured around both ankles.

Movement

Lift your other leg behind your body and move it in a circular motion toward the front of your body. Reverse the movement and repeat.

Tip

Maintain constant tension in the band. Do not allow your trunk to wobble and avoid gripping with your toes.

STEP 1



STEP 2



Single Leg Balance with Medial Anchored Resistance

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around one knee and anchored on your opposite side.

Movement

Lift your other leg off the ground to balance on your leg with the resistance band. Hold this position.

Tip

Make sure to maintain your balance, and do not let the band pull your knee inward during the exercise.

STEP 1



Shoulder Stability Plank with Hands on Rocker Board

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with your hands on a rocker board in front of you.

Movement

Extend your legs backward into a plank position. Maintain your balance in this position.

Tip

Make sure to keep your back flat and maintain a slight shoulder blade squeeze. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Plank on Balance Disk

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with a balance disk in front of your on the floor.

Movement

Straighten your legs, moving your body into a plank position, with your feet spread wide and your elbows on the balance disk under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 4



STEP 2



STEP 3



Control Balance

REPS: 3 | SETS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back in imprint with your legs straight toward the ceiling. Lower your legs to a diagonal position.

Movement

Inhale as you hinge your hips then roll pelvis and spine off the mat until you are resting on your upper back with legs parallel to the floor. Exhale as you keep your balance and use your gluteals to reach your feet up to the ceiling. Continue breathing as you alternate scissoring your legs in opposite directions. After your last repetition, inhale as you bring your legs back together and exhale as you roll down through your back, lowering your pelvis to the mat and repeat.

Tip

Make sure to roll through your low back and do not roll up onto your neck during the exercise.