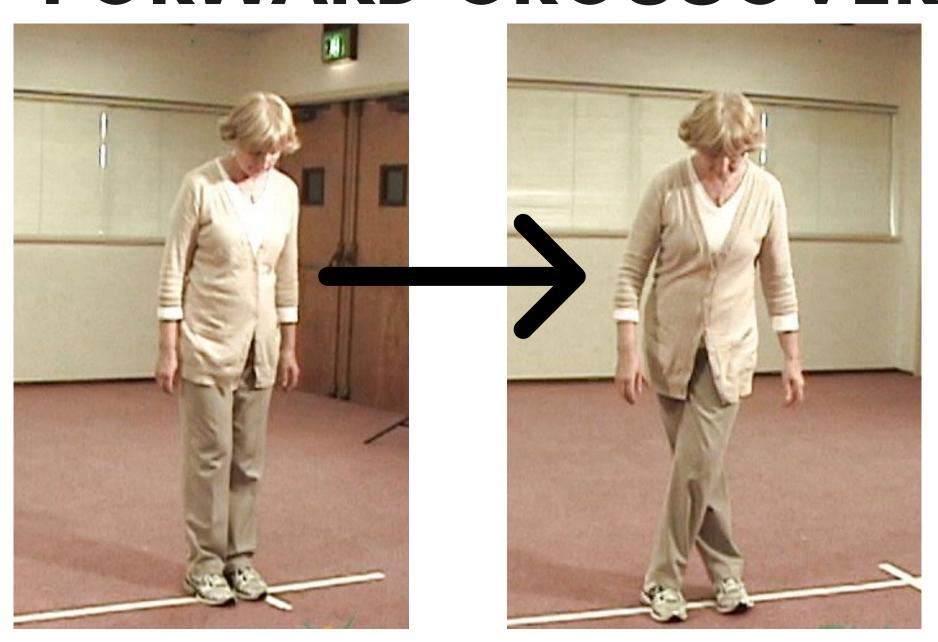
Balance and Stability

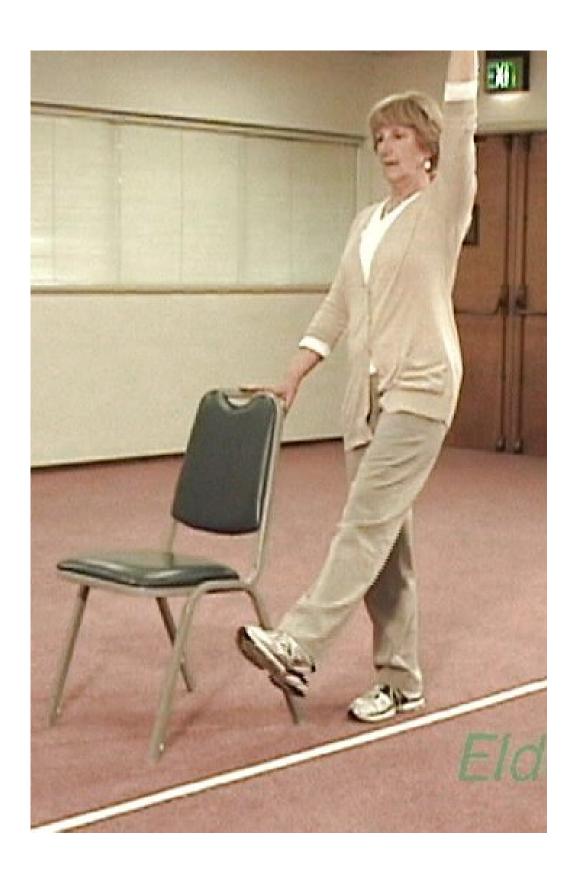
Hold each pose for 15-30 seconds Repeat 10-20x on each side

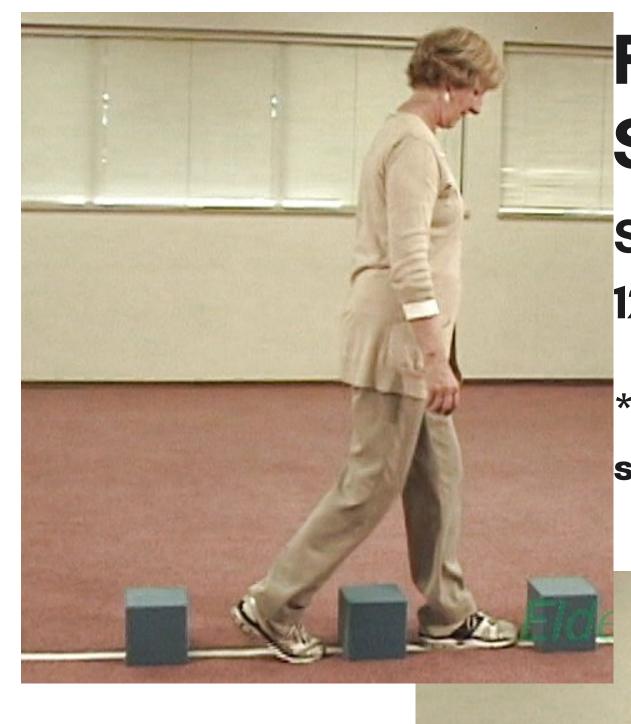
FORWARD CROSSOVER CLOCK REACH





SINGLE LEG & **ARM STANCE**





FORWARD STEPPING

Space out blocks 12-16 inches apart

*A stack of books can substitute for the blocks

SIDE **STEPPING**

Insure you are lifting your feet at least 6 inches off the ground

