

Balance and Stability

Repeat each motion 10-20 times on each side

Single Leg Cone Taps



- Set up 3 to 5 cones or soup cans in a circle or arch
- Stand in the center
- Standing on one leg extend the other leg to do toe/heal taps to the various points
- Place chairs on either side of you for assistance
- Repeat full set of taps 3 - 5 times on each leg
- For added balance try alternating clockwise and counterclockwise taps
- For added difficulty place cone/cans further away

