

# Balance and Stability

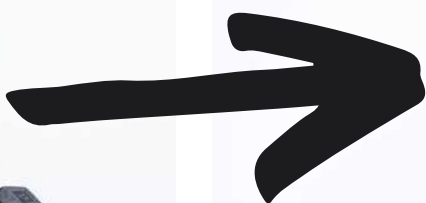
Recommend three sets of 5-10 (on each side)

## V-UPS

Lie on your back. Keep feet together & toes pointed. With legs straight, lift them up as you raise your upper body off the floor. Keep your core tight as you reach for your toes with your hands.



## Single leg dead lift with dumbbell fly



Lift left leg behind hip until chest is almost parallel to the floor and bring arms with dumbbells down toward the floor. Keep spine naturally straight, abs engaged and return to start.

Stand with feet together and knees slightly bent, holding a dumbbell in each hand. Raise the left leg and bend at the knee. Extend arms out to sides. Engaging abs and balancing on right leg, hinge forward at hips

## Balancing knee lift

Stand on your left leg. Bend the right knee and lift it up so your thigh is parallel to the floor. Hold here, or make it harder by pulsing your right thigh: up an inch, then lowering down an inch. Repeat for one minute, then switch to the other leg.

