

Balance and Stability

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

Toe Tap Single Leg Raise



Raised Heel Single Leg Stance



Increase challenge with body rotation and change of your gaze

*Soup cans or book can substitute ball

Heel Raise with Knee Bend



Single Leg Stance

Alternate your body rotation and change of gaze

*No balance step, no problem, do exercise on floor

