

Balance and Stability

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

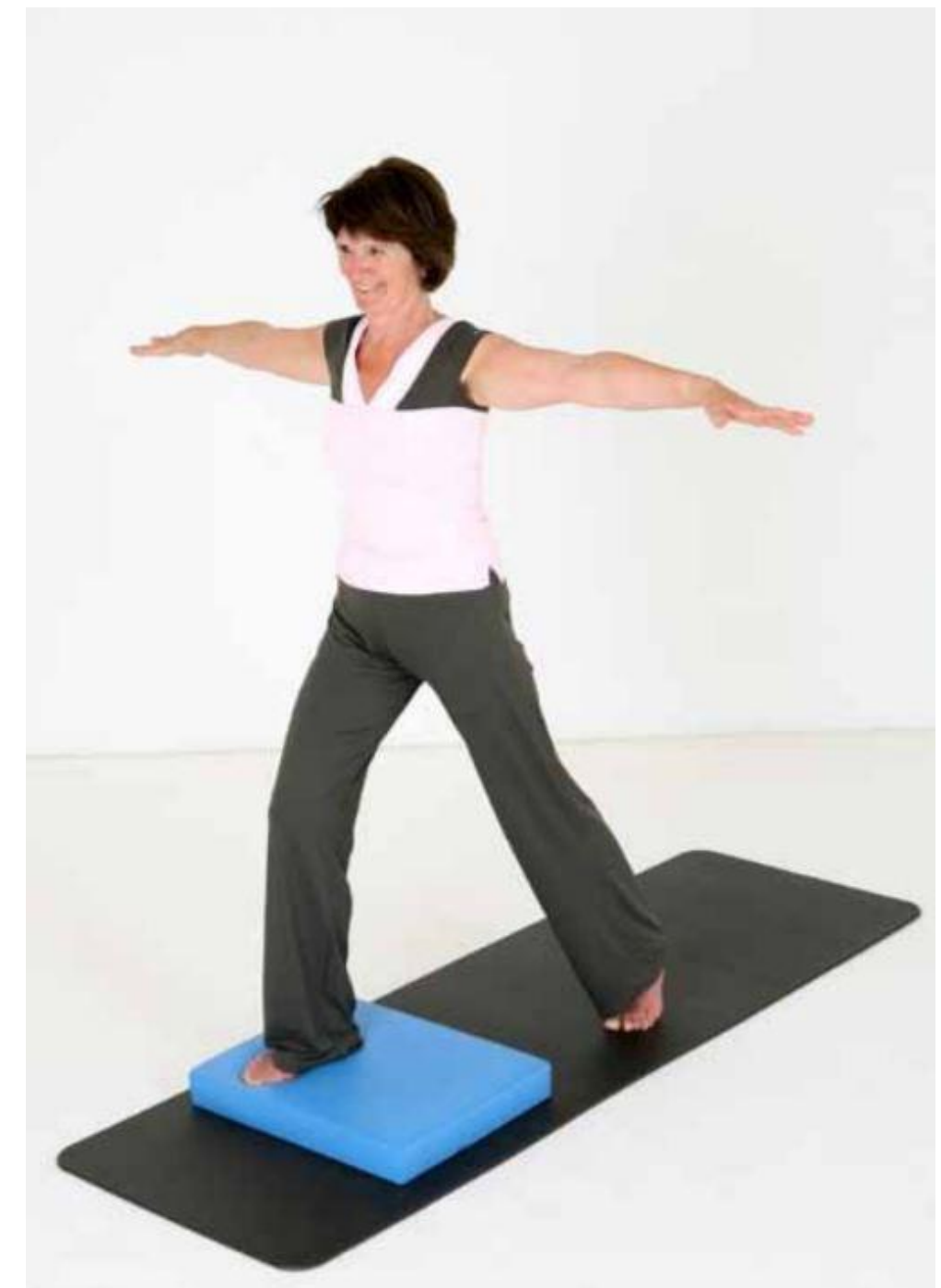
Stand on pad feet hip with apart, thrown ball over your head from one hand to another



Stand on pad, use bar or broom stick with brush towards ceiling, alternately raise and lower legs toward rear



Bend front knee and extend back leg and arms



Stand on pad, cross arms over chest and alternately raise and lower knee



Stand on pad feet hip with apart, lift legs alternately and guide ball under leg

