



CLICK FOR TIMER

### WEEK-1-BALANCE

#### EXERCISE 1



#### SINGLE LEG HOPS

- ▶ Start with your feet hip width apart. Lift up your right foot behind you so you are standing on your left leg only. Place your hands on your hips to help you feel if your hips are level.
- ▶ Then lift up on to the toes on your standing leg and flex your knee and ankle slightly so you can hop up and down on your standing leg for 20 seconds. Then change leg repeat.
- ▶ **Modification:** single leg heel raise and you can use a chair for balance if needed.

Demo Video

#### EXERCISE 2



#### REVERSE LUNGE BALL PASS

- ▶ Stand with your feet hip width apart and hold a weighted ball above your head.
- ▶ Take a step back with your left leg, bending your knee as low as you can, take the ball into your left hand to shoulder level.
- ▶ Press through the heel of the right foot and return to standing and the ball overhead.
- ▶ Continue alternating the lunge and ball pass noting; the ball is on the same side of the back leg.
- ▶ **Modification:** Omit the ball and simply lower arms to shoulder level with the palms up.

Demo Video

#### EXERCISE 3



#### KB RUSIAN TWIST

- ▶ Hold a weight (KB=Kettle Bell) and sit on a mat, with knees bent, lean slightly back without rounding your spine. It is important (safe) to keep your back straight. You can keep your feet on the ground or lift them up for a greater challenge.
- ▶ Pull your navel to your spine and twist slowly to the left, bringing the KB to your left side. The movement is not large and comes from the ribs rotating, not from your arms swinging. Inhale through centre and rotate to the right. Continue alternating sides for the minute.
- ▶ **Modification:** Omit the weight.

Demo Video