



T3-WEEK-1-Balance

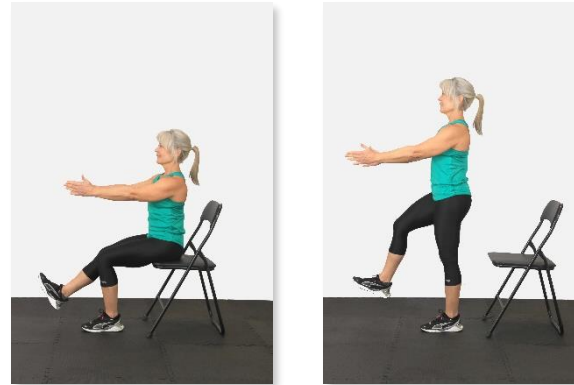
EXERCISE 1



FORWARD KNEE DRIVE

- ▶ Start in a split stance holding dumbbell (DB) up and over your forward leg.
- ▶ Brace your abdominal muscles and drive your knee up and DB down and behind you.
- ▶ Return to start and repeat 10-15 times, then change driving leg.
- ▶ **Modification:** Omit the DB

EXERCISE 2



SINGLE LEG SQUATS

- ▶ Start sitting in a chair arms stretched forward for balance.
- ▶ Extend one leg forward, either raised or grounded for support.
- ▶ Brace your abdominal muscles, drive through the grounded leg closest to the chair to a standing position.
- ▶ Return to the seated position and repeat 5-8 times then change leg.
- ▶ **Modification:** Omit the leg extension and do sit to stand exercise with both feet grounded

EXERCISE 3



BIRD-DOG TRICEPS KICK

- ▶ Start in a bird-dog position holding one dumbbell (DB) at your chest.
- ▶ Extend the opposite leg back and straighten the arm holding the DB.
- ▶ Curl the DB back to start position and repeat 8-10 times. Change sides.
- ▶ **Modification:** Use a chair extend your arm and leg back then drive the knee up and curl the DB forward.