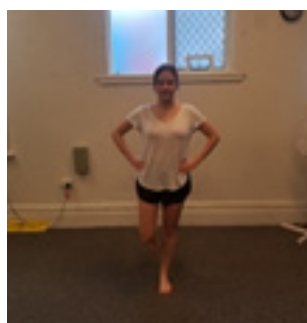




Top exercises to build your strength, control and balance



Single leg balance:

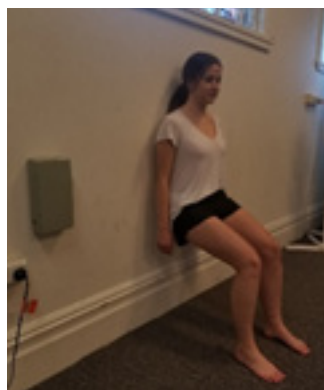
Stand on one leg, keeping the hips level.
Try and balance on each leg for 30 seconds.
To make it harder, try closing the eyes.

Thanks to our friends at



Single leg squat:

Stand on one leg with the hips level.
Bend at the hip and knee into a single leg squat reaching the arms forward.
Slowly return to stand on the one leg.
Repeat 10 times before swapping legs.

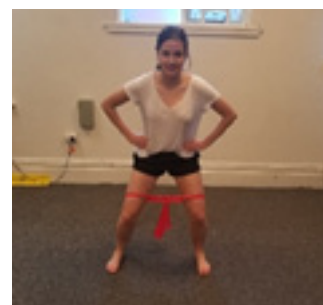


Wall sit double leg:

Rest your back against the wall.
Slide your hips towards the floor and walk your feet forward.
Make sure your feet and knees are in line with your hip and your knees are above the ankle.
Hold for 30 seconds.

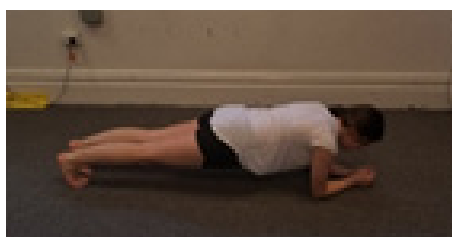
Crab walks

Tie a TheraBand around your knees.
Find a squat position then side-step, keeping your knees open.
Take 5-10 steps each way.





Top exercises to build your strength, control and balance



Front plank:

Lift up onto elbows and toes holding a straight alignment from the neck to the ankles.

Hold for 10 – 30 seconds making sure your back does not sag to the floor, but your hips do not reach too high to the sky.

To make easier, drop your knees to the floor.

Thanks to our friends at

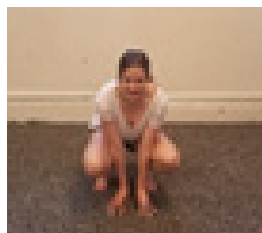
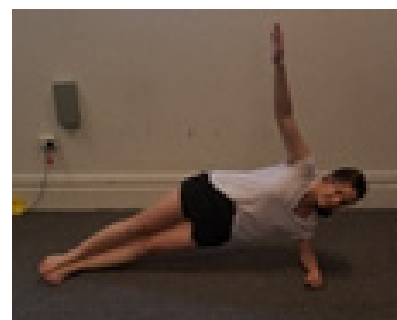


Side plank:

Lie on one side. Lift yourself up onto your elbow and outside border of your bottom foot. Rest your top leg on your bottom leg.

Hold for 10-30 seconds making sure you have a straight alignment from the head all the way to the ankles.

To make easier, drop your knees to the floor.



Frog jumps:

Squat down low taking your hips to your heels. Jump forward like a frog, landing back into a frog position. Repeat 5-10 times.



Superman holds:

Lie face down on the floor. Reach your arms out in front. Lift both arms and legs as high as you can.

Keep the elbows and knees straight.

Hold for 10-30 seconds.

Stride jumps:

Stand on one leg. Jump forward and to the side, landing onto the other leg. Try and land quietly with good balance. Alternate legs, 5 jumps each side

