

Side Balance: Kneeling

Why we do it:

Balance and core stability.
Opens up chest and shoulder girdle.
Hip and quadriceps stretch.

Functional Benefit:

Stability
Flexibility



Kneel with your knees together, arms at your sides.

Extend left leg to the left, straight knee, pointed toes.

Lift arms sideways to shoulder height and reach left hand to the floor, keeping left arm extended.



Lift left leg parallel with the floor.



Bend left knee and grab your ankle with your left hand, pulling as close to the buttocks as possible.

Reverse all movements and return to the centre.

Repeat on the opposite side.