

Single Leg Balance

Why we do it:

Balance ensures a stable base for other movements.

Allows the body to work as a unit.

Builds core stability.

Functional Benefit:

Stability



Stand in the neutral position with your feet together. Get ready to do 3 things at once.



Lift right arm to the side to shoulder height,

Bend the right knee.

Lift left leg at 45" .



Return to neutral and repeat on the left.