

Balance & Coordination (approximately 15 minutes)

Repeat set 2 times

40 seconds - March on spot with your opposite hand touching the raised knee

40 seconds - Butt kickers

60 seconds - Heel-to-toe tightrope walk - 3 steps forward, 3 steps back

60 seconds - Plank with alternating opposite arm & leg lifts

60 seconds - Balance on 1 leg (round 1 balance on your right leg, round 2 balance on your left leg)

10/side - High knee to lunge

30 seconds/leg - Standing lateral leg abductions

60 seconds - Supine deadbug - Alternate opposite arm & leg to ground



