



SQUAT - CHAIR AS GUIDE

While standing with feet shoulder width apart and in front of a chair that is facing you, bend your knees and lower your body towards the floor. The chair seat is a guide so that your knees do not pass over your toes.

Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass beyond the toes. Video # VVTYXB959

Repeat 10 Times

Complete 3 Sets



Lunge

Step left leg forward and bend both knees to 90 degrees. Keep front leg in straight forward alignment and most of body weight on front leg.

Push off of front leg to return to standing.

Alternate legs.

Repeat 10 Times

Complete 1 Set



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat 3 Times

Hold 30 Seconds



SINGLE LEG STANCE - REACH FORWARD SLS

Stand on one leg and maintain your balance.

Next, reach forward with your opposite arm as far as you can without losing your balance.

Then return to original position.

Maintain a slightly bent knee on the stance side.

Repeat 10 Times