

1. Single-leg balance

🕒 3 x 10-15 seconds

- Stand on one leg
- Find your balance
- keep knee straight
- Cross arms in front of chest
- 3 x 10-15 seconds



2. Single-leg balance on towel

🕒 3 x 10-15 seconds

- Stand on a towel
- Find your balance
- keep leg straight
- Cross arms in front of chest
- 3 x 10-15 seconds



1. Single-leg balance on towel

🕒 3 x 10-15 seconds

- Stand on a towel
- Find your balance
- keep leg straight
- Cross arms in front of chest
- 3 x 10-15 seconds



2. Single-leg balance on pad

🕒 3 x 10-15 seconds

- Stand on pad
- Find your balance
- Keep knee straight
- Cross arms in front of chest
- 3 x 10-15 seconds



3. Single-leg balance on board

🕒 3 x 10-15 seconds

- Stand on balaceboard
- Find your balance
- Keep knee straight
- 3 x 10-15 seconds



1. Single-leg balance on board

🕒 3 x 10-15 seconds

- Stand on balaceboard
- Find your balance
- Keep knee straight
- 3 x 10-15 seconds



2. Single-leg balance with closed eyes

🕒 3 x 10-15 seconds

- Stand on one leg
- Keep knee straight
- Close eyes
- Cross arms in front of chest
- 3 x 10-15 seconds



3. Single-leg balance with ball

🕒 3 x 10-15 seconds

- Stand on pad
- Keep knee straight
- Bounce ball
- 3 x 10-15 seconds

