

Standing Balance 2 of 5

Against Wall

- Walk feet back
- Press forward

Stand Parallel

- Lift heel
- Lift heel to the toe
- Lift foot off ground
- Lift foot higher
- Step forward and back
- March
- Step to the Side
- Step to side lift foot ankle height
- Step side march

Stand in Pilates V

- Put one leg forward

Stand Parallel

- Put one leg forward

Stand in Pilates V

- One leg forward and lift

Stand Parallel

- One leg forward and lift

Stand Parallel

- Reach leg behind you
- Bend knee behind you

March in place