

## Standing Balance 3 of 5

Stand in Pilates Stance

- Rise up on toes
- Bend
- Rise up on toes and bend knees
- Rise up on toes, bend knees and lower heels
- 1 leg - shift your weight forward and back

Lunges

Side Lunges

Squats

Step up using Block (book, stair, etc)

Step Side using block (book, stair, etc)

Running