

## Standing Balance 4 of 5

### Stand in Parallel

- Lower and lift head
- Look right and left

### Stagger Feet

- Shift weight back and forth
- Add Looking up
- Look right and shift back and forth
- Look left and shift back and forth
- Ear to shoulder and shift weight back and forth

### Stand Parallel

- Round forward and come back up
- Round back and then center
- Bend torso side to side

### Stagger Feet

- Round over and come back up
- Round back and come back up
- Bend torso side to side

### Stand in Pilates Stance

- Lift and lower arms
- Add heel lift
- Start with Arms up and lift heels
- Arm circles while lifting heels

### Stand in Parallel

- Twist

### Stagger Feet

- Twist

### Stand - lift one leg and twist

### Standing Chest Expansion

