

## Standing Balance 5 of 5

Stand in Parallel

- Shift your weight in a circular motion
- Add closing your eyes

Step forward and backward

Step left and right

Step in a diagonal motion

Step side to side and look to the side

Squats

Lunge add forward rounding

Lunge to the side

Side Lunge to center (don't move feet)

Stand in Pilates Stance

- Rise and lower
- Bend knees with heels together
- Rise on Toes, bends knees, lower down, zip up
- Reverse

Take foot behind you

- Rise and lower

Standing Roll Up

Lift one leg up and grab thigh

Stand in Pilates Stance, circle arms, go down to ball, to stand

Lift on leg up and add twist

Arm weights

- Standing Curls - add lift and lower
- 90 degree
  - Front - Add standing on one leg
  - Side - add heel lifts
- Lunges
- Side Stretch
- Chest Expansion

Marching

Stand in Pilates Stance

- Lift and lower leg
- Lift and lower leg to side

Stand in X

- Twist
- Bounce with hands between legs

Stand lift and lower heels