

Balance Exercises

These are to be done as part of EVERY Warm Up and Cool Down!

Straight Behind:

Standing on one leg, with your knees slightly bent, extend your second leg behind you and hold for 10 seconds.

Side:

Standing on one leg, with your knees slightly bent, extend your second leg to your side and hold for 10 seconds.

Rotation:

Standing on one leg, with your knees slightly bent, extend your second leg behind you, and then rotate it to in front of you. Rotating back to front for 10 seconds.

Core Work Out

All exercise will be repeated 20 times!

Leg Raises:

While lying on the floor with your hands placed under your pelvis for stabilization, bend your knees slightly and raise and lower your legs 18-20 inches.

Lower-abdominal sit-ups:

Lying in the same position as the Leg Raises, bring your knees toward your chest and point your feet toward the sky.

Curl Ups:

Lie with your knees bent, your feet flat on the ground, your arms folded across your chest, and your chin tucked in. Gradually lift your body between your butt and your shoulders, until your trunk is flexed about 30 degrees off the ground then lower your body and repeat.

Crunches:

Lie with your knees bent, your thighs perpendicular to the ground, and your calves and feet parallel to the floor. With your arms on your chest gradually begin to curl your body up off the ground, again until your trunk is about 30 degrees off the ground then lower your body and repeat.

Twisters:

In the same positions as Crunches, lock your hands behind your head. Curl up and twist, touching your right elbow to the outside of your left thigh. Then lower your body and alternate left to right, right to left.