

Active Health Solutions

Balance: Stable Surface



Make sure you...

- Maintain neutral pelvis
- Maintain abdominal bracing/kegel
- BREATHE
- Drop down to an easier step if you cannot maintain proper form
- Do the exercise slowly
- STOP if pain is aggravated, but muscle burn is OK

	Repetitions
	Sets
	Second Hold
	Times per day/week



1. Double leg stand. Young and old should be able to stand for 30 seconds with eyes open or closed.
2. Single leg stand, eyes open. Target 30 seconds for those age 20-59, 22 seconds for age 60-69, 14 for age 70-79.
3. Progress to taking a half step forward and half step back.



4. Start standing straight with arms crossed over chest. Hinge from the hip and lean both forward and diagonally. Return to start and repeat on opposite side. (Bilateral asymmetrical trunk diagonals)
5. Progress to lunges.