FITNESS PLANNER & EXPLANATION INCLUDED

BALANCE TRAINING SYSTEM

01

Heel Raises

Hold Chair, Rise Onto Toes.

Hold: 3 Sec | Reps: 10 × 3

02

Marching

March In Place, Lift Knees One At A Time.

Reps: 10/Side × 3

03

Seated Rotations

Sit Tall, Turn Right And Left With Control.

Reps: 8/Side × 3

04

Side Steps

Step Side, Bring Feet Together, Both Ways.

Reps: 10/Side × 3

05

One-Leg Stand

Hold Chair, Lift One Foot, Hold, Then Switch.

Hold: 15 Sec/Side × 3

06

Mini Squats

Hold Chair, Bend Knees Slightly, Stand Back Up.

Reps: 10 × 3

07

Heel-Toe Walk

Walk Heel-To-Toe In A Straight Line.

Reps: 10 Steps × 3

08

Gentle Stretch

Step One Foot Back, Hold Stretch, Switch.

Hold: 10 Sec/Side × 3

09

Weight Shifts

Shift Weight Side To Side With Control.

Reps: 10/Side × 3

10

Backward Walk

Walk Backward Slowly, Using Support.

Reps: 10 Steps × 3

11

Clock Foot Touch

Stand On One Leg, Tap 12, 3, 6, & 9 On Floor.

Reps: 1 Round/Side × 3

12

Heel-Toe Rocks

Rock From Heels To Toes, Then Back Again.

Reps: 10 × 3

13

Leg Side Swings

Hold Chair, Swing Leg Sideways, Return.

Reps: 10/Side × 3

14

Cushion Balance

Stand On A Cushion, Hold Steady, Stay Tall.

Hold: 15–20 Sec × 3

15

Figure 8 Walk

Walk In A Figure-8 Pattern, Walk Steady.

Reps: 3–5 Rounds × 3

16

Toe Taps

Tap Front, Side, And Back, Then Switch.

Reps: 1 Round/Side × 3