

YOUR DVD CODE: 890 - 928 - 473 - 204 - 361

1: 890 - Single Leg Stance



- Stand on one leg and balance. To make exercise harder, close eyes.

Sets: 1 Reps: 2 Sessions: 2 Everyday Hold Time: 30s

2: 928 - Bilateral Heel Raises in Standing



- Stand with good posture Slowly raise heels off ground

Sets: 2 Reps: 20 Sessions: 2 Everyday Side: Both

3: 473 - Unilateral Heel Raises in Standing



- Stand with body weight on one leg
- Slowly raise heel off ground

Sets: 2 Reps: 20 Sessions: 2 Everyday

4: 204 - Single Leg Stance on Foam/ Pillow



- Stand on one leg and balance on foam or cushion

Sets: 2 Reps: 20 Sessions: 2 Everyday Hold Time: 30s

5: 361 - Single Leg Stance with Forward Trunk Lean



- Stand on one leg Slowly bend trunk forward

Sets: 2 Reps: 10 Sessions: 2 everyday Hold Time: 10s