



## Single Leg Balance with LE Movement

### Starting position:

Standing with your feet shoulder width apart.

### Movement:

Keeping one leg slightly bent, lift the other leg up in the air:

- A) Directly in front of you
- B) Out to the side
- C) Extending behind you

Perform: A B C all

Perform \_\_\_\_ Reps \_\_\_\_ Sets \_\_\_\_ X/day