

Level 3 Balance Exercise #10: Same Side Single Leg & Arm Hold

Objective: This balance exercise improves your physical coordination.

How to begin:

1. Stand with your feet together and arms at your side next to a chair.
2. Lift your left hand over your head. Then, slowly raise your left foot off the floor.
3. Hold that position for ____ seconds.
4. Lower your foot back down to the floor and your arm back down to your side.
5. Repeat the same action on the opposite side.

How to progress:

1. Do the exercise without holding on to the chair.

Goal:

1. Do ____ sets, holding ____ seconds on each side.
2. Aim to practice this balance exercise 2-3 days per week.

Holding on:



Not holding on:

