

## Level 1 Balance Exercise #4: Foot Taps on a Cone or Step

**Objective:** This exercise helps improve coordination for going up and down the stairs.

**How to begin:**

1. Stand tall, facing a step or cone. Beginners should use support from a counter or handrail until balance improves.
2. In a controlled motion, lift one foot, tap the cone or step for one second, then return to your starting position.
3. As you repeat this motion, you should focus on consistency and control with each tap.

**How to progress:**

1. If you hold on to the chair or counter, progress by holding on with only one hand.
2. Hold on with 2 or 3 fingers.
3. Hold on with one finger.
4. Do not hold on at all.

**Goal:**

1. Do \_\_\_ sets, \_\_\_ reps, each side
2. Aim to practice this balance exercise 2-3 days per week.

**A. Starting Position**



**B. Start with one side and tap**



**C. Return to starting position and tap cone with opposite leg.**

