

Level 2 Balance Exercise #5: Single Leg Side Hold

Objective: This exercise focuses on improving stability.

How to begin:

1. Stand behind a sturdy chair with your feet slightly apart.
2. Slowly lift your right leg to the side, while keeping your back straight, your toe facing forward, and stare straight ahead.
3. Lower your right leg slowly.
4. Repeat on this side.
5. Switch to the opposite leg and repeat.

How to progress:

1. Try letting go of the chair when you are comfortable with the exercise.

Goal:

1. Do ____ sets, ____ reps per leg.
2. Aim to practice this balance exercise 2-3 days per week.



***Not holding on.**

