

Level 2 Balance Exercise #7: Lateral Stepping

Objective: This exercise helps improve coordination for the many turns and side-steps you take throughout your day.

How to begin:

1. Stand with your feet together, while holding onto a counter, ballet bar, or firm surface.
2. Step to the side so your feet are just past shoulder width with each step.
3. Continue this motion along a counter, performing 5 to 10 steps on each side.

How to progress:

1. Increase the number of steps you take in each direction.
2. When ready, do not hold on for support.

Goal:

1. Do ____ sets, 5-10 steps each direction.
2. Aim to practice this balance exercise 2-3 days per week.

A. Starting with your feet together then step to the side



B. Your feet should end just past the shoulder-width apart.

