

Level 2 Balance Exercise #8: Clock Reach

Objective: This exercise focuses on improving your stability and coordination

How to begin:

1. Imagine that you are standing in the center of a clock. The number “12” is directly in front of you and the number “6” is directly behind you. Hold the chair with your left hand.
2. Lift your right leg and extend your right arm so it's pointing to the number “12”.
3. Next, point your arm towards the number “3”.
4. Then point it behind you at the number “6”.
5. Bring your arm back to the number “3”, and then to the number “12”. Look straight ahead the whole time.
6. Repeat on the opposite side.

How to progress:

1. Complete this exercise without holding on to the chair.

Goal:

1. Do _____ sets, 3 times each direction, on each side.
2. Aim to practice this balance exercise 2-3 days per week.

**A. Starting Position “12”
(Point to the Front)**



B. Move to “3” (Point to the Side)



C. Move to “6” (Point Behind)



D. “6” (Side View)

