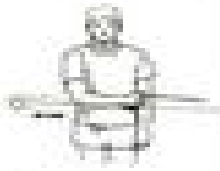


**EXERCISE 01**  
 Single-Legged Balance: Arms Extended Forward

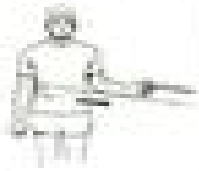
Stand with feet apart in a wide base stance and maintain arms extended forward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 02**  
 Single-Legged Balance: Arms Extended Forward

Stand with feet apart in a wide base stance and maintain arms extended forward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 03**  
 Single-Legged Balance: Arms Extended Upward

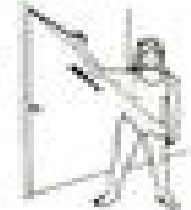
Stand with feet apart in a wide base stance and maintain arms extended upward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 04**  
 Single-Legged Balance: Arms Extended Upward

Stand with feet apart in a wide base stance and maintain arms extended upward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 05**  
 Single-Legged Balance: Arms Extended Upward

Stand with feet apart in a wide base stance and maintain arms extended upward in line.

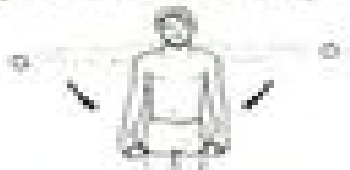


Repeat 20-30 times per set.  
 30-45" minimum per set.



**EXERCISE 06**  
 Single-Legged Balance: Arms Extended Upward

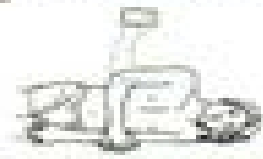
Stand with feet apart in a wide base stance and maintain arms extended upward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 07**  
 Single-Legged Balance: Arms Extended Upward

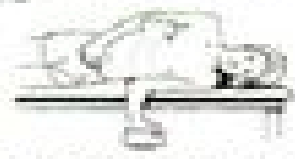
Stand with feet apart in a wide base stance and maintain arms extended upward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 08**  
 Single-Legged Balance: Arms Extended Upward

Stand with feet apart in a wide base stance and maintain arms extended upward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 09**  
 Single-Legged Balance

Stand with feet apart in a wide base stance and maintain arms extended upward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 10**  
 Single-Legged Balance

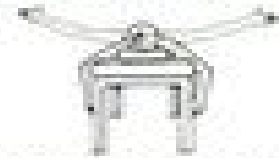
Stand with feet apart in a wide base stance and maintain arms extended upward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.

**EXERCISE 11**  
 Single-Legged Balance with Forward Motion

Stand with feet apart in a wide base stance and maintain arms extended upward in line.



Repeat 20-30 times per set.  
 30-45" minimum per set.