

Single Leg Balance Walking with Trunk Rotation

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x

step 1 w



Step 1



Step 2

Setup

- Begin in a standing upright position with your arms crossed straight in front of your chest.

Movement

- Raise one leg to 90 degrees, then slowly twist your body toward the same side and hold. Return to facing forward, then lower your foot, taking a step forward to repeat the movement on the opposite side.

Tip

- Make sure to maintain your balance as you rotate your trunk, and keep your hips level.