

1. Single leg squat 02056



Stand on one leg (no squat) - balance with minimal movement of the hips and non weight bearing foot elevated off the ground. 3 sets of 60sec per leg eyes open.

2. Single leg squat 02056



Stand on one leg (no squat) - balance with minimal movement of the hips and non weight bearing foot elevated off the ground. 3 sets with eyes closed. If 60 sec is achievable, progress to standing on a pillow and then a step.

3. Balance 01100



Balance with minimal movement of the hips. 3 sets of 60sec eyes open and 3 sets eyes closed when eyes open is achieved without the stability / wobble board touching the ground.

4. Balance 01099



Stand on one leg - balance with minimal movement of the hips. 3 sets of 60sec eyes open and 3 sets eyes closed when eyes open is achieved without the stability / wobble board touching the ground.

5. Stability board half squat 01106



3 x 10 without the stability / wobble board touching the ground.