

Of exercises 1-3, complete only the exercises that are yet to master.

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.

6. Jumps balance 01321



3-5 sets. Build up to 5-10+ reps. Jump as high as possible. Focus on a stable landing, with limited knee and ankle movement and strong core control around the hips.

7. Lateral bound balance 01430



3 sets on each leg. Build up to 5-10+ reps. Hop left and jump; Focus on a stable landing, with limited knee and ankle movement and strong core control around the hips. Hop right and jump.