

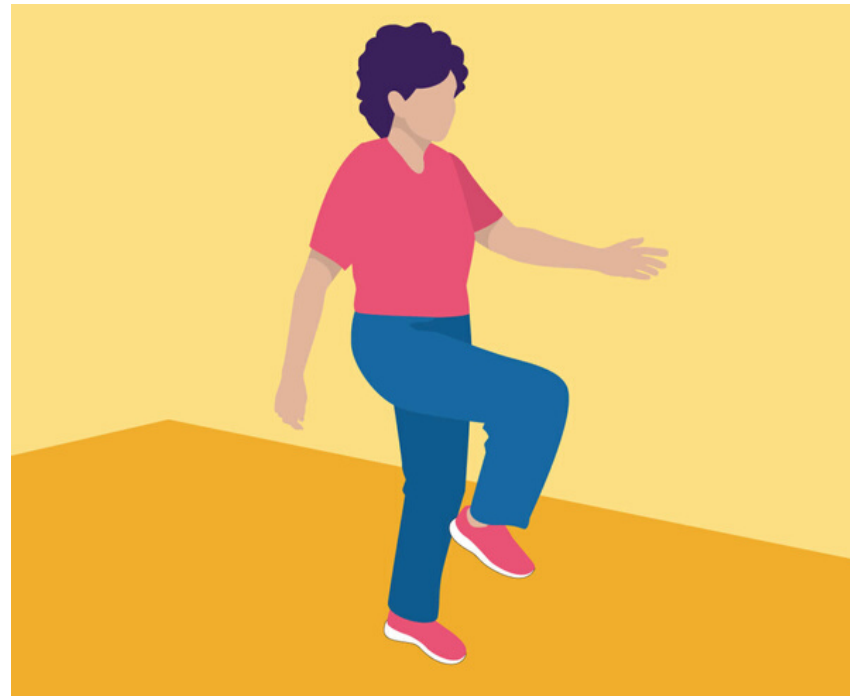
Balance and Stability

Repeat 10x-30x on each side

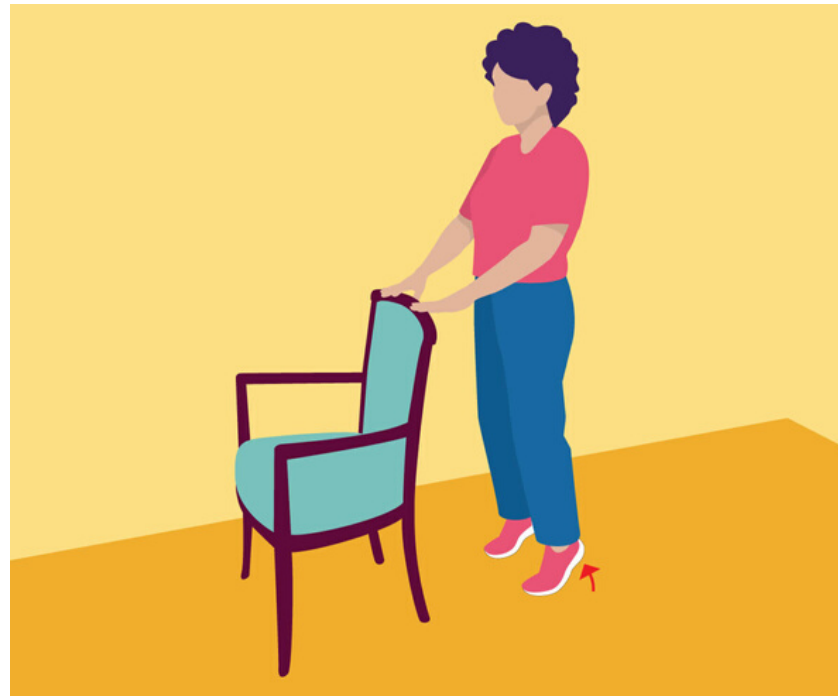
Walking Heal to Toe



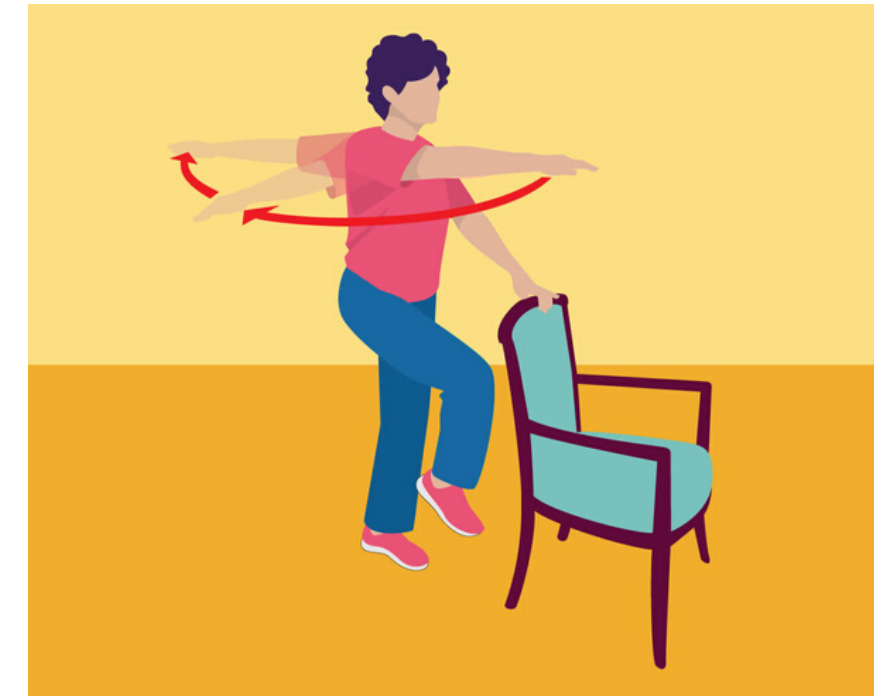
Marching in Place



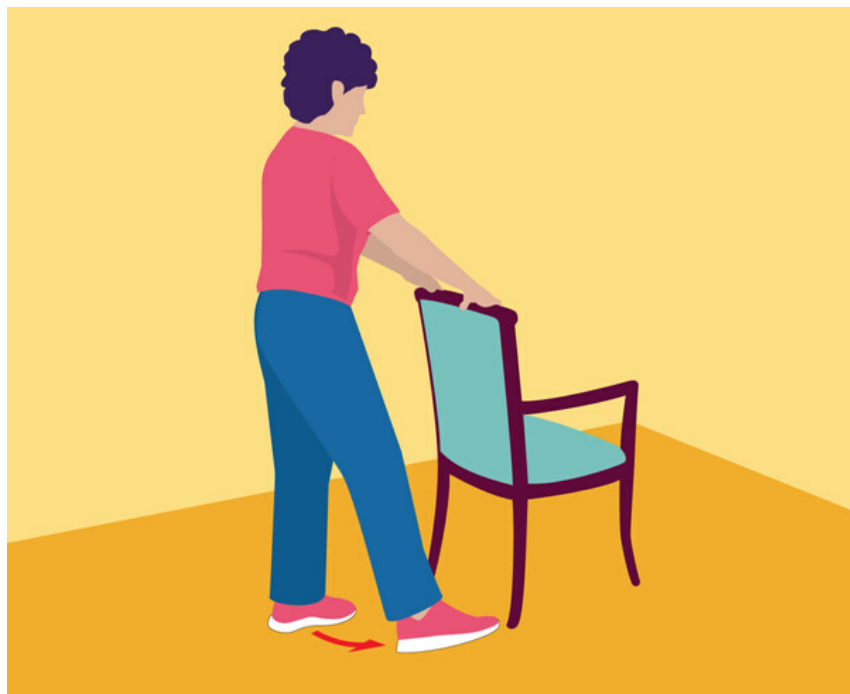
Toe Lifts



Clock Reach



Side Leg Lift



Single Limb Stance



Back Leg Lift



Single Limb Stance Reach

