

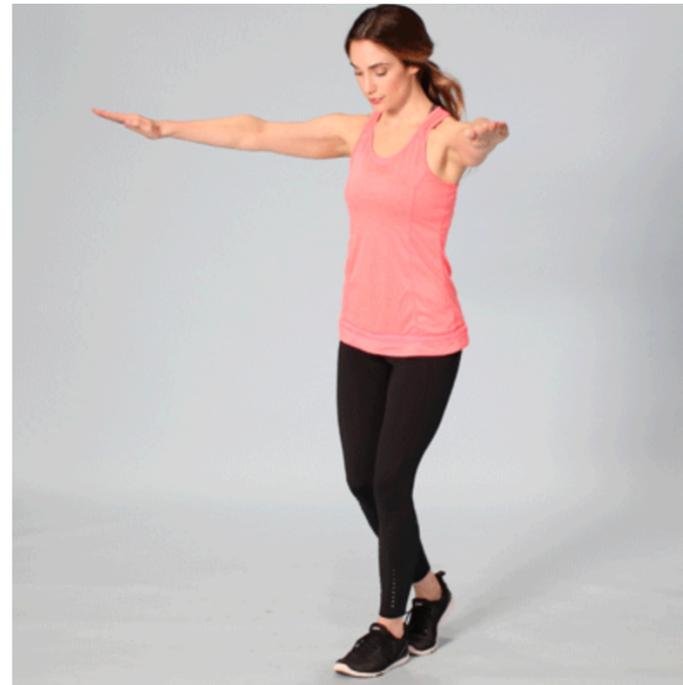
# Balance and Stability

Hold each pose for 15-30 seconds  
Repeat 10-20x on each side

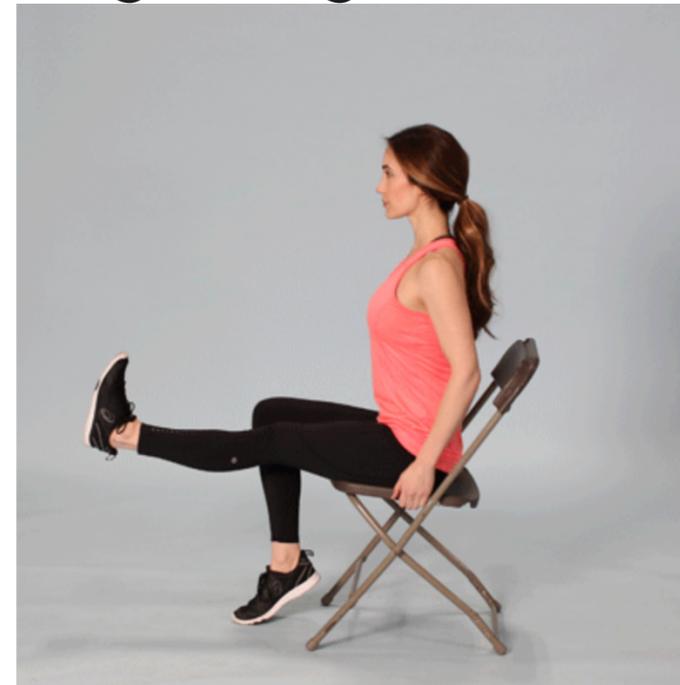
## Walk the Line



## Heal to Toe Arms Out



## Single Leg Extension



## Rock the Boat



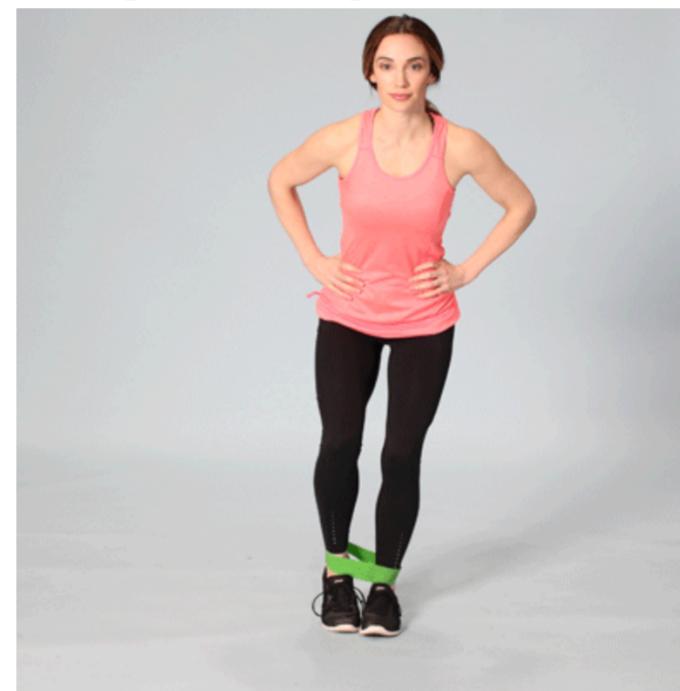
## Marching Leg Raise



## Single Leg Cross-Body Punch



## 3 Way Toe Taps with Band



## Sit to Stand

