

# BALANCE

It is important to be able to control the body's position while moving or stationary. Unilateral, or single side, exercises are especially helpful in improving this skill. Balance training can be incorporated into any fitness program.

Here are some exercises to improve balance and body control:



**Single Leg Deadlift** | Bend forward at the hips and extend one leg behind, keep back flat and reach toward the floor.



**Plank with Arm Extension** | From a plank position, elbows or hands directly below shoulders and body in straight line with core engaged, extend one arm at a time forward.



**High Knee on Toe** | Raise one knee to hip height, lift other heel off the ground.



**Switch Plank** | From a plank or following a push up, turn the upper body and lift one arm toward the ceiling.



**Single Leg Sit-To-Stand** | Begin seated, straighten one leg and stand up keeping weight only on other leg.