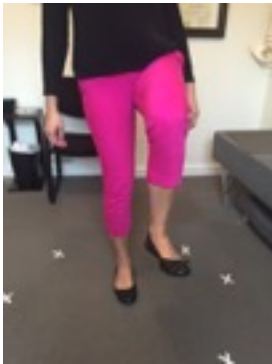


## Single Leg Balance Exercise - Star Shape



### Step 1

- Single leg balance
  - Hold one leg in the air, balance for 15-20 seconds
- Repeat other leg
- Move on to the next 'Step' when you are able



### Step 2

- While balancing on single leg, tap the opposite foot at different positions.
- Hold each position, 1-2 seconds.
- Perform 2-3 sets, 10-15 reps.
- Each consecutive position should be at a different point in the 'star'.

### Step 3 (not pictured)

- Instead of 'tapping' foot on the star, hover your foot over the star without touching ground.
- 2-3 sets, 10-15 reps

### **\*\*DISCLAIMER\*\***

- ALWAYS PERFORM THIS EXERCISE WITH A STABLE OBJECT NEXT TO YOU THAT YOU CAN USE FOR EXTRA BALANCE WHEN NEEDED!  
(ex: chair, table, pillar, etc..)



### Star Shape

- When performing this exercise, stand on the square in the center, and use this general pattern for your opposite leg
- The pattern of movement does not matter, keep switching it up to challenge yourselves!

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