

# One Legged Balance

## Done Daily

### Level 1

Stand in a corner facing outward. Raise arms in front of you with palms facing upwards. Activate core muscles by pulling the core into the spine, place one foot 2-4 inches off ground in front of you, slightly lean back keeping hips, shoulders and ears in a straight line. Complete each leg for 1mins every day.

### Level 2

Perform the above exercise but start closing eyes for 10 second bursts throughout the minute of the position being held on each foot. Slowly increase time eyes closed until the full minute is reached.



<http://forever-active.com/wp-content/uploads/2014/03/one-legged-squat.jpg>