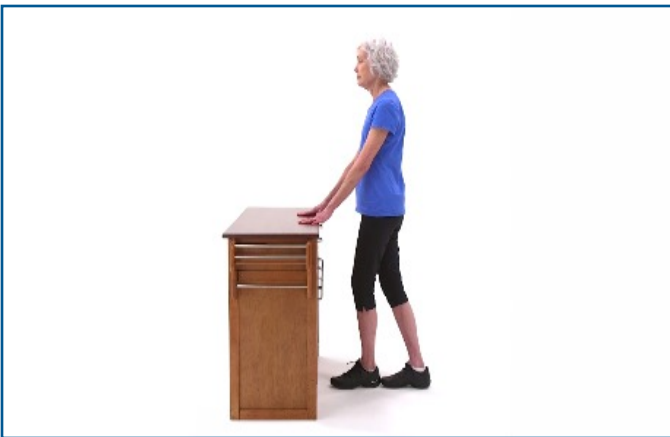


STANDING TANDEM BALANCE WITH SUPPORT

SETS: 1, HOLD: 10, DAILY: 1, WEEKLY: 7

STEPS 1& 2



SETUP

Begin in a standing upright position with your hands resting on a counter.

MOVEMENT

1. Place one foot directly behind the other, so that you are in a heel-to-toe position.
2. Maintain your balance in this position.

TIPS

- Make sure to maintain an upright posture and use the counter to help you balance as needed.
- Evenly work toward not holding on, but always make sure to stand near something sturdy for safety.
- Start by holding each side 10 seconds and build up to 30-60 second holds.