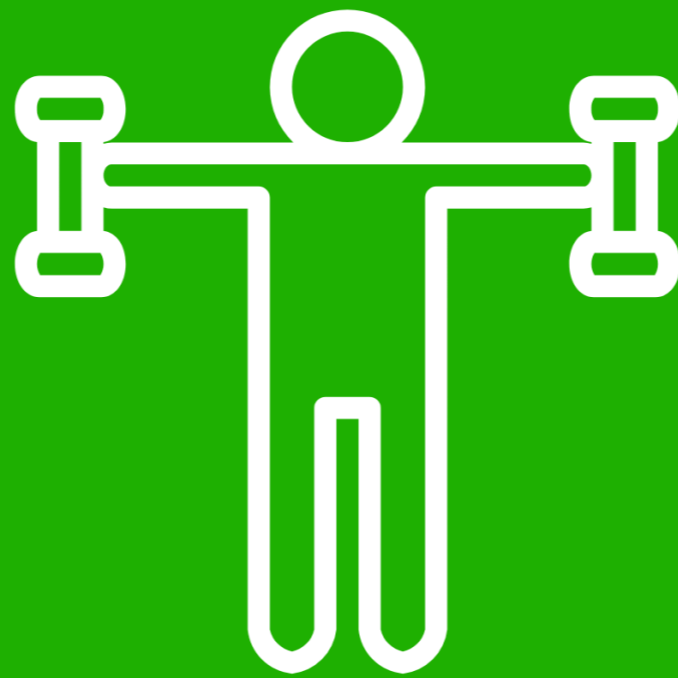


# BALANCE WORKOUT PLAN





# WORKOUT SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	x		x		x		x
Week 2		x		x		x	
Week 3	x		x		x		x
Week 4		x		x		x	



# BALANCE TEST



## Balance Test

Balance-Eyes Open \_\_\_\_\_ Your score

Stand on one foot-Barefoot with feet about shoulder width apart.

Lift one leg and then hold as long as possible. Repeat on the other side.

Use your phone as a timer.

	<b>Age 40-49</b>	<b>Age 50-59</b>	<b>Age 60-69</b>	<b>Age 70-79</b>
<b>Poor</b>	< 20 sec	<15 sec	<10 sec	<5 sec
<b>Fair</b>	20 sec	15 sec	10 sec	5
<b>Average</b>	40 sec	35 sec	25 sec	20
<b>Very Good</b>	55 sec	45 sec	35 sec	25
<b>Excellent</b>	>55 sec	>45 sec	>30 sec	>25

Balance-Eyes Closed \_\_\_\_\_ Your score

<b>Average</b>	7 sec	5 sec	3 sec	2 sec
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# BEGINNER PROGRAM



Warm Up March in place 5 Min. Use a Prop for all of the balance exercises  
 Keys: Good Posture, Stand Tall, Engage Core, Start Slowly, Barefoot

Core	Sets x Reps	Rest Between Sets	Progression
<a href="#">Bird Dog</a>	2 sets x Hold for 15 secs Each Side	60 seconds	Knee to Elbow Touch 2 sets 4-6 times
<a href="#">Plank</a>	2 sets x Hold for 15 secs	60 seconds	Work your way up to 3 sets 30 seconds each
<a href="#">Bridge</a>	2 set x Hold for 15 secs	60 seconds	Work your way up to 3 sets 30 seconds each
Balance	Sets x Reps	Rest Between Sets	Progression
<a href="#">Standing On One Foot</a>	2 sets x 15 sec hold Each Leg	60 seconds	Eliminate Prop or increase to 30 sec w prop
<a href="#">Standing Side Leg Lifts</a>	2 sets x 4-6 Each Leg	60 seconds	Eliminate Prop or increase reps 6-8 w prop
<a href="#">Standing Ham String Curls</a>	2 sets x 4-6 Each Leg	60 seconds	Eliminate Prop or increase reps 6-8 w prop
<a href="#">Tandem Standing</a>	2 sets x 15 sec hold Each Side	60 seconds	Eliminate Prop or increase hold to 30 sec w prop
<a href="#">Single Leg Deadlift</a>	2 sets x 4-6 Each Leg	60 seconds	Eliminate Prop or increase to reps 6-8 w prop



# INTERMEDIATE PROGRAM



Warm Up March in place fast 5 Min.

Keys: Good Posture, Stand Tall, Engage Core, Start Slowly, Barefoot

Core	Sets x Reps	Rest Between Sets	Progression
<a href="#">Bird Dog</a>	3 sets x 4-6 Elbow/Knee Touch Each Side	60 seconds	Knee to Elbow Touch Same side 2 sets 4-6 times
<a href="#">Plank</a>	3 sets x Hold for 15 secs Most difficult plank possible	60 seconds	Work your way up to 3 sets 30 seconds each
<a href="#">Bridge</a>	3 sets x Hold for 30 secs	60 seconds	Work your way up to 3 sets 30 seconds each
Balance	Sets x Reps	Rest Between Sets	Progression
<a href="#">Standing On One Foot</a>	2 sets x 15 sec hold no prop Each Leg	60 seconds	Increase sets to 3, hold to 30 sec
<a href="#">Standing Side Leg Lifts</a>	2 sets x 6-8 no prop Each Leg	60 seconds	Increase sets to 3, reps 8-10
<a href="#">Standing Ham String Curls</a>	2 sets x 6-8 no prop Each Leg	60 seconds	Increase sets to 3, reps 8-10
<a href="#">Tandem Standing</a>	2 sets x walking with prop Each Leg	60 seconds	Eliminate Prop increase sets to 3
<a href="#">Single Leg Deadlift</a>	2 sets x 6-8 Each Leg	60 seconds	Increase sets to 3, reps 8-10



# ADVANCED PROGRAM



Warm Up Light Jog or Butt Kickers

Keys: Good Posture, Stand Tall, Engage Core, Start Slowly, Barefoot

Core	Sets x Reps	Rest Between Sets	Progression
<a href="#">Bird Dog</a>	3 sets x Knee to elbow 8-10 Each Side	60 seconds	Knee to Elbow Touch Same side 2 sets 4-6 times
<a href="#">Plank</a>	3 sets x Hold for 30+ secs	60 seconds	Work your way up to 3 sets 60 seconds each
<a href="#">Bridge</a>	3 set x Hold for 30+ secs	60 seconds	Work your way up to 30 seconds single leg bridge
Balance	Sets x Reps	Rest Between Sets	Progression
<a href="#">Standing On One Foot</a>	3 sets x 30+ sec hold Each Leg	60 seconds	Close eyes
<a href="#">Standing Side Leg Lifts</a>	3 sets x 8-10 Each Leg	60 seconds	Close Eyes
<a href="#">Standing Ham String Curls</a>	3 sets x 8-10 Each Leg	60 seconds	Close Eyes
<a href="#">Tandem Standing</a>	3 sets x 30+ sec hold Each Leg	60 seconds	Move Upper Body
<a href="#">Single Leg Deadlift</a>	3 sets x 8-10 Each Leg	60 seconds	Move Upper Body