FLEXIBILITY & BALANCE WORKO	OUT – AT LEAST 2 DAYS PER V	VEEK, MAY BE DONE DAILY
FLEXIBILITY:		
WARM UP: JOINT CIRCLES AND 5 MINUTES CARDIO		
KICK STRETCHES: LEFT LEG AND RIGHT LEG		
SHOULDER WALL STRETCH		
PNF STRETCHING		
BALANCE:		
BEGINNER: ONE FOOT BALANCE	SET 1: LEFT RIGHT	SET 1: LEFT RIGHT
(3 SETS, 30 SECONDS EACH – BOTH FEET)	SET 2: LEFT RIGHT	SET 2: LEFT RIGHT
	SET 3: LEFT RIGHT	SET 3: LEFT RIGHT
BEGINNER: BALANCE STAR	SET 1: LEFT RIGHT	SET 1: LEFT RIGHT
(3 SETS – BOTH FEET)	SET 2: LEFT RIGHT	SET 2: LEFT RIGHT
	SET 3: LEFT RIGHT	SET 3: LEFT RIGHT
BEGINNER: TREE	SET 1: LEFT RIGHT	SET 1: LEFT RIGHT
(3 SETS, 30 SECONDS EACH – BOTH FEET)	SET 2: LEFT RIGHT	SET 2: LEFT RIGHT
	SET 3: LEFT RIGHT	SET 3: LEFT RIGHT
ADVANCED: ELEVATED ONE FOOT	SET 1: LEFT RIGHT	SET 1: LEFT RIGHT
BALANCE (3 SETS, 15 TO 30 SECONDS	SET 2: LEFT RIGHT	SET 2: LEFT RIGHT
EACH – BOTH FEET)	SET 3: LEFT RIGHT	SET 3: LEFT RIGHT
ADVANCED: ELEVATED PERPENDICULAR	SET 1: LEFT RIGHT	SET 1: LEFT RIGHT
STAND (3 SETS, 15 TO 30 SECONDS EACH –	SET 2: LEFT RIGHT	SET 2: LEFT RIGHT
BOTH FEET)	SET 3: LEFT RIGHT	SET 3: LEFT RIGHT
	255.4	255.4
ADVANCED: RAIL WALK	SET 1: LEFT RIGHT	SET 1: LEFT RIGHT
(3 SETS)	SET 2: LEFT RIGHT	SET 2: LEFT RIGHT
	SET 3: LEFT RIGHT	SET 3: LEFT RIGHT
ADVANCED: CONTROLLED DICTOL COLLAT	CET 1. LEFT DICUT	CET 1. LEFT DICHT
ADVANCED: CONTROLLED PISTOL SQUAT	SET 1: LEFT RIGHT	SET 1: LEFT RIGHT
(BOTH FEET)	SET 2: LEFT RIGHT SET 3: LEFT RIGHT	SET 2: LEFT RIGHT SET 3: LEFT RIGHT
	SET S LEFT KIGHT	JEI J KIGHI

REMEMBER, AS A BEGINNER YOU MAY NOT BE ABLE TO DO EVERY EXERCISE LISTED ABOVE. WORK DILIGENTLY, AND YOU WILL SEE IMPROVEMENT FROM WEEK TO WEEK. MARK DOWN WHAT YOU ACCOMPLISH EACH DAY, SO THAT YOU CAN LOOK BACK AND SEE THE PROGRESS YOU'VE MADE IN THE COMING WEEKS.