

FLEXIBILITY & BALANCE WORKOUT – AT LEAST 2 DAYS PER WEEK, 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 (3 SETS, 30 SECONDS EACH – BOTH FEET)	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT
BEGINNER: BALANCE STAR (3 SETS – BOTH FEET)	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT
BEGINNER: TREE (3 SETS, 30 SECONDS EACH – BOTH FEET)	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT
ADVANCED: ELEVATED ONE FOOT BALANCE (3 SETS, 15 TO 30 SECONDS EACH – BOTH FEET)	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT
ADVANCED: ELEVATED PERPENDICULAR STAND (3 SETS, 15 TO 30 SECONDS EACH – BOTH FEET)	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT
ADVANCED: RAIL WALK (3 SETS)	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT
ADVANCED: CONTROLLED PISTOL SQUAT (BOTH FEET)	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT	SET 1: ___ LEFT ___ RIGHT SET 2: ___ LEFT ___ RIGHT SET 3: ___ LEFT ___ RIGHT

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.