

BALANCE

Single Leg Reverse Lunges



3 sets and 10 repetitions each side

Toe Touches



3 sets and 10 repetitions each side

Single Leg Deadlifts



3 sets and 10 repetitions each side

Basic Squats



3 sets for 10 repetitions

Step - Front - Back



3 sets for 10 repetitions

Wobble Board



Move front to back & side to side
for 30 secs to 1 minute

Visit the link below for video demonstration of exercises:

WWW.CORECHIROPRACTIC.NET/BALANCE