Mini Squat

reps: 10   sets: 3   hold: 5   Weekly: 5x   Daily: 3x

Step 1

Step 2

Setup
- Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement
- Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip
- Make sure to keep your back straight and do not let your knees bend forward past your toes.

Mini Lunge

reps: 10   sets: 3   hold: 5   Weekly: 5x   Daily: 3x

Step 1

Step 2

Setup
- Begin in a standing upright position.

Movement
- Step forward with one foot and lower down into a mini lunge position. Return to standing and repeat on the other leg.

Tip
- Make sure to maintain your balance and do not let your front knee move forward past your toes.

Single Leg Running Balance

reps: 10   sets: 3   hold: 5   Weekly: 5x   Daily: 3x

Step 1

Step 2

Setup
- Begin in a standing upright position.

Movement
- Bend one leg and your opposite arm into a running position, then straighten your bent leg, lean forward, bend your other arm, and bend your standing leg. Return to the starting position and repeat.

Tip
- Make sure to maintain your balance during the exercise. Do not let your knee collapse inward.

Kneeling to Standing

reps: 10   sets: 3   hold: 5   Weekly: 5x   Daily: 3x

Step 1

Step 2

Step 3

Setup
- Begin in a kneeling position with your arms at your side.

Movement
- Move one leg forward by placing your foot on the ground into a half-kneeling position. Lean your body forward over that leg and rise to a standing position.

Tip
- Make sure to maintain your balance during the exercise.

Single Leg Quarter Squat with Swiss Ball at Wall
reps: 10   sets: 3   hold: 5   Weekly: 5x   Daily: 3x

Step 1

Step 2

Setup
- Begin standing with a swiss ball between your back and a wall.

Movement
- Lift one leg off the ground, then slowly bend the knee and hip of your standing leg, rolling down the wall into a quarter-squat position. Stand back up and repeat.

Tip
- Make sure to maintain your balance and do not arch your back during the exercise. Your knee should be bent at about a 45 degree angle in the squatting position.

Step Downs
reps: 10   sets: 3   hold: 5   Weekly: 5x   Daily: 3x

Step 1

Step 2

Setup
- Begin in a standing position with one leg on a step and the other hanging backward off the edge.

Movement
- Bend your knee, lowering your foot toward the floor, then return back to the starting position by pushing upward on your front leg.

Tip
- Make sure to maintain your balance during the exercise and do not let your trunk lean forward.