

Balance

This workout will challenge you in a whole different way. This is about feeling the WOBBLE. Challenging your balance in all different directions.
Up the challenge? Close your eyes!

Workout Summary:

NOTE: Be sure to start with a warm-up, and end with a cool-down stretch.

There are 2 Rounds of work in this workout:

Round ONE: Directional Lunges 30-60 seconds each

Single Leg Directional Lunges ... Back, side and front - then 2 way and 3 way to through off balance

Add a high knee balance between each

Try it with your eyes closed for an extra balance challenge!

Round TWO: Playing with Pillars 60 seconds each

Push & Lift

Dip & Reach

Balance & Crunch

Balance & Pull

Supporting Videos:

Follow along with the full workout video here:

<https://vimeo.com/499024958/005c2b3332>

Watch the summary video for this workout:

<https://vimeo.com/499034303/ea177978f8>

Watch the HOW TO videos for each move:

<https://youtube.com/playlist?list=PLFyhsmboBsKaipxali5YIEa2CRST8AjRX>