Standing march

GOAL

Primary: Prevent falls
Secondary: Build muscles

TARGET AREA

Arm muscles, Hip/Leg Muscles, Spine/Core

DESCRIPTION

This exercise challenges your balance as you shift weight from side to side and alternate leg and arm movements. This exercise helps to clear obstacles while walking and for raising legs onto stairs or a curb.

It also strengthens muscles in the front of your hip and your core.

HOW TO

Stand with your elbows bent and your feet hip width apart.

1. Shift weight to your right leg (pelvis level).
   Lift your left knee up, raising your foot off the ground.
2. Return to the start position.
3. Shift weight to your left leg.
   Lift your right knee up, raising your foot off the ground.
4. Return to the start position.

Repeat.

REPETITIONS

2x5

DIFFICULTY DESCRIPTION

Use a chair or stand by a countertop alongside for support.

Raise foot to the height of your opposite ankle