Single leg stand



GOAL

Primary: Prevent falls
Secondary: Build muscles

TARGET AREA

Hip/Leg Muscles

DESCRIPTION

This is a progression exercise for balance. With only one leg in stance, it narrows your base of support which makes it more challenging.

HOW TO

Find a stable surface nearby and find your standing balance with feet together.

1. Slowly raise your heel back
2. Maintain balance for 10 sec
3. Return to the start position

Repeat on the other side

REPETITIONS

1x3

DIFFICULTY DESCRIPTION

[tt:node_exercise_30_difficulty_level_4_description]