# Standing weight shifts - Forward/ Backward



## GOAL

Primary: Prevent falls
Secondary: Build muscles

## TARGET AREA

Hip/Leg Muscles, Spine/Core

## DESCRIPTION

This exercise challenges the muscles of your lower leg and core as you move your body's center over your base of support from front to back.

## HOW TO

1. Slowly shift your weight forward toward your toes using both legs equally.
2. Return to start position.
3. Slowly shift your weight back toward your heel using both legs equally.
4. Return to start position.

Repeat.

## REPETITIONS

1x10

## DIFFICULTY DESCRIPTION

[tt:node_exercise_32_difficulty_level_1_description]