# Standing weight shifts - Side to Side



## 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 trunk as you move your body's center over your base of support from side to side.

## HOW TO

1. Stand with your feet hip width apart and equal weight through both feet.
2. Slowly shift your weight onto one leg while keeping both feet in contact with the ground.
3. Return to the start position.
4. Repeat.

Repeat on the other side.

## REPETITIONS

1x10

## DIFFICULTY DESCRIPTION

[tt:node_exercise_33_difficulty_level_1_description]