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Balance Exercises Level Three

BALANCE - 14 **Grapevine**

Holding onto
a heavy object,
cross one foot
over other and
bring back foot
up beside front foot.
Repeat to other side.

REPEAT: __ Times
__ Times a Day.

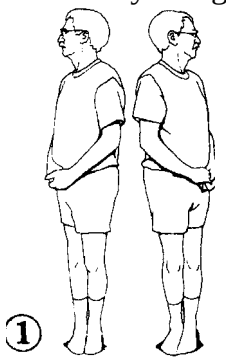
BALANCE - 15 High Stepping

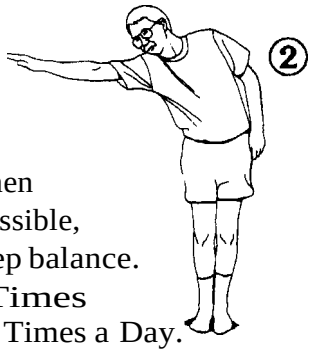
Holding onto a heavy chair,
lift knees, taking high steps.

REPEAT: __ Times
__ Times a Day.

STROKE - 5B Standing Balance {Very Advanced)

1. Stand firmly with feet and knees next to each other and clasp hands. Attempt to keep balanced while turning entire body to right, and to left.

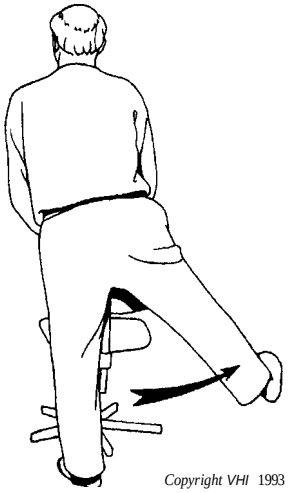




2. Then reach
toward right, then
left as far as possible,
working to keep balance.
REPEAT: - Times
___Times a Day.

HIP - 9 Hip Side Kicks

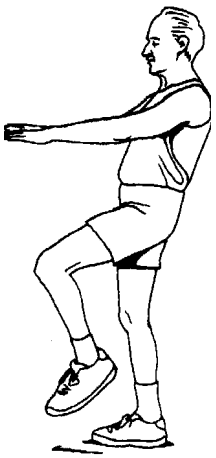
Holding a chair for balance,
keep legs shoulder width apart
and toes pointed forward.
Kick one leg out to side,
keeping knee straight.
Do not lean. Repeat
using other leg
to complete set.



REPEAT set __ times.
Do __ times per day.

BALANCE - 5 One-Legged Stands

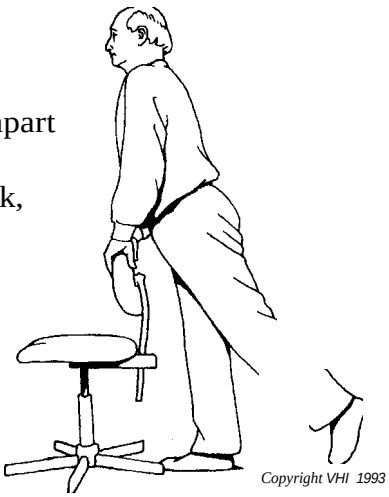
Standing on one leg,
try to maintain balance
as long as possible
without holding on.
Repeat on other leg.



REPEAT: __ Times
__ Times a Day.

HIP - 8 Hip Backward Kicks

Using a chair for balance,
keep legs shoulder width apart
and toes pointed forward.
Slowly extend one leg back,
keeping knee straight.
Do not lean forward.
Repeat using other leg.



REPEAT __ times.
Do __ times per day.