

- Heel slides with left foot on ball 10 x 2
- Lying down, squeezing ball between knees x 10 x 2
- Clamshells 1 leg at a time with blue theraband 10 x 2
- Normal standing eyes closed up to 10 seconds
- 1 foot forward and balance up to 30 seconds
- Squat with ball between knees x 10 x 2
- Stepping/lifting leg out to the side with blue theraband x 10 x 2
- Stepping/lifting leg behind with blue theraband (movement starts at bum muscle) x 10 x 2