

Level 1 – Pike Lift

Start: On elbows or hands and feet, butt in the air forming a triangle.

Movement: Using your Glutes, lift one leg straight up and back as high as you can. Return to starting position.

Tip: Try not to swing the leg up.

Level 1 – Single Arm Toss

Start: Stand with feet hip width apart, ball or rolled socks in one hand

Movement: Toss ball or rolled socks 1 foot in the air, catching with the same hand (working your way up to 3-5 feet)

Level 1 – Cross Walk



Start: Stand with hand on your hips, feet shoulder width apart

Movement: Walking to the side, one leg crossing over the other

Tip: Work your way up to 10 -20 steps

Challenge: Arms up above or out to the side

Level 1 – Band Walk



Start: Standing on the Flat Band with one foot in front of the other.

Movement: Walking forward, staying on the resistance band

Challenge: Close your eyes

Level 2 – Bird Dog



Start: On hands and knees, hands directly under the shoulders, back flat.

Movement: Straighten opposite leg and arm keeping abs tight and head in line with the spine.

Tip: Keep abs tight for added balance.

Challenge: Try closing eyes

Level 2 – Toe Walk



Start: On tiptoes

Movement: Walking forward, staying on your toes

Tip: Work your way up to 10 -20 steps

Level 2 – Single Leg Stand Up



Start: Sit in a hard chair, one foot on the ground, the other slightly lifted off the ground

Movement: Standup using only one leg. Use your hands on the chair at first working your way up to no hands

Level 2 – Double Arm Toss



Start: Stand with feet hip width apart, ball or rolled socks in one hand

Movement: Toss ball or rolled socks 1 foot in the air, catching with the opposite hand (working your way up to 3-5 feet)

Level 2 – Single Arm Plank



Start: On hands and toes with arms straight, directly under the shoulders, feet one foot apart, back straight

Movement: Balancing on one arm and both feet, reach working arm straight out in front of you.

Challenge: Try to close the eyes

Level 2 – Single Leg Plank



Start: On hands and toes with arms straight, directly under the shoulders, feet one foot apart, back straight

Movement: Balancing on both arms and one foot, lift working leg straight back and up.

Tip: Try to close the eyes

Level 2 – Heel Walk



Start: On heels, toes lifted

Movement: Walking forward on your heels, toes off the ground

Tip: Work your way up to 10 -20 steps

Level 3 – Bird Dog with Tuck



Start: With one arm directly under the shoulder and one knee under the hip and opposite leg and arm directly in front and in back of you

Movement: Draw the straight elbow and straight leg into each other under the body

Tip: Keep abs tight for balance

Challenge: Try closing the eyes

Level 3 – Arm and Knee Lift



Start: Left arm straight out in front of you, right arm straight out to the side. Right leg lifted to a 90 degree angle

Movement: Hold for 3 seconds (working your way up to 5-10 seconds) then switch to right arm straight out in front of you, left arm straight out to the side. Left leg lifted to a 90 degree angle

Challenge: close your eyes

Level 3 – Single Leg and Arm Plank



Start: On hands and toes with arms straight, directly under the shoulders, feet one foot apart, back straight

Movement: Balancing on opposing arm and leg, lift working leg and arm

Challenge: Keep the eyes closed.

Level 3 – Under Knee Pass



Start: Stand with arms out to the side, one knee lifted to 90 degrees, ball or rolled socks in one hand

Movement: Pass ball or rolled socks under the lifted leg, passing to the opposite hand. Keeping your leg lifted, bring your arms back up to the side

Tip: Keep your abs tight and standing leg slightly bent to help stabilize the body

Level 3 – Marker Hop



Placement of floor markers: Start with two floor markers 1 foot apart working up to 2-3 feet apart

Start: Stand with one foot on one floor marker, opposite leg off the floor

Movement: Hop on the same foot to the 2nd floor marker