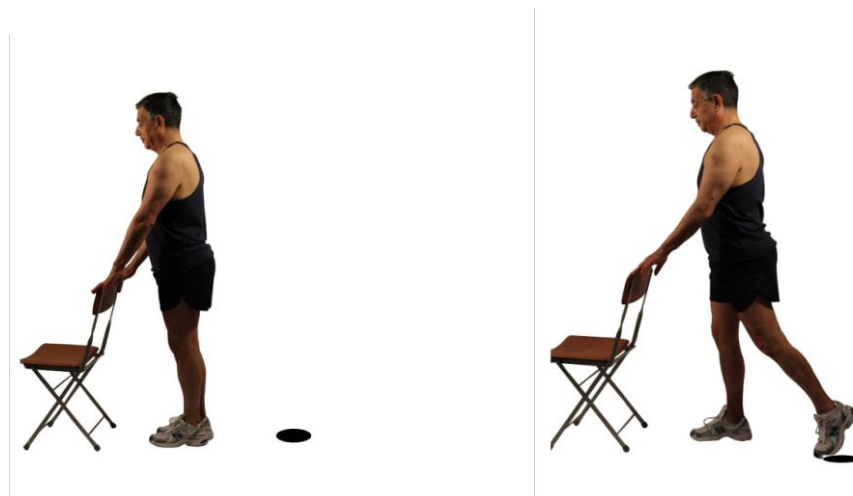


**Level 1 - Single Leg Kickback with Chair**

**Start:** Stand with feet hip width apart, both or one hand on chair for stability

**Movement:** Reach one leg back in the air, trying to balance on other leg

**Level 1 – Single Leg Reach to Marker**

**Placement of floor marker:** One, about 2 feet behind the working leg

**Start:** Stand with feet hip width apart, both or one hand on chair for stability

**Movement:** Reach one leg to tap the floor marker, trying to balance on other leg

**Tip:** Keep abs tight for stabilization.

**Level 1 – Single Leg Kickback, No Hands**

**Start:** Stand with feet hip width apart, hands down at your side

**Movement:** Reach one leg back in the air, trying to balance on other leg

**Tip:** Keep abs tight for stability

**Level 1 – Single Leg Reach to Marker, No Hands**

**Placement of floor marker:** One, about 2 feet behind the working leg

**Start:** Stand with feet hip width apart, hands down at your side

**Movement:** Reach one leg to tap the floor marker, trying to balance on other leg

**Tip:** Keep posture tall

**Level 1 – Single Leg Reach With 2 Markers and Chair**

**Placement of floor markers:** Two, about 2 feet behind the working leg, and two feet out to the side of working leg

**Start:** Stand with feet hip width apart, both or one hand on chair for stability

**Movement:** Reach one leg to tap each floor marker, trying to balance on other leg

**Tip:** Try not to twist upper body when reaching back

**Level 1 – Single Leg Knee Lift with Chair**

**Start:** Stand parallel to the chair, one hand on chair for stability

**Movement:** Lift one knee up to 90 degree angle, trying to balance on other leg

**Tip:** Try to keep your head in line with your spine.

**Level 1 – Single Leg Kickback, Hands Out To Side**

**Start:** Stand with feet hip width apart with your arms up and out to your side

**Movement:** Reach one leg back in the air, trying to balance on other leg

**Level 1 – Single Leg Side Raise with Chair**

**Start:** Stand parallel to the chair, one hand on chair for stability

**Movement:** Lift one leg to the side, trying to balance on other leg

**Tip:** Stand tall, try not to lean to opposite side of leg lift

**Level 2 – Single Leg Reach to 2 Floor Markers, No Hands**

**Placement of floor markers:** Two, about 2 feet behind the working leg, and two feet out to the side of working leg

**Start:** Stand with feet hip width apart, hands out in front at chest height

**Movement:** Reach one leg to tap each floor marker, trying to balance on other leg

**Tip:** Stand tall

**Level 2 – Single Leg Front Reach to Marker with Chair**

**Placement of floor marker:** One, about 2 feet in front of working leg

**Start:** Stand parallel to the chair, one hand on chair for stability

**Movement:** Lift one knee up to 90 degree angle, then tap floor marker, trying to balance on other leg

**Level 2 – Single Bent Leg, Open to Side with Chair**

**Start:** Stand parallel to the chair, one hand on chair for stability

**Movement:** Lift one knee up to 90 degree angle, then open knee out to the side, trying to balance on other leg

**Tip:** Try not to rock forward.

**Level 2 – Single Leg Side Raise, Hands on Hips**

**Start:** Stand parallel to the chair, hands on your hips

**Movement:** Lift one leg to the side, trying to balance on other leg

**Tip:** Try not to lean to opposite side

**Level 2 – Single Leg Knee Lift, No Hands**



**Start:** Stand parallel to the chair, hands on hips

**Movement:** Lift one knee up to 90 degree angle, trying to balance on other leg

**Level 2 – Single Leg Side Raise, Hands on Hips**



**Start:** Stand parallel to the chair, arms up and out to the side

**Movement:** Lift one leg out to the side, trying to balance on other leg

**Level 2 – Single Leg Heel Raise with Chair**

**Start:** Stand with feet hip width apart facing the chair, holding on with one or both hands

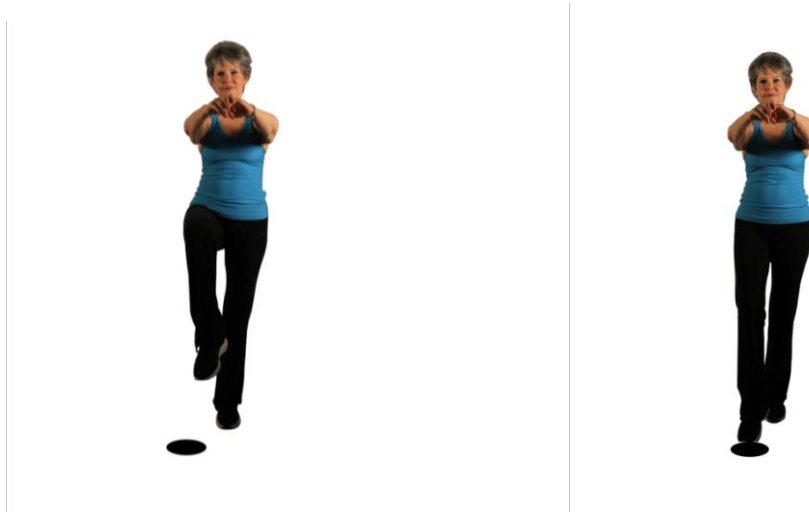
**Movement:** Bend one leg back to 90 degrees, raising the heel for the floor, on the toes, trying to balance on other leg

**Level 2 – Single Leg Knee Lift with Arms Out to Side**

**Start:** Stand parallel to the chair, arms up and out to the side

**Movement:** Lift one knee up to 90 degree angle, trying to balance on other leg



**Level 2 – Single Leg Front Reach to Marker, Hands in Front**

**Placement of floor markers:** About 2 feet in front of working leg

**Start:** Stand parallel to the chair, arms up and out together to the front of the body

**Movement:** Lift one knee up to 90 degree angle, then tap floor marker, trying to balance on other leg

**Level 3 – Single Bent Leg, Open to Side, no Hands**

**Start:** Stand parallel to the chair, arms at your side

**Movement:** Lift one knee up to 90 degree angle, then open knee out to the side, trying to balance on other leg

**Tip:** Keep your abs tight to help stabilize the body

**Level 3 – Single Leg Side Raise, Hands Above the Head**

**Start:** Stand parallel to the chair, hands up above the head

**Movement:** Lift one leg out to the side, trying to balance on other leg

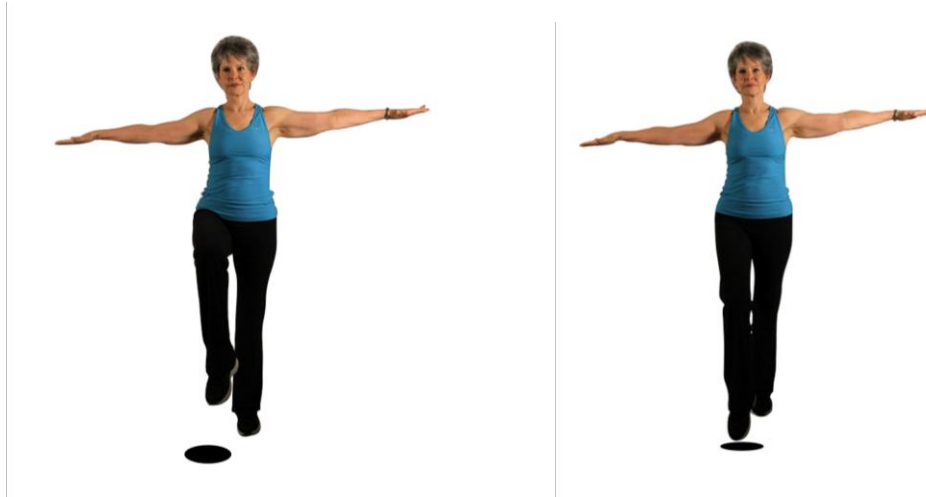
**Tip:** Keep your abs tight to help stabilize the body

**Level 3 – Single Leg Heal Raise, No Hands**

**Start:** Stand with feet hip width apart facing the chair, hands at your side

**Movement:** Bend one leg back to 90 degrees, raising the heel for the floor, on the toes, trying to balance on other leg

**Tip:** Keep your abs tight to help stabilize the body and keep hips square with the chair

**Level 3 – Single Leg Front Reach to Marker, Hands out to the Side**

**Placement of floor markers:** About 2 feet in front of working leg

**Start:** Stand parallel to the chair, arms up and out to the side of the body

**Movement:** Lift one knee up to 90 degree angle, then tap floor marker, trying to balance on other leg

**Tip:** Keep abs tight as to not sway the back.

**Level 3 – Forward and Side Leg Reach to Markers, Arms Up**

**Placement of floor markers:** Two, about 2 feet in front of the working leg, and two feet out to the side of working leg

**Start:** Stand with feet hip width apart, arms straight up above your head

**Movement:** Reach one leg to tap each floor marker, trying to balance on other leg

**Level 3 – Side Knee Tap to Marker, Hands Up**

**Placement of floor markers:** One about two feet out to the side of working leg

**Start:** Lift working leg out to the side at a 90 degree angle, arms straight up above your head

**Movement:** Straighten working leg to tap the floor marker, trying to balance on other leg

**Level 3 – Single Leg Heel Raise, Arms Out**

**Start:** Stand with feet hip width apart facing the chair, arms out to your side

**Movement:** Bend one leg back to 90 degrees, raising the heel for the floor, on the toes, trying to balance on other leg

**Tip:** Keep abs tight as to not sway the back.

**Level 3 – Single Leg Heel Raise, Arms Out, Head Turned**



**Start:** Stand with feet hip width apart facing the chair, arms out to your side, head turned to one side

**Movement:** Bend one leg back to 90 degrees, raising the heel for the floor, on the toes, trying to balance on other leg