

## Compass Steps

Throughout the exercise maintain engagement of the pelvic floor and transversus abdominal muscles (you can think navel in and egg up.) This is to help stabilize the pelvic region and improve your balance.

Imagine you are standing on the center of a compass dial. You will move north, south and east/west returning to the center after each direction.

1. Stand tall as you step north/forward balancing onto your right foot, hinge back at your hip and hold 2 seconds. Then step back to the center with your left foot.
2. Step onto the right foot south/back, hinge and hold, then back to the center.
3. Step right foot east/right keeping your left foot planted and squat on two feet. Come back to the center. Repeat steps 1-3 on the left.
4. When you are able to do this with control, increase the speed of the drill.

