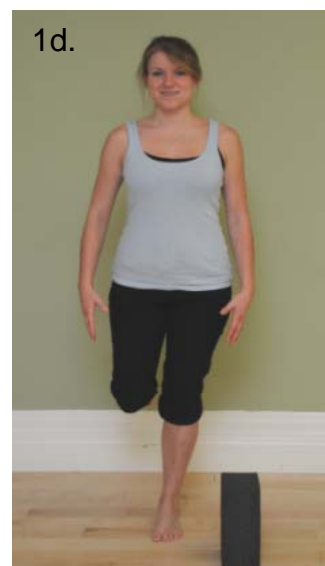


**Spiral Balance**

- 1a. Stand on your left leg keeping your hips even, and navel pulled in towards your spine.
  - 1b. As you bend your left leg, slowly drop your right hip lower than your left.
  - 1c. Keeping your core engaged, reach right arm, down in front and to the left of your left leg, keeping your left knee centered over your foot.
  - 1d. Slowly come back to the starting position making sure your hips are even again.
- Repeat 3 times then repeat standing on your right foot 3 times.  
 Do 3 sets or until you feel fatigue.



**Reverse Confusion**

- 2a. Lie on your stomach with your head supported by your forearms. Cross your right leg over your left, with your toes pulled back towards your body.
  - 2b. Engage your core and slowly lift your right hip slightly using your back muscles. Make sure that your torso does not rotate with your hips, and that your ribs stay grounded.
- Repeat \_\_\_\_\_ times on each side

