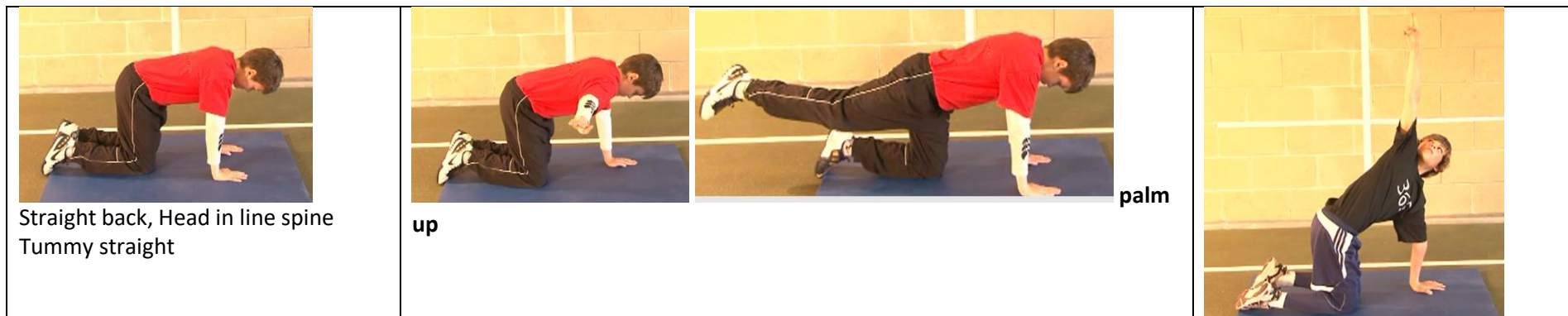


## PHYSICAL CONDITIONING – BALANCE. STATIC BALANCE – STRONG STABLE CORE & POSTURE NATURAL

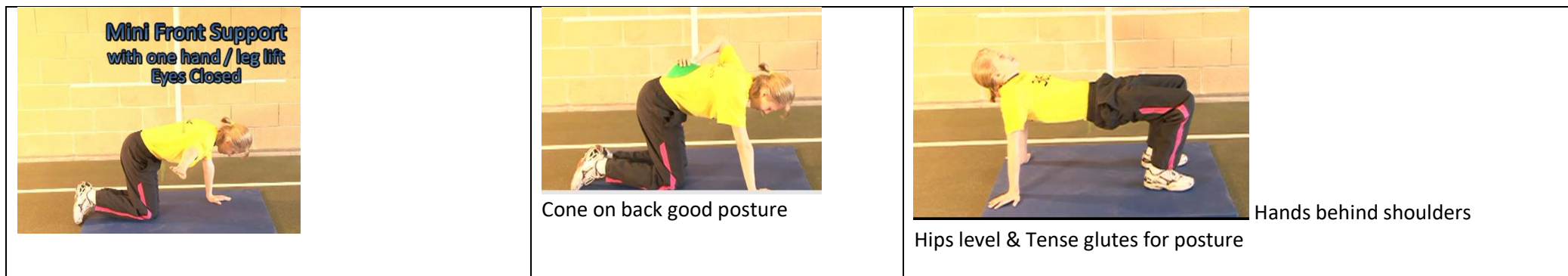
### 1, **RED** – Hold Mini Front support, Lift one hand /knee off ground

- Hold min **FRONT SUPPORT POSITION ON HANDS KNEES**
- Hold Mini Front Position and **LIFT ONE HAND/KNEE OFF GROUND**
- On **HANDS KNEES REACH ACROSS THE BODY AND POINT TO CEILING WITH ONE HAND THEN ANOTHER**



### 2. **YELLOW**

- Hold mini **FRONT SUPPORT** and lift one hand/leg off floor with eyes closed
- Hold mini Front Support and **place cone on back with one hand, remove it with another** (eyes closed for challenge)
- Hold mini **back support t** with stomach facing up and knees bent . Posture and lines!



### 3. **GREEN**

- Hold mini **back Support** and place cone on stomach with one hand, remove it with another (eyes closed for challenge)
- Hold **full Front Support** position hands in line flat back straight legs
- In Full front support lifts one arm and point to ceiling hold. Repeat with other



**4. PURPLE**

- a. Hold full **back Support with stomach facing up and legs straight**
- b., Hold full Front Support position hands in line flat back straight legs. Place cone on back with one hand and remove with other (eyes closed for challenge)
- c. In Full front support Support position, transfer a tennis ball on and off the back using different hands (close eyes for challenge)



Heads shoulders  
ankles straight line . Hips up and glutes tight



Place cone on flat not divert of back



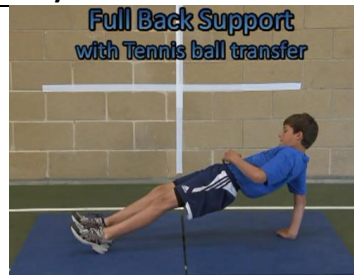
Maintain neutral spine and pelvis

**5. BLUE**

- a. Hold full back Support position. **Place cone on back with one hand and remove with other** (eyes closed for challenge)
- b. Hold full back Support position. **Place tennis ball on back with one hand and remove with other** (eyes closed for challenge)
- c. In back support position, **lift one arm up and rotate fluently until it returns to the start position, Continue with fluency.** Back to front Position



Tense glutes good posture



Keep the 2 points contact level when transfer ball

