

Perform 2 times per week. On weeks 2 and 3, increase sets to 2 and increase reps to 15. On week 4, increase sets to 3 and increase reps to 20

Core/Balance

Exercise	Sets	Reps	Tempo	Rest
Elbow Plank	1		Hold 30 sec.	0
Floor (or ball) Bridge	1	12	slow 4/2/1	0
Single Leg Balance	1		Hold 30 sec.	90 sec.

*To progress the single leg balance, perform while standing on a pillow

Resistance

Exercise	Sets	Reps	Tempo	Rest	Easier/Harder
Balance Step up-Curl-Press	1	12	Steady Pace	0	Skip the hold/Do a side step up
Ball Chest Press	1	12	4/2/1	0	On a flat bench/Alternate arms
Bent-Over DB Row	1	12	4/2/1	0	
Lunge To Balance	1	10/side	5 sec balance holds	0	Skip the balance/Do a side lunge
Ball Shoulder Press	1	12	4/2/1	0	On a chair/Alternate arms
Single Leg DB Curl	1	12	4/2/1	0	Do on 2 legs/Alternate arms

