

BALANCE TRAINING LOG

Week of: _____

Target: 3-5 Sessions / Week

EXERCISE DESCRIPTION	SETS / REPS	FREQUENCY (M T W T F S S)
Single Leg Stance Stand on one leg, maintain level hips.	3 x 30 sec	M
		T
		W
		T
		F
		S
		S
Tandem Walk Heel-to-toe walking in a straight line.	2 x 15 steps	M
		T
		W
		T
		F
		S
		S
Clock Reach Balance on one leg, reach arm to 12, 3, 6, 9.	2 x 5 circles	M

