

### **SLS Reach Matrix**

Step 1: Stand on one leg and maintain your balance. Next, with arms overhead reach trunk and arms as far as you can, from side to side, without losing your balance. Then return to original position. Maintain a slightly bent knee on the stance side.



Step 2: Stand on one leg and maintain your balance. Next, with arms overhead reach trunk and arms as far as you can, forward and back, without losing your balance. Then return to original position. Maintain a slightly bent knee on the stance side.



Step 3: Stand on one leg and maintain your balance. Next, with arms at hip level, rotate trunk and arms as far as you can without losing your balance. Then return to original position. Maintain a slightly bent knee on the stance side.

