

Tandem Balance Matrix

Step 1: Stand with feet in heel to toe stance.

Step 2: Lean torso backwards and forwards with arms overhead.

Step 3: Repeat 10 times.



Step 4: Stand with feet in heel to toe stance.

Step 5: Lean torso side to side with arms overhead.

Step 6: Repeat 10 times.



Step 7: Start with feet in heel to toe stance.

Step 8: Rotate torso from right to left.

Step 9: Repeat 10 times.

