



Standing Cross Crawl on Pillow

Standing on a pillow or a cushion. Bring one hand to the opposite knee to 'cross crawl' while maintaining braced core, neutral spine and balance.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Balance Beam

Maintaining readiness position, walk heel to toe forwards along balance beam or on floor. Try toe to heel, backwards, as well.

To improve single leg proprioception and balance.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



One Legged Standing

Standing in readiness position, close to a wall or within a doorway.

Raise one leg up in front and hold balanced. Maintain a braced core and neutral spine.

To improve single leg proprioception and balance.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



One Leg Squat

Standing in readiness position, close to a wall or within a doorway.

Raise one leg up in front and hold balanced. Perform half squats maintaining good postural balance.

To develop core stability and single leg strength.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



One Legged Heel Raise

From a one legged standing position, raise up onto the toes maintaining balance and postural alignment.

To challenge proprioception and strengthen the muscles of core.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Stand on Pillow / Balance

Stand on a pillow or cushion. Raise one foot and balance while maintaining postural control. Can also attempt to balance with eyes closed.

To improve single leg proprioception and balance.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Cross Crawl - Sideways

Standing, raise one arm out to the side while at the same time lifting the opposite leg to the side. Return to starting position and alternate.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Lateral Rock

Keeping finger tips on wall or chair for support, step onto rocker board with one foot.

Keeping eyes looking straight forward, raise opposite foot onto board.

Maintain a short foot and readiness position while on the board.

Rock board from side to side with control.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



One Leg AP - Rocker

Keeping finger tips on wall or chair for support, step onto rocker board with one foot.
Keeping eyes looking straight forward, raise opposite foot onto board.
Maintaining a short foot and readiness position, raise one knee up in front.
Standing on one foot, slowly rock board forward and back.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Catch / Bounce - Rocker

Step onto rocker board with one foot.
Keeping eyes looking straight forward, raise opposite foot onto board.
Maintain a short foot and readiness position while on the board.
Keeping board level, throw ball back and forth and bounce ball on floor.
Rotate board and repeat with board rocking opposite direction.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



One Leg Squats - Rocker

Step onto rocker board with one foot.
Use chair or wall for support if necessary.
Keeping eyes looking straight forward, raise opposite foot onto board.
Maintaining a short foot and readiness position, raise one knee up in front.
Perform one legged half squats while trying to keep board level.
Rotate board and repeat with board rocking opposite direction.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Cross Crawl Side to Side - Rocker

Standing on rocker board, raise one arm out to the side while at the same time lifting the opposite leg to the side.
Return to starting position and alternate.
Maintain proper neutral posture.

To develop single leg balance and core stability.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Wobble Sandals

Maintaining readiness position, walk, taking shortened strides to balance on centre of sandal. Also try to shuffle (as if stomping) keeping knees soft and pelvis level.

To develop balance and proprioception.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Dyna Disc Static Lunge

Stand with front foot on dyna disc and back leg bent. Bring body downward and bend back knee just above floor. Push up to start position Repeat. Keep body upright. Avoid leaning forward.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



1 Leg Foam Pad Bridge

Lay on back with 1 foot on foam pad and other leg extended out. Lift body using glutes and return to start. Squeeze glutes together at all times. Keep abdominals tight and a neutral spine. If you feel it in the back of the leg move the leg closer to the body.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



1 Leg Dyna Disc Bridge

Lay on back with one leg extended out and the other on a dyna disc. Lift body off floor using glutes and return to start. maintain abdominal brace and neutral spine. Squeeze glutes the entire motion. Repeat.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Notes:

1 Leg Foam Pad Toss

Stand with one foot on foam pad. Toss medicine ball back and forth to partner while maintaining balance.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:



Crossover lunge

Start with one foot on pad, step back into a crossover lunge, then quickly step into a forward crossover lunge, then back to start.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31