

# K-1 AT-HOME BALANCE QUEST

Hold each position for 10 seconds, then repeat with the opposite leg or side.



Camel



Warrior



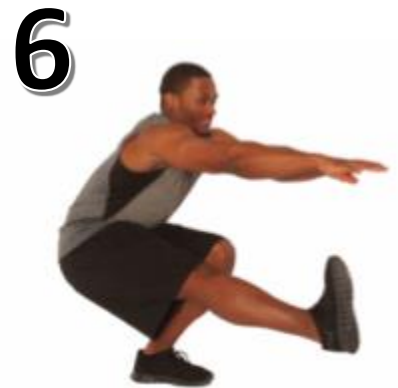
Side Plank



Reverse Warrior



V-Sit



1-Leg Squat



Tree



Horse Rider



Dancer

# 2-3 AT-HOME BALANCE QUEST

Hold each position for 12 seconds, then repeat with the opposite leg or side.



Camel



Warrior



Side Plank



Reverse Warrior



V-Sit



1-Leg Squat



Tree



Horse Rider



Dancer

# 4-5 AT-HOME BALANCE QUEST

Hold each position for 15 seconds, then repeat with the opposite leg or side.



Camel



Warrior



Side Plank



Reverse Warrior



V-Sit



1-Leg Squat



Tree



Horse Rider



Dancer

# 6-7 AT-HOME BALANCE QUEST

Hold each position for 20 seconds, then repeat with the opposite leg or side.



Camel



Warrior



Side Plank



Reverse Warrior



V-Sit



1-Leg Squat



Tree



Horse Rider



Dancer

# 8+ AT-HOME BALANCE QUEST

Hold each position for 25+ seconds, then repeat with the opposite leg or side.

1



Camel

2



Warrior

3



Side Plank

4



Reverse Warrior

5



V-Sit

6



1-Leg Squat

7



Tree

8



Horse Rider

9



Dancer