



## Simple Balance Matrix



**Right Leg in Front - 15 seconds**



**Right Knee Up - 15 seconds**



**Right Foot to the Side - 15 sec.**



**Right Leg Swings - 15 seconds**



**Bent Knee Rotations - 15 sec.**



**Right Knee Rotations - 15 sec.**

**Repeat this circuit with the Left Leg**