



Stability Matrix 1



**Hold Push-up
15 Seconds**



Raise Right Leg - 15 Seconds



Raise Left Leg - 15 Seconds



Raise Right Arm- 15 Seconds



Raise Left Arm - 15 Seconds



Raise Right Arm/Left Leg - 15 Seconds



Raise Left Arm/Right Leg - 15 Seconds



Tap Right Shoulder - 30 Seconds



Tap Left Shoulder - 30 Seconds