

## Single Leg Balance with Ball Pass



**Description:** Stand on one leg with knee slightly bent and arms extended to the sides. With shoulders set and core engaged, pass a bender ball from hand to hand in front of your chest, then extend arms to the side again. Try to minimize shifting the hips as it places excessive stress on your knee joint. While balancing on the standing leg, think about pressing your foot into the floor and squeezing your glutes (butt muscles), this will help reduce any sideways tilting.

**Sets/Reps:** 3 sets of 10-12 repetitions per side.

**Common Mistakes:** Locking the knee out on the standing leg. Excessively shifting or tilting to the side.

**Target Muscles:** Glutes and core

**Modifications:** To increase difficulty, avoid looking in a mirror or closing your eyes.

You can also try standing on a towel, mat or Bosu if you have mastered this move on the floor.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

