

Balance and Bands Progression

Weeks 1-3	2x8 meters Side Steps with Band 2x8 meters Band Monster Walks 2x8 Heel Raises two legs on a step 2x8 Single Leg Squat- Each Leg 2x6 Seconds Banded Group Bridge 2x5 Cone Pick up each leg- Great Alternative would be to touch a water bottle on the ground Stand and bend over on one leg, hinging at the hip and keeping the back straight, to pick up a cone(or water bottle) on the floor. Keep your core engaged and your hips and shoulders square to the floor. 3xSkater Hops Jump back and forth on alternating legs. Each jump should be further away from the middle.
Weeks 4-6	3x8 meters Side Steps with Band 3x8 meters Band Monster Walks 3x8 Heel Raises each leg on a step 3x8 Single Leg Squat- Each Leg 3x6 Seconds Banded Group Bridge 2x5 Cone Pick up each leg- Great Alternative would be to touch a water bottle on the ground 4xSkater Hops
Weeks 7-9	3x8 meters Side Steps with Band 3x8 meters Band Monster Walks 3x12 Heel Raises each leg on a step 3x12 Single Leg Squat- Each Leg 3x6 Seconds Banded Group Bridge 2x5 Cone Pick up each leg- Great Alternative would be to touch a water bottle on the ground 4xSkater Hops
Week 10 and beyond	4x8 meters Side Steps with Band 4x8 meters Band Monster Walks 3x15 Heel Raises each leg on a step 3x15 Single Leg Squat- Each Leg 3x6 Seconds Banded Group Bridge 3x5 Cone Pick up each leg- Great Alternative would be to touch a water bottle on the ground 5xSkater Hops